

North- Star 20 October 2009

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Club Premiership - Overview

The ANSW Club Premiership is a club based competition where athletes score points for their club. The emphasis is on fun and participation and aims to attract athletes of all abilities and standards to compete in an organised Track and Field Competition.

Round 1 - 24 October – Narrabeen or Campbelltown

Campbelltown

Location: Campbelltown Sports Centre

Address: Pembroke Road Leumeah

Start time: 1:30 pm (check in with Ross Douglas for relay teams)

Link to map: <http://www.whereis.com/?id=12871DB3F914F0&intref=emailmap>

TIME	EVENT
1:30pm	Hammer (Women)
1:30pm	Pole Vault 3.30m
1:40pm	400m Hurdles
2:10pm	Little A's 4x100m
2:30pm	60m
2:30pm	Hammer 45+
3:20pm	200m
3:30pm	Pole Vault 2m
3:45pm	Hammer (Men)
3:55pm	4x100m Club Relay
4:15pm	800m
4:50pm	Steeplechase

Narrabeen

Location: Narrabeen Sports Centre

Address: Wakehurst Parkway Narrabeen

Start time: 1:45 pm (check in with Ron Bendall for relay teams)

Link to map: <http://www.whereis.com/?id=12875CDEBE9C7E&intref=emailmap>

TIME	EVENT
1:45pm	Shot (Women)
1:40pm	Little A's 4x100m
2:00pm	800m
2:00pm	Javelin (Men)
2:40pm	60m
2:55pm	Shot >11m
3:15pm	Javelin (Women)
3:30pm	200m
4:00pm	Shot (Men)
4:15pm	4x100m Club Relay
4:30pm	5000/3000/1500 walk
4:30pm	Javelin 45m
5:00pm	3000m

Club Premiership Round 2 – 31 October

Illawong

Location: The Ridge Athletics Centre, Barden Ridge

Address: Recreation Drive Barden Ridge

Start time: 1:45 pm

Link to map: <http://www.whereis.com/?id=12CA6EE516C168&intref=emailmap>

The following events will be held at this venue;

100 metres

400 metres

1500 metres

Club & Little Athletics Relay (check in with Ross Douglas for relay teams)

Sprint Hurdles

Discus Throw

Long Jump

High Jump

Mingara**Location:** The Gatorade Athletics Centre, Tumbi Umbi**Address:** Mingara Drive Tumbi Umbi**Start time:** 2:00 pm**Link to map:** <http://www.whereis.com/?id=12CAA9A33860B1&intref=emailmap>

The following events will be held at this venue;

100 metres

400 metres

1500 metres

Club & Little Athletics Relay (check in with Ron Bendall for relay teams)

Walk

Shot Put

Triple Jump

High Jump

Club Premiership changes from last year.**New age group is added**

+50 year age grouping is added

Points scores for all age groups including opens

Place	Points
1st	30
2nd	20
3rd	18
4th	17
5th	16
6th	15
7th	14
8th	13
9th	12
10th	11
11th	10
12th	9
13th	8
14th	7
15th	6
16th	5
17th	4
18th	3
19th	2
20th	1

MINIMUM PERFORMANCE STANDARDS

Track events qualifying

Event	Men	Women	Event	Men and Women
3000 m	13-00.0q	16-00.0	100m	No standards
5000 m	22-00	23-00.0	200 m	No standards
10000 m	42:00.0	45:00.0	400m	No standards
200h	35.0 sec	45.0 sec	800 m	No standards
400h	1-20	1-40.0	1500 m	No standards
2000 s/c	9-00.0	10-00.0	110/100h	20.0 sec
3000 s/c	13-30.0	15-30.0	90 / 80h	17.0 sec
			1500 walk	10-00.0
			3000 walk	20-00.0
			5000 walk	32-00.0
			Relays	No standards

Field Events qualifying

Event	Men and Women
High	1.20 m
Pole Vault	2.00 m
Long	3.50 m
Triple	8.00 m
Shot	7.00 m
Discus	15.00 m
Hammer	18.00 m
Javelin	15.00 m

Little Athletics Relay Events

In the lead up to the Little Athletics NSW Relay Championships, 4x100m relay events have been included in the Program for rounds 1, 2 &3 of the Club Premiership. While giving important preparation for Little Athletics relay teams, the initiative also aims to give Little Athletes a taste of senior Athletics. Athletes will also be able to enter the nominated sprint event for that day (either 60m or 100m).

Rules

1. All athletes must be registered at the same Little Athletics Club and be a financial member at the time of competing.
2. All athletes must wear their Little Athletics uniform with Little Athletics number attached.
3. A representative of each team must report to athlete check in at least 45 minutes before the race to enter the team
4. Entry cost per team is \$5 paid when entering.
5. Each team must report to the start / finish line at least 20 minutes before the scheduled start time of the race.
6. Each athlete that competes in a relay may also compete in the nominated sprint event on that day (either a 60m or 100m), without being a registered member of Athletics NSW. They must nominate their intention to do so when the relay team enters. There is no additional cost to this entry.

World Masters Games: results to hand

Daniel Mellish - Men's 30-34 years

- 1500m: 1st, 4:21 (PB)
- 800m: 2nd, 2:02
- 400m: 3rd, 52.54 (PB)

Calendar of Events – October - November

Full programs of track and field events are due to kick off in October with the Club Premiership series, culminating with the Annual NSW Relay Championships on the weekend of 21-22 November. So dust off your spikes and throwing shoes in time to register for this series of events!

Day/s	Month	Event	Location
24	Oct	Club Premiership Rd 1	Narrabeen, Campbelltown
25	Oct	Track and Field Gala Carnival	
31- 01	Oct -Nov	NSW All Schools Multi Event Champs	Hunter Sports Centre, Glendale
31	Oct	Club Premiership Rd 2	Illawong, Mingara
04	Nov	2009 Sutherland Summer Series	
05 -08	Nov	NSW All Schools Championships	SOPAC
14	Nov	Club Premiership Rd 3	SOPAC
14	Nov	NSW 3000m Track Championships	SOPAC
21 22	Nov	NSW Relay Championships	Blacktown Olympic Park
28	Nov	Club Premiership Rd 4	Blacktown

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