

October 2011 Season 5 Issue 1

# On your marks

programme for the new season reminds us all that it's time to shake off those winter blues. A number of 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

extended over six weeks this year because Oceania 2012 takes place in early February. More information the separate piece on page 2.

As well as Oceania, February also sees the conclusion of the relay this summer, so shake a leg and get carnival. This is followed in March training!

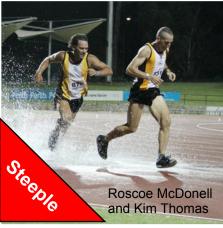
The release of the track and field is the relay carnival. This is with the usual State Championship events. 10,000m and the 5km track walk take place on Thursdays at ECAC in March, with the two changes this year gives us plenty to about this trip to New Zealand is in pentathlons on the Saturday before the main championships weekend.

There's plenty to look forward to



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

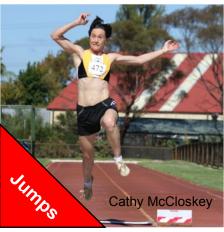




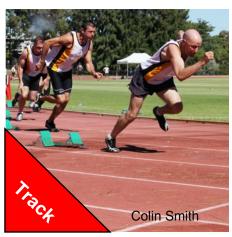


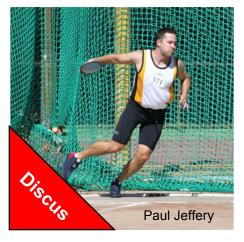
## Thursdays at ECAC (Coker Park) 6pm start















### 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 no weight throw at WAAS. 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

### **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	IJ	2000 steeplechase
	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

URNS         event 1         event 2         event 4         jump         field 1         field 2         extra event           t11         06         100         3k r/w         400         1500 r/w         LJ         javelin         wt throw           13         200         800         60         5k r/w         TJ         shot         discus           27         100         800         200         3k r/w         TJ         shot         discus           10         20         60         1500 r/w         LJ         shot         blanmer         discus           11         20         60         400*         5k r/w         TJ         shot         discus           17         60         800         3k r/w         100*         LJ         shot*         javelin         hammer*           21         10         200         4k r/w         100*         100*         tJ         javelin         hammer           21         400         1500 r/w         100         3k r/w         TJ         javelin*         hammer           12         800         1500 sk r/w         12         wt throw         hammer         discus		discus	javelin	LJ	3k r/w	200	1000 r/w	100	29	
SS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           27         100         800         200         3k*         TJ         shot         discus           10         20         60         4k0*         5kr/w         TJ         shot*         hammer           17         60         800         3kr/w         100*         LJ         shot*         hammer           10         200         4k r/w         100         5k*         TJ*         javelin         hammer*           10         12         400         1500 r/w         100         1500*         TJ         javelin         hammer           10         12         2k r/w         100         1500*         1500*         javelin         javelin           10         400	State Champs 5km walk	shot	hammer	TJ	600	300	4k	60	22	
88         event 1         event 2         event 4         jump         field 1         field 2           18         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         10k*         LJ         hammer         javelin           10         20         60         400*         5k r/w         TJ         discus*         wt throw           10         20         60         400*         5k r/w         TJ         discus           17         60         800         3k r/w         100*         LJ         shot*         javelin           17         60         800         7/w         100         5k*         TJ         javelin         hammer           10         120         4k r/w         100         5k*         TJ         javelin         hammer           15         800         100         3k r/w         TJ         javelin*         hammer           15         800         1mile         400         3k	State Champs 10km	wt throw	discus	LJ		400	100	1500	15	
ISS         event 1         event 2         event 4         jump         field 1         field 2           18         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         100         4k r/w         TJ         bhammer         javelin           10         20         60         400*         5k r/w         TJ         discus*         wt throw           10         20         60         400*         5k r/w         TJ         shot         javelin           17         60         800         3k r/w         100*         LJ         shot*         javelin           17         60         800         7/w         100*         LJ         shot*         javelin           17         60         800         800*         LJ         discus         wt throw           18         30         1500 r/w         100         1500*         TJ         javelin*         hammer           15         80         1mile         400         1000 r/w		hammer	javelin	TJ	5k r/w	100	800	200	80	
88         event 1         event 2         event 3         event 4         jump         field 1         field 2           18         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         100         4k r/w         LJ         hammer         javelin           10         20         60         4k r/w         LJ         shot         hammer*           10         20         60         4k r/w         LJ         shot*         javelin           17         60         800         3k r/w         TJ         shot*         javelin           17         60         800         5k*         TJ         javelin         hammer*           17         20         4k r/w         100         5k*         TJ         javelin         hammer*           12         20         100         3k r/w         TJ         javelin*         wt throw           15         80         100         3k r/w         TJ         javelin*         wt throw*		wt throw	discus	LJ	3k r/w	200	1500	60	01	Mar12
ISS         event 1         event 2         event 3         event 4         jump         field 1         field 2           06         100 $3k  r/w$ 400 $1500  r/w$ LJ         javelin         wt throw           13         200 $800$ $60$ $10k^*$ LJ         shot         discus           20         60 $1  mile$ $400$ $10k^*$ LJ         shot         wt throw           10         20 $60$ $400^*$ $5k  r/w$ TJ         shot         wt throw           10         20 $60$ $400^*$ $5k  r/w$ TJ         shot         hammer*           11         60 $800$ $3k  r/w$ $100^*$ LJ         shot*         hammer*           12 $800$ $1500  r/w$ $100$ $1500^*$ TJ         javelin*         shot           12 $800$ $1  mile$ $400$ $1000  r/w$ TJ         javelin*         wt throw*           12 $800$ $100$ $3k  r/w$ TJ         javelin*         javelin <tr< td=""><td>4 x 800 relay</td><td>javelin</td><td>shot relay</td><td>TJ</td><td>5k r/w</td><td>400</td><td>1000 r/w</td><td>100</td><td>23</td><td></td></tr<>	4 x 800 relay	javelin	shot relay	TJ	5k r/w	400	1000 r/w	100	23	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           10         360         1500         200         3k r/w         TJ         discus*         wt throw           10         200         60         400*         5k r/w         TJ         shot**         javelin           17         60         800         3k r/w         100*         LJ         shot**         javelin           10         200         4k r/w         100         1500*         TJ         javelin*         hammer           12         Pentath         400         1000 r/w         TJ         javelin*         wt throw           12         Pentath         LJ         Shot         discus         wt throw         discus           12         Pentath         LJ         LJ relay </td <td>4 x 400 relay</td> <td>shot</td> <td>hammer relay</td> <td>LJ</td> <td>3k r/w</td> <td>200</td> <td>1 mile</td> <td>60</td> <td>16</td> <td></td>	4 x 400 relay	shot	hammer relay	LJ	3k r/w	200	1 mile	60	16	
88         event 1         event 2         event 3         event 4         jump         field 1         field 2           13         200         3k r/w         400         1500 r/w         LJ         javelin         wt throw           20         60         1 mile         400         10k*         LJ         hammer         javelin           20         60         1 mile         400         10k*         LJ         hammer         javelin           10         30         1500         100         3k r/w         TJ         discus*         wt throw           10         20         1500         100         4k r/w         100*         LJ         shot*         javelin           10         20         4k r/w         100         5k r/w         TJ         javelin         hammer*           10         20         4k r/w         100         1500*         TJ         javelin         hammer           12         10         20         2k r/w         1000 r/w         TJ         javelin*         wt throw           15         60         1 mile         40         1000 r/w         TJ         javelin*         wt throw*           10		javelin	wt throw	TJ	3k r/w	60	800	100	09	
88         event 1         event 2         event 3         event 4         jump         field 1         field 2           13         200         3k r/w         400         1500 r/w         LJ         javelin         wt throw           20         60         1 mile         400         10k*         LJ         shot         discus           20         60         1 mile         400         10k*         LJ         hammer         javelin           10         20         100         4k r/w         LJ*         shot         mt throw           11         20         60         3k r/w         100*         LJ         shot*         javelin           11         20         800         3k r/w         100*         LJ         shot*         javelin           12         12         20         4k r/w         100*         1500*         TJ         javelin*         hammer           15         80         20         1500*         TJ         javelin*         shot           12         Pentath         400         1000 r/w         TJ         javelin*         wt throw           10         10         3k r/w         12         shot <td></td> <td>discus^</td> <td>shot^</td> <td>LJ</td> <td>5k r/w</td> <td>100</td> <td>1500</td> <td>400</td> <td>02</td> <td>Feb12</td>		discus^	shot^	LJ	5k r/w	100	1500	400	02	Feb12
8S         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           10         20         60         400*         5k r/w         TJ         shot         wt throw           10         20         60         400*         5k r/w         TJ         shot*         pavelin           11         60         800         3k r/w         100*         LJ         shot*         javelin           12         400         1500 r/w         100         5k*         TJ*         javelin         hammer*           12         200         2k r/w         1500*         TJ         javelin*         shot           12         800         100         3k r/w         TJ         javelin*         wt throw           12         800         100         3k r/w         TJ	4 x 100 relay	wt throw	discus relay	TJ	4k r/w	60	800	200	26	
8S         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           27         100         800         200         3k*         TJ         discus*         wt throw           10         20         60         100         4k r/w         LJ*         shot*         bammer*           17         60         800         3k r/w         100*         LJ         shot*         javelin           10         200         4k r/w         60         800*         LJ         shot*         javelin           11         800         2k r/w         100         1500*         TJ         javelin*         hammer           12         800         1mile         400         1000 r/w         TJ         javelin*         hammer           12         Pentath         200 <td>4 x 800 walk relay</td> <td>javelin</td> <td>hammer^</td> <td>LJ relay</td> <td>3k r/w</td> <td>100</td> <td>1500</td> <td>400</td> <td>19</td> <td></td>	4 x 800 walk relay	javelin	hammer^	LJ relay	3k r/w	100	1500	400	19	
KS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           27         100         800         200         3k*         TJ         hammer         javelin           10         20         60         400*         5k r/w         TJ         shot         hammer*           11         60         800         3k r/w         100*         LJ         shot*         javelin           24         400         1500 r/w         100         5k*         TJ*         javelin         hammer           15         800         2k r/w         100         1500*         TJ         javelin*         shot           15         800         1 mile         400         1000 r/w         TJ         javelin*         hammer           22         60         1 mile								lon + 200, 1500, 60, 2000		
KS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           10         20         100         4k r/w         LJ         shot         mt throw           10         20         60         400*         5k r/w         TJ         shot*         hammer*           10         20         800         3k r/w         100*         LJ         shot*         javelin           11         20         4k r/w         100         5k*         TJ*         javelin         hammer*           12         400         1500 r/w         100         5k*         TJ*         javelin         hammer           15         800         100         3k r/w         1000 r/w         TJ         javelin*         shot           15         800         100         1000 r/w </td <td></td> <td>discus</td> <td>shot</td> <td>LJ</td> <td></td> <td></td> <td></td> <td>Pentath</td> <td>12</td> <td></td>		discus	shot	LJ				Pentath	12	
KS         event 1         event 2         event 3         event 4         jump         field 1         field 2           06         100         3k r/w         400         1500 r/w         LJ         javelin         wt throw           13         200         800         60         5k r/w         TJ         shot         discus           27         100         800         200         3k*         TJ         hammer         javelin           10         20         1500         100         4k r/w         LJ*         shot         hammer*           10         200         800         3k r/w         100*         LJ         wt throw         discus           17         60         800         3k r/w         100*         LJ         shot*         javelin           18         10         20 fr/w         100         5k*         TJ*         javelin         hammer           10         20         4k r/w         60         800*         LJ         discus           10         20         2k r/w         100         TJ         javelin*         hammer           15         80         100         3k r/w         200*		wt throw^	javelin^	TJ	3k r/w	200	800	60	05	Jan12
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           10         20         800         200         3k r/w         TJ         discus*         wt throw           10         20         1500         100         4k r/w         TJ         shot         hammer*           17         60         800         3k r/w         100*         TJ*         javelin         javelin           10         20         4k r/w         100*         TJ*         javelin         hammer           10         20         4k r/w         100*         TJ*         javelin         hammer           10         20         4k r/w         100         1500*         TJ         javelin*         hammer           10         800         2k r/w         100         1500*		discus	shot	TJ	1000 r/w	400	1 mile	60	22	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           06         100         3k r/w         400         1500 r/w         LJ         javelin         wt throw           13         200         800         60         10k*         LJ         shot         discus           20         60         1 mile         400         10k*         LJ         hammer         javelin           1         27         100         800         200         3k*         TJ         hammer         javelin           1         03         60         1500         100         4k r/w         LJ*         shot         hammer*           10         200         800         3k r/w         100*         LJ         shot*         javelin           12         400         1500 r/w         100         5k*         TJ*         javelin         hammer           10         20         4k r/w         60         800*         TJ*         javelin         wt throw           10         20         4k r/w         100         5k*         TJ*         javelin         wt throw		hammer	wt throw	LJ	200*	3k r/w	100	800	15	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           10         20         800         200         3k*         TJ         discus*         wt throw           10         20         60         1500         100*         4k r/w         LJ*         shot*         hammer*           17         60         800         3k r/w         100*         LJ         shot*         javelin           10         20         4k r/w         100*         LJ         shot*         javelin           10         20         4k r/w         60         800*         LJ         shot*		shot	javelin*	TJ	1500*	100	2k r/w	300	80	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           10         20         800         200         3k*         TJ         discus*         wt throw           10         200         1500         100*         4k r/w         LJ*         shot         hammer*           17         60         800         3k r/w         100*         LJ         shot*         javelin           24         400         1500 r/w         100*         5k*         TJ*         javelin         hammer		wt throw	discus	LJ	800*	60	4k r/w	200	01	Dec11
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           1         03         60         1500         200         3k*         TJ         discus*         wt throw           1         02         00         60         4k r/w         LJ*         shot         hammer*           17         60         800         3k r/w         100*         LJ         shot*         javelin		hammer	javelin	TJ*	5k*	100	1500 r/w	400	24	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           1         03         60         1500         200         3k*         TJ         discus*         wt throw           1         03         60         1500         100         4k r/w         LJ*         shot         hammer*           1         00         60         5k r/w         TJ         wt throw         discus		javelin	shot*	LJ	100*	3k r/w	800	60	17	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           27         100         800         200         3k*         TJ         discus*         wt throw           1         03         60         1500         100         4k r/w         LJ*         shot         hammer*		discus	wt throw	TJ	5k r/w	400*	60	200	10	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin           27         100         800         200         3k*         TJ         discus*         wt throw		hammer*	shot	LJ*	4k r/w	100	1500	60	03	Nov11
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           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         10k*         LJ         hammer         javelin		wt throw	discus*	TJ	3k*	200	800	100	27	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           06         100         3k r/w         400         1500 r/w         LJ         javelin         wt throw           13         200         800         60         5k r/w         TJ         shot         discus		javelin	hammer	LJ	10k*	400	1 mile	60	20	
RS         event 1         event 2         event 3         event 4         jump         field 1         field 2           06         100         3k r/w         400         1500 r/w         LJ         javelin         wt throw		discus	shot	TJ	5k r/w	60	800	200	13	
event 1 event 2 event 3 event 4 jump field 1 field 2		wt throw	javelin	LJ	1500 r/w	400	3k r/w	100	06	Oct11
	extra event	field 2	field 1	jump	event 4	event 3	event 2	event 1		THURS