

# GIRRAWEEN ATHLETICS CLUB

CV KELLY PARK, ORAMZI ROAD, GIRRAWEEN  
(10 minute walk from Toongabbie railway station)



## 2003-04 SATURDAY AFTERNOON ATHLETIC COMPETITION (Males and Females - Under 12 to 60+)

First event starts at **2pm sharp** - finish at approximately 5.30pm.

Visiting registered athletes are welcome to compete on payment of ground fee \$2 per adult and \$1 per school person. Little Athletes 11 years and older are encouraged.

### PROGRAM

<b>September</b>	<b>20</b>	Week A grading with distance event 1500m
	<b>27</b>	Week B grading with distance event 3000m
<b>October</b>	<b>04</b>	Week A with distance event 1500m
	<b>11</b>	Week B with distance event 3000m
	<b>18</b>	Week A with distance event 1500m
	<b>25</b>	Week B with distance event 5000m
<b>November</b>	<b>01</b>	Week A with distance event 1500m
	<b>08</b>	Week B with distance event 3000m
	<b>15</b>	Week A with distance event 1500m
	<b>22</b>	Week B with distance event 5000m
	<b>29</b>	No competition due to State Relays
<b>December</b>	<b>06</b>	Week A with distance event 1500m
	<b>13</b>	Week B with distance event 3000m
	<b>20</b>	Week A with distance event 1500m
<b>January</b>	<b>10</b>	Modified program: distance event 1 mile
	<b>17</b>	Week B with distance event 5000m
	<b>24</b>	Week A with distance event 1500m
	<b>31</b>	Week B with distance event 3000m
<b>February</b>	<b>07</b>	Week A with distance event 1500m
	<b>14</b>	Modified program: distance event 2000m
	<b>21</b>	Week B with distance event 5000m
	<b>28</b>	Modified program: distance event 1 mile
<b>March</b>	<b>06</b>	Week A with distance event 1500m
	<b>13</b>	Week B with distance event 3000m

**Week A:** 100m, Long/Triple Jumps (A), High Jump (B), 400m, 1500m/3000m Walk, Discus (F), Shot Put (M), Javelin, Distance Event as above.

**Week B:** 200m, Long/Triple Jumps (B), High Jump (A), 800m, 1500m/3000m Walk, Discus (M), Shot Put (F), Distance Event as above.

(A) refers to clearing 1.20m and (B) to less than 1.20m in High Jump for alternate weeks in Long/Triple/High Jumps. (M) refers to males and (F) to females.

Straight track Hurdle events will be provided upon request in Week B.

Modified program comprises 60m, 300m, 1000m, 'scissors' High Jump, 'standing' Long Jump, Shot Put 'throw' (2.7 kg), relays and specified distance event.

**For further information, telephone**

**Steve Williams on 0400 308 496 or Lynette Smith on 9631 0651**