

## 2010-2011 Summer Track and Field Season

### City v Country competition

Saturday 5 February at Bunbury. Details to be announced later.

### Patron's Trophy

The Patron's Trophy commences on 21 October. 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 eg if you compete in the 100m for points at both venues only the best score counts.

Note there is no race-walk in the competition.

*The 10 events must include 3 field events, at least one of which is a jump.*

**NB.** As there is no hammer facility at UWA, competitors may include the hammer event at WAAS during the weekend of 12 – 14 November.

### Age-Graded Throwers Competition

This takes place during January and the events are marked ^. Points from all 5 throws are totalled and athletes will be presented with a certificate of their performance. Each throw can only count once, with the best throw from each venue to score.

**NB** As above, a hammer throw during the weekend of 28 – 30 January at WAAS may count towards this event.

### Postal Relays

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

### State Championships

- Due to matters beyond our control, the main weekend of the State Championships has had to be changed to the weekend of 2 - 3 April 2011.
- The 5km walk, 10km and both steeplechases will be held as shown during Thursday evenings in March.
- Both pentathlons will be held on Saturday 19 March.

#### Programme for UWA – Tuesdays 6pm start –\$3 fee for club members, \$5 visitor's fee

TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2
Oct-10	05	60	1000	300	3k r/w	LJ	wt throw	discus
	12	100	3k r/w	400	1500 r/w	TJ	discus	shot
	19	100	800	60	5k r/w	LJ	wt throw	discus
	26	200	1 mile	400	10k*	TJ	shot	javelin
Nov-10	02	100	800	300	3k*	LJ	DISCUS*	wt throw
	09	200	60	5k r/w	400*	TJ	SHOT*	javelin
	16	1500	400	3k r/w	100*	LJ	shot	wt throw
	23	200	4k r/w	60	800*	TJ*	discus	javelin
	30	400	1500 r/w	100	5k*	LJ	shot	wt throw
Dec-10	07	60	1500*	300	3k r/w	TJ	discus	JAVELIN*
	14	800	100	3k r/w	200*	LJ*	wt throw	javelin
Jan-11	04	200	2000 r/w	60	600	TJ	javelin	shot
	11	100	1 mile	400	5k r/w	LJ	SHOT^	WT THROW^
	18	60	800	200	3k r/w	TJ	JAVELIN^	DISCUS^
	25	Pentathlon + 200, 1500, 60, 2000				LJ	shot	discus
Feb-11	01	400	1000 r/w	100	5k r/w	TJ	discus	javelin
	08	800	60	3k r/w	100	LJ	shot	wt throw
	17	200	1500	400	3k r/w	TJ	discus	javelin
	22	60	600	100	5k r/w	LJ	shot	wt throw
Mar-11	01	300	1500	100	3k r/w	TJ	javelin	wt throw
	08	60	400	200	1500	LJ	discus	javelin
	15	200	800	100	3k r/w	TJ	shot	discus
	22	1500	100	400	5k r/w	LJ	discus	wt throw
	29	1 mile	200	800	100	TJ	javelin	shot

See over page for Thursday programme

**Programme for ECAC – Thursdays 6pm start –\$3 fee for club members, \$5 visitor’s fee**

THURS		event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event
Oct-10	07	100	3k r/w	400	1500 r/w	TJ	discus	shot	
	14	100	800	60	5k r/w	LJ	hammer	discus	
	21	200	1 mile	400	<b>10k*</b>	TJ	shot	javelin	
	28	100	800	300	<b>3k*</b>	LJ	<b>DISCUS*</b>	wt throw	
Nov-10	04	200	60	5k r/w	<b>400*</b>	TJ	<b>SHOT*</b>	hammer	
	11	1500	400	3k r/w	<b>100*</b>	LJ	<b>HAMMER*</b>	wt throw	
	18	200	4k r/w	60	<b>800*</b>	<b>TJ*</b>	discus	javelin	
	25	400	1500 r/w	100	<b>5k*</b>	LJ	shot	wt throw	
Dec-10	02	60	<b>1500*</b>	300	3k r/w	TJ	discus	<b>JAVELIN*</b>	
	09	800	100	3k r/w	<b>200*</b>	<b>LJ*</b>	wt throw	hammer	
	16	200	2000 r/w	60	600	LJ	javelin	shot	
Jan-11	06	100	1 mile	400	5k r/w	TJ	<b>SHOT^</b>	<b>WT THROW^</b>	
	13	60	800	200	3k r/w	LJ	<b>JAVELIN^</b>	<b>DISCUS^</b>	
	20	Pentathlon + 200, 1500, 60, 2000				LJ	shot	discus	
	27	400	1000 r/w	100	4 x 1500 relay	TJ	<b>HAMMER^</b>	javelin	
Feb-11	03	800	60	3k r/w	100	LJ	<b>HAMMER RELAY</b>	wt throw	<b>4 x 800 WALK RELAY</b>
	10	200	1500	400	3k r/w	TJ	<b>DISCUS RELAY</b>	javelin	<b>4 x 100 RELAY</b>
	17	60	600	100	5k r/w	LJ	<b>SHOT RELAY</b>	hammer	<b>4 x 400 RELAY</b>
	24	300	100	2k steeplechase	<b>X</b>	<b>LJ RELAY</b>	javelin	wt throw	<b>4 x 800 RELAY</b>
Mar-11	03	60	400	200	1500	TJ	discus	javelin	3k steeplechase
	10	200	800	100	3k r/w	LJ	shot	hammer	<b>State Champs 5km walk</b>
	17	1500	100	400	<b>X</b>	TJ	discus	wt throw	<b>State Champs 10km</b>
	24	1 mile	200	800	100	LJ	javelin	shot	<b>State Champs 3km s/c</b>
	31	60	4k r/w	300	600	TJ	wt throw	discus	<b>State Champs 2km s/c</b>