

Athletics Wollongong 2007/2008 Programme

Athletics Wollongong's season commences September 5th with two "practice weeks" -

Club pointscore competition begins September 20th -

Round 1	Round 2	Round 3	Round 4
		September 19 th	September 26 th
October 3 rd	October 10 th	October 17 th	October 24 th
October 31 st CCP1	November 7 th CCP2	November 28 th CCP3	December 12 th CCP4
November 14 th	November 21 st	November 14 th	December 19 th Christmas party

----- Christmas break for 3 weeks. -----

----- Season recommences January 9th, 2008 -----

Round 1	Round 2	Round 3	Round 4	Round 5
January 9 th	January 16 th	January 23 rd	January 30 th	February 6 th
February 13 th	February 20 th	February 27 th	March 5 th	March 12 th

- Handichamps: **March 19th** -

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- End of Season Awards Presentation and BBQ: **March 26th** -

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Round 1

Age Group	Period 1	Period 2	Period 3	Period 4
U10	100m	Shot North	400m	Long Jump North
U12		Turbu Jav South		Shot North
U14		Discus South		High Jump West
U16		High Jump West		Shot South
U18 - Open		Javelin North		Long Jump South
Masters & Vets		Long Jump South		Javelin North
The invitational Event will be held at the completion of the program				
Invitational Event - 1500m				

Round 2

Age Group	Period 1	Period 2	Period 3	Period 4
U10	200m	Discus North	800m (or chocolate run)	Vortex North
U12		Long Jump North		Discus North
U14		Long Jump South		Shot South
U16		Javelin North		Triple Jump South
U18 - Open		Discus		High Jump
Masters & Vets		High Jump		Discus
The invitational Event will be held at the completion of the program				
Invitational Event - 3000m				

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Round 3

Age Group	Period 1	Period 2	Period 3	Period 4
U10	60m	Long Jump North	300m	Shot North
U12		Shot North		High Jump West
U14		High Jump West		Discus South
U16		Discus South		Pole Vault
U18 - Open		Pole Vault or Shot		Pole Vault Or Shot
Masters & Vets		Shot South		Pole Vault Or Shot
The invitational Event will be held at the completion of the program				
Invitational Event - 1500m walk (or 5000m)				

Round 4

Age Group	Period 1	Period 2	Period 3	Period 4
U10	150m	High Jump West	600m	Turbo Jav North
U12		Long Jump North		Discus North
U14		Javelin North		Long Jump South
U16		Long Jump South		Hammer
U18 - Open		Triple Jump South		Hammer
Masters & Vets		Triple Jump North		Hammer
The invitational Event will be held at the completion of the program				
Invitational Event - Mile				