

## On your marks



The release of the track and field programme for the new season reminds us all that it's time to shake off those winter blues. A number of changes this year gives us plenty to look forward to.

Tuesday meets move to the WA Athletics Stadium (track and jumps only) with a beefed-up field programme on Thursdays at the Ern Clark Athletics Centre (Coker Park). Having the use of WAAS means that a **steeplechase** has been added in October, January and March.

**October** sees the start of the **Patron's Trophy**, for the 34th time, and this will continue as usual until just before Christmas. Throws in the PT can be done at ECAC on Thursdays, or at the Strive meetings on Fridays at WAAS.

**January** highlights the **pentathlon** as usual, but at ECAC only as we cannot do throws on Tuesdays. The **age-graded throwers competition** has come of age and starts on January 5. Also starting this month

is the **relay carnival**. This is extended over six weeks this year because Oceania 2012 takes place in early February. More information about this trip to New Zealand is in the separate piece on page 2.

As well as Oceania, **February** also sees the conclusion of the relay carnival. This is followed in **March**

with the usual **State Championship** events. **10,000m** and the **5km track walk** take place on Thursdays at ECAC in March, with the two **pentathlons** on the Saturday before the main championships weekend.

There's plenty to look forward to this summer, so shake a leg and get training!



Tuesday night competition moves to the WA Athletics Stadium.



## Tuesdays at WAAS (new track) 6pm start



Track

Campbell Till



Steeple

Roscoe McDonell  
and Kim Thomas



Jumps

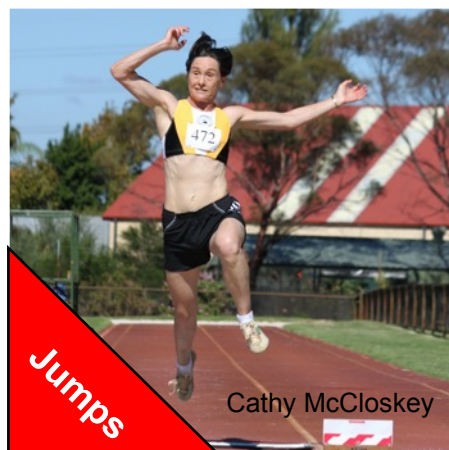
Michelle Thomas

## Thursdays at ECAC (Coker Park) 6pm start



Javelin

Maria Trollo



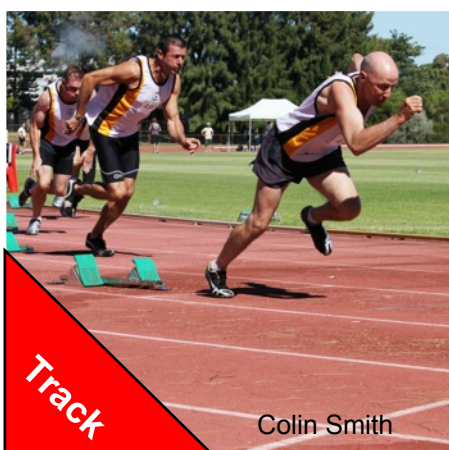
Jumps

Cathy McCloskey



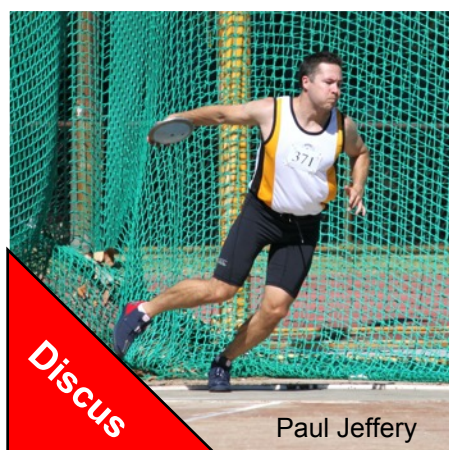
Julie Wilson

Shot



Track

Colin Smith



Discus

Paul Jeffery



Hammer

Julie Plackett



The Tauranga Domain track.

## Masters eye Oceania Games

Many of our successful team from the Worlds in Sacramento are planning their next trip, this time to the Oceania Masters Championships next February.

These regional championships take place in alternate years, the intervening years from the Worlds. The 2012 event is at Tauranga, Bay of Plenty, New Zealand from 5-12 February. Entries close on December 15 so you still have time to make your plans.

For full details of the championships, accommodation and entries see the news page on the MAWA website.

# Athletes may throw on Fridays

## Patron's Trophy

The Patron's Trophy begins on October 20. The contest is age-graded and those events marked \* are points scoring events.

Athletes compete in a maximum of 14 events and points from their best 10 are added to achieve a total score. No event can count twice.

The 10 events must include three field events, at least one of which is a jump.

NB As there are no throws on Tuesdays this year, competitors may compete in a throwing event on Friday evenings at WAAS, within two Fridays after the Thursday date.

## Age-Graded Throwers Competition

This takes place at ECAC during January and February and the events are marked ^. Points from all five throws are totalled and athletes will be presented with a certificate of their performance. Each throw can only count once, and as above throws may be

counted if done at WAAS within two Fridays, but note there is no weight throw at WAAS.

## Postal Relays

The events for relays are shown as last year. That may change so please look out for further details.

This year, relays are being conducted between mid January and end of February due to the Oceania Masters 5-12 February in New Zealand.

## State Championships

The steeplechases will be conducted at WAAS in conjunction with the athletics WA meetings. Dates to be announced later. The 5km walk and 10km will be held as shown during Thursday evenings in March.

Both pentathlons will be held on Saturday March 17 at ECAC.

**Tuesday Programme at WAAS – 6pm start - \$3 club members, \$5 visitor fee**

## Tuesday Programme for WAAS – 6pm start - \$3 club members, \$5 visitor fee

TUES		event 1	event 2	event 3	event 4	jump	extra event
Oct-11	04	100	1000 r/w	200	3k r/w	LJ	
	11	100	3k r/w	400	1500 r/w	LJ	2000 steeplechase
	18	200	800	60	5k r/w	TJ	
	25	60	1 mile	400	10k*	LJ	
Nov-11	01	100	800	200	3k*	TJ	
	08	60	1500	100	4k r/w	LJ*	
	15	200	60	400*	5k r/w	TJ	
	22	60	800	3k r/w	100*	LJ	
	29	400	1500 r/w	100	5k*	TJ*	
	Dec-11	06	200	4k r/w	60	800*	LJ
		13	300	2k r/w	100	1500*	TJ
		20	800	100	3k r/w	200*	LJ
Jan-12	03	60	1 mile	400	1000 r/w	LJ	
	10	60	800	200	3k r/w	TJ	2000 steeplechase
	17	200	1500	60	5k r/w	LJ	
	24	400	1500	100	3k r/w	LJ	
	31	200	800	60	4k r/w	TJ	
	Feb-12	07	400	1500	100	5k r/w	LJ
		14	100	800	60	3k r/w	TJ
		21	60	1 mile	200	3k r/w	LJ
	28	100	1000 r/w	400	5k r/w	TJ	
	Mar-12	06	60	1500	200	3k r/w	LJ
		13	200	800	100	3k r/w	TJ
		20	1500	100	400	5k r/w	LJ
	27	60	4k r/w	300	600	TJ	



## Thursday programme for ECAC (Coker Park) 6pm start – \$3 club members, \$5 visitor fee

THURS	event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event
Oct11	06 100	3k r/w	400	1500 r/w	LJ	javelin	wt throw	
	13 200	800	60	5k r/w	TJ	shot	discus	
	20 60	1 mile	400	<b>10k*</b>	LJ	hammer	javelin	
	27 100	800	200	<b>3k*</b>	TJ	<b>discus*</b>	wt throw	
Nov11	03 60	1500	100	4k r/w	<b>LJ*</b>	shot	<b>hammer*</b>	
	10 200	60	<b>400*</b>	5k r/w	TJ	wt throw	discus	
	17 60	800	3k r/w	<b>100*</b>	LJ	<b>shot*</b>	javelin	
	24 400	1500 r/w	100	<b>5k*</b>	<b>TJ*</b>	javelin	hammer	
Dec11	01 200	4k r/w	60	<b>800*</b>	LJ	discus	wt throw	
	08 300	2k r/w	100	<b>1500*</b>	TJ	<b>javelin*</b>	shot	
	15 800	100	3k r/w	<b>200*</b>	LJ	wt throw	hammer	
	22 60	1 mile	400	1000 r/w	TJ	shot	discus	
Jan12	05 60	800	200	3k r/w	TJ	<b>javelin^</b>	<b>wt throw^</b>	
	12	Pentath lon + 200, 1500, 60, 2000			LJ	shot	discus	
	19 400	1500	100	3k r/w	<b>LJ relay</b>	<b>hammer^</b>	javelin	4 x 800 walk relay
	26 200	800	60	4k r/w	TJ	<b>discus relay</b>	wt throw	4 x 100 relay
Feb12	02 400	1500	100	5k r/w	LJ	<b>shot^</b>	<b>discus^</b>	
	09 100	800	60	3k r/w	TJ	wt throw	javelin	
	16 60	1 mile	200	3k r/w	LJ	<b>hammer relay</b>	shot	4 x 400 relay
	23 100	1000 r/w	400	5k r/w	TJ	<b>shot relay</b>	javelin	4 x 800 relay
Mar12	01 60	1500	200	3k r/w	LJ	discus	wt throw	
	08 200	800	100	5k r/w	TJ	javelin	hammer	
	15 1500	100	400		LJ	discus	wt throw	<b>State Champs 10km</b>
	22 60	4k	300	600	TJ	hammer	shot	<b>State Champs 5km walk</b>
	29 100	1000 r/w	200	3k r/w	LJ	javelin	discus	