



**GIRRAWEEEN  
ATHLETICS CLUB**



INCORPORATED

POSTAL ADDRESS: - P.O. Box 555, Westmead, NSW, 2145.

# ***SUMMER HANDBOOK 2019 / 2020***



**1978 - 2019**

## 2019 / 2020 CLUB COMMITTEE

Role	Person	Role	Person
President	Wayne Thurlow	Fundraising Officer	Vacant
Secretary/Public Officer	Katrina Russell	Uniform Officer	Kristy Zammit
Treasurer	Heidi Juhart	Coaching	Michael Grogan
Registrar	Graham Sheargold	Coaching/General	Rodney Zammit
Summer Competition	Michael Grogan	Webmaster	Steven Williams
Winter Competition	Andrew Free	Club Patron	Michelle Rowland MP
Records	Stephen O'Donnell	General Committee	Lynette Gillies
ANSW Delegate	Lynette Smith	General Committee	Greg Sargent
ANSW Delegate	Graham Sheargold	General Committee	Rob Eager
ANSW Delegate	Brad Milosevic	General Committee	David Perry
Publicity Officer	Michael Christie	General Committee	Nathan Moffitt
Parks Committee	Wayne Thurlow	General Committee	Shane Clubb
Parks Committee	Rodney Zammit	General Committee	Gary Micallef
Canteen	Vacant		

## CONTACTS

Role	Person	Contact
President	Wayne Thurlow	<a href="mailto:president@gac.org.au">president@gac.org.au</a>
Secretary	Katrina Russell	<a href="mailto:secretary@gac.org.au">secretary@gac.org.au</a> PO Box 555, Westmead, NSW, 2145
Registrar	Graham Sheargold	<a href="mailto:registrar@gac.org.au">registrar@gac.org.au</a>
Publicity Officer	Michael Christie	<a href="mailto:mchristie11@bigpond.com">mchristie11@bigpond.com</a>
Webmaster	Steven Williams	<a href="mailto:webmaster@gac.org.au">webmaster@gac.org.au</a>

## WELCOME

Welcome to the 2019-2020 Summer athletics season. Girraween is a friendly and social club providing competition for all levels of athlete from the elite to the recreational, from the junior to the veteran. We call our weekly Saturday afternoon competition the "Girraween All-Comers Competition" because everyone is welcome. Most events are graded so that athletes of similar ability get to compete against each other on a regular basis. This allows for gradual improvement in an encouraging and non-threatening environment. Sign-on commences at 1.30 pm and the final distance event commences between 4 pm and 4.15pm. Athletes may choose to compete in the full program or events of their choice. Our sprints are early, throws and jumps in the middle and middle distance towards the end. We run a two-week program and throw in a few modified weeks to maintain variety. Our weekly competition relies heavily on volunteer support from athletes and spectators. The effective running of the program is dependent upon people arriving early to set up equipment, acting as officials during events and packing away equipment promptly when it is no longer in use. When everyone helps we have more efficient competition and much happier athletes.

Athletics NSW (ANSW) provides inter club competitions for those who would like to represent Girraween at a higher level throughout the season. Most of these events have no minimum standard so they are open to any of our members who would like to compete. For the keener athlete, there are also plenty of Championship events to test your ability. A highlight is the very exciting State Relay competition to be held at Homebush on the weekend of 23rd & 24th November. The State Relays are traditionally the biggest event on the Athletics NSW calendar with teams competing in age groups from U14 through to masters. Not only are there the traditional track relays from 4x100m to 4x1500m, but the championships also include field event relays. The relays are a great weekend of fun and competition for all Girraween athletes.

We look forward to a great season of athletics. Our first competition day commences at 2pm on Saturday 14 September 2019. Please arrive early to help set up.

The 2019 / 2020 Girraween Athletics Club Committee.

## **MEMBERSHIP FEES**

Our membership packages are as follows: -

<b>CATEGORY</b>	<b>ANSW Component For Online Registration</b>	<b>Girraween Fee</b>	<b>TOTAL PAYABLE</b> <i>Add \$15 to each category for Paper Registration</i>
Open Member (20 years and over)	\$150	\$50.00	\$200.00 plus 4.4%
Concession (19 yrs and under or Government Concession Card)	\$125	\$50.00	\$175.00 plus 4.4%
DUAL Athlete (12 to 16 yrs)	FREE	FREE	FREE
RunNSW	TBA	TBA	TBA plus 4.4 %
Club Member	\$90	\$50.00	\$140.00 plus 4.4%
Community Athlete (no ANSW events)	\$15	\$60.00	\$75.00 plus 4.4%
Volunteer	FREE	FREE	FREE

### **Membership Structure**

<p><b>OPEN MEMBER (20 and over)</b></p> <ul style="list-style-type: none"> <li>• Eligible to compete in all ANSW and AA Sanctioned Events (entry fees usually apply)</li> <li>• Eligible to compete in Girraween All Comers Competition through summer (ground fees not included)</li> <li>• Eligible to compete at West Met Cross Country (West Met fee not included)</li> <li>• Free entry into all RunNSW Greater Bank Events</li> <li>• Half Price Entry into RunNSW Waratah Series Events</li> <li>• Coverage for Personal Accident Insurance under the National Insurance Plan</li> <li>• Competition Bib</li> <li>• eAthlete information service</li> </ul>
<p><b>CONCESSION MEMBER (19 and over or Government Concession Card)</b></p> <ul style="list-style-type: none"> <li>• Eligible to compete in all ANSW and AA Sanctioned Events (entry fees usually apply)</li> <li>• Eligible to compete in Girraween All Comers Competition through summer (ground fees not included)</li> <li>• Eligible to compete at West Met Cross Country (West Met fee not included)</li> <li>• Free entry into all RunNSW Greater Bank Events</li> <li>• Half Price Entry into RunNSW Waratah Series Events</li> <li>• Coverage for Personal Accident Insurance under the National Insurance Plan</li> <li>• Competition Bib</li> <li>• eAthlete information service</li> <li>• Active Kids Vouchers accepted towards this membership</li> </ul>
<p><b>CLUB MEMBER</b></p> <ul style="list-style-type: none"> <li>• Eligible to compete for your club at the following ANSW Events: <ul style="list-style-type: none"> <li>○ NSW Relay Championships 23rd – 24th November, Campbelltown</li> <li>○ NSW Club Championships 14th December, SOPAC</li> <li>○ NSW Country Championships 17th – 19th January, Dubbo</li> <li>○ NSW Masters Championships 7 – 9th February, SOPAC</li> <li>○ NSW Street Relays TBC</li> <li>○ NSW Cross Country Relays TBC</li> </ul> </li> <li>• Eligible to compete in Girraween All Comers Competition through summer (ground fees not included)</li> <li>• Eligible to compete at West Met Cross Country (West Met fee not included)</li> <li>• Coverage for Personal Accident Insurance under the National Insurance Plan</li> <li>• Competition Bib</li> <li>• eAthlete information service</li> </ul>
<p><b>COMMUNITY MEMBER</b></p> <ul style="list-style-type: none"> <li>• Eligible to compete in Girraween All Comers Competition through summer (ground fees not included)</li> <li>• Eligible to compete at West Met Cross Country (West Met fee not included)</li> <li>• Coverage for Personal Accident Insurance under the National Insurance Plan</li> <li>• eAthlete information service</li> </ul>

<p><b>VOLUNTEER</b></p> <ul style="list-style-type: none"> <li>• NSW Accredited Officials</li> <li>• NSW Accredited Coaches</li> <li>• Club Administrators</li> <li>• Club Volunteers</li> </ul>
<p><b>RUN NSW (TBA IN 2020)</b></p> <ul style="list-style-type: none"> <li>• Eligible to compete in all ANSW and AA Sanctioned Winter Events (entry fees usually apply)</li> <li>• Eligible to compete at West Met Cross Country (West Met fee not included)</li> </ul>
<p><b>DUAL MEMBER</b></p> <ul style="list-style-type: none"> <li>• Eligible to free membership to the Club Member package and entitlements as per above.</li> </ul>
<p><b>FAMILY MEMBERSHIP</b></p> <ul style="list-style-type: none"> <li>• A family discount is available to families that register four or more athletes. Families are required to register and pay for each individual member individually then email <a href="mailto:emily.kass@nswathletics.org.au">emily.kass@nswathletics.org.au</a>. Emily will manually calculate a family rebate.</li> <li>• Each family member is entitled to the membership entitlements of the above package to which they register.</li> </ul>
<p><b>NSW MASTERS ATHLETICS</b></p> <ul style="list-style-type: none"> <li>• If you wish to become an associate member of NSW Master you can add that membership at the time of registration in one of the above relevant packages.</li> </ul>

### What does the GAC fee component cover?

GAC pays an affiliation fee to Athletics NSW each year (minimum \$750). GAC also hires C V Kelly Park, purchases medals and has incidental fees with respect to running the club including equipment replacements and purchase, administrative costs and hall hire for the AGM.

### What costs are not included?

Through summer GAC charges \$2.50 ground fees per athlete per attendance (max \$5.00 per family) or \$30 per athlete for the season (max \$60 per family). In winter, the West Metropolitan Cross-Country charges fees. Athletics NSW charges event entry fees subject to the free and half price entry for certain RunNSW events. Athletics NSW may also charge ground entry fees. GAC competition uniform is mandatory for Athletics NSW competition and may be worn at Girraween summer competition or West Metropolitan Cross-Country competition. The above fees do not cover the cost of uniform.

To register go to the Athletics NSW website and click on to the registration banner at the top of the page.

### Which is the best registration package?

- PLEASE MAKE YOUR SELECTION CAREFULLY ATHLETICS NSW WILL NOT GIVE REFUNDS.
- If you wish to compete in Athletics NSW events through summer and winter you will need open, concession or dual membership. Club membership will entitle you to compete in certain summer events. The
- If you wish to compete in ANSW winter competition, then RunNSW is the best option. Interestingly, RunNSW registration will also allow you to compete at West Metropolitan Cross Country in winter). This package does not allow you to compete during summer. If you wish to compete during summer, then upgrade to RunNSW in winter then select one of the packages below and follow the below advice to upgrade to RunNSW when it becomes available prior to winter 2020.
- If you wish to compete only at club level (Girraween summer and/or West Metropolitan Cross Country) then community athlete is the best option. As per the process outline below in the next dot point you may upgrade your membership to RunNSW when it becomes available.
- If you wish to compete at club level (Girraween summer and/or West Metropolitan Cross Country) AND in a selection of defined Athletics NSW events, then club athlete is the best option. You also have the option of upgrading your membership to RunNSW for an additional fee (TBC) so as to be eligible to compete in the whole range of winter events. If you choose to upgrade your membership, then email [emily.kass@nswathletics.org.au](mailto:emily.kass@nswathletics.org.au). You will need to pay the difference between the packages.
- Family is any number of children aged under 20 and one or both parents from the same family registering at the same time

## **.Other information**

- The 2019/2020 season will run from 1 September 2019 through to 30 August 2020. If you registered in the 2018/2019 your registration overlaps until 30 September 2019.
- The category is age as at 31st September 2019.
- There is a 2-week trial period for non-registered visitors. While trialling, Athletics NSW require a registration form be filled out on both weeks. After this period, due to insurance requirements, it is expected that the athlete seek one of our membership packages for the remainder of the season if participation is to continue.
- Bibs with an athlete's competition number can be collected from the check-in area at ANSW events or can be mailed to clubs only or picked up as arranged by clubs. Bibs must be worn in ANSW events.
- Active Kids vouchers may be used. Email the voucher to [emily.kass@nswathletics.org.au](mailto:emily.kass@nswathletics.org.au) for processing.

## **UNIFORM**

The uniform comprises: -

- Royal blue singlet with two white vertical braces.
- Black shorts or bike pants.

Club uniform is worn on all competition days and we also encourage it to be worn in other events (e.g. fun runs). Club uniform can be purchased at the ground each week from our Uniform Officer or his delegate.

The prices for uniform and other items are as follows:

Singlets @ \$40 each	Caps @ \$10 each
Track Suit Jackets @\$40 each	Bags @ \$30 each
Polo Shirts @ \$25 each	

## **TRAINING**

We train throughout summer on Monday and Wednesday nights at C V Kelly Park, Oramzi Road, Girraween. Warm ups commence at 6pm and coaching at 6.30pm. We share resources and coaches with Girraween Little Athletics Centre.

We also train on Sunday mornings (and sometimes other days) as part of the Long Run Training Group (Running Bolts). We communicate through the Long Run Training Group (Running Bolts) Facebook group.

## **SUMMER POINTSCORE**

Points are awarded for an athlete's performance each week leading to awards at the end of the season. The point scoring system is as follows: - 1 point for competing, 1.5 points for equalling a personal best and 2 points for achieving a personal best. The four best events each week are counted for each competitor and the points accumulated over the season. At the end of the season, the four lowest scoring weeks are subtracted from the total. This system, which has been used for many years, is fair in that it allows for enthusiastic competition in both the track and field events we conduct throughout the season.

## **REPRESENTATIVE ATHLETE OF THE YEAR**

We also have an award for those who choose to represent us at a higher level. Each competition is graded so that the higher the level, the more points awarded. We feel that this provides club recognition for those athletes participating at higher representative levels.

## **CANTEEN FACILITIES**

Depending on the availability of volunteers our canteen is operational each Saturday afternoon and provides snacks and drinks to keep your energy stores replenished throughout competition. Our club sincerely thanks the Girraween Little Athletics Centre for allowing us to use their resources.

## **COMMUNICATION**

We keep our members informed by means of email for up to date news relating to our Club and our members. Please contact Michael Christie at [mchristie11@bigpond.com](mailto:mchristie11@bigpond.com) if you would like to be included on our mailing list or have results or information that you would like communicated to our members. You can contact our President Wayne Thurlow at [president@gac.org.au](mailto:president@gac.org.au).

## **WEB SITE**

For even further information, our website can be accessed at [www.gac.org.au](http://www.gac.org.au). It contains all the latest news, photos and results. You can contact our webmaster at [webmaster@gac.org.au](mailto:webmaster@gac.org.au).

## **FACEBOOK**

Our Facebook page is titled Girraween Athletics Club. We conduct a lot of social interaction via the page including posting event information and photos,

## **HOW CAN I HELP**

Girraween Athletics Club is entirely volunteer run. The Committee are all volunteers who give their valuable time to run their portfolios and the club. We are increasingly time poor but if no one comes forward then things don't run smoothly and it gets frustrating, particularly when a few carry the load of many. There are always ways that you can assist both on and off the field including:

- Setting out and packing away equipment during competition days;
- Time keeping, place judging, officiating at events, spiking, measuring, recording results etc.
- Staffing the canteen;
- Line marking (we have over 5 kilometres of lines to mark regularly);
- Coaching;
- Fundraising activities (eg by selling chocolate, Bunnings bbqs, etc)
- Help Committee members as required.

If you are able to assist in any of these capacities, please come forward and do so. If everyone volunteers occasionally then the same people won't be burdened with most of the work. That way we can all enjoy what we come to the ground for, a fun and friendly yet competitive environment where the announcer does not have to call for volunteers they just come forward.

## **Wet Weather & Extreme Heat Policies**

In the event of wet weather, we will make every effort to continue the normal program if the condition of the grounds permit, unless the conditions become extreme (e.g. lightning). If in doubt, please visit our web site for up to date information. If competition is cancelled in advance, we make every effort to coordinate an alternate event. This will be advertised via email, Facebook and on the website where possible. Alternate venues include the 'Snake Run' at the Gipps Road Sporting Complex, Greystanes (2km & 4km/8km events) and the M7 Shared Cycleway near Lady Pehnren Park, Kings Langley off Jubilee Crescent and Shanke Crescent (2km and 5km events).

Our Extreme Heat Policy is, "When the temperature at 2.00pm, or any time throughout competition, is equal to or in excess of comfortable limits, **some or all events** will be cancelled. We use a sliding scale of ambient temperatures to determine what events if any can be conducted. Our decisions will always take in to account the safety and best interests of our athletes and visiting athletes. We reserve the right to modify competition where the conditions may be more suitable to certain events eg throws and jumps based competition and shorter distance events. If the ground is water effected, we may alter events to protect the track or offer alternate competition as listed above.



## **OUR COMPETITION PROGRAMS IN DETAIL: -**

**WEEK A PROGRAM:** - 100m, High Jump / Javelin, 400m, 1500m/3000m Walk (upon request), Discus (M), Shot Put (F), Distance Event (1500m) – starts at 4-4.15pm.

**WEEK B PROGRAM:** - 200m, Long/Triple Jumps, 800m, Discus (F), Shot Put (M), Distance event (alternating 3km/5km as advertised that week) starts at 4-4.15pm.

**MODIFIED PROGRAM:** - 60m, 300m, 1000m, Scissors High Jump, Standing Long Jump, Shot Put throw (2.7kg), relays & specified distance event

## **2019/2020 SUMMER SEASON CALENDAR OF EVENTS**

<b>Day</b>	<b>Date</b>	<b>Girraween – C V Kelly Park</b>	<b>Athletics NSW</b>
Sat	14 Sept	Week A Grading (distance – 1500m)	Nil
Sat	21 Sept	Week B Grading (distance – 3000m)	Nil
Sat	28 Sept	Girraween All-comers	26-29 Sept – NSW All Schools – SOPAC
Sat	5 Oct	Girraween All-comers	5 Oct – Bankstown All-comers – 10000m Champs
Sat	12 Oct	Girraween All-comers	12 Oct – Treloar Shield #1 – SOPAC
Sat	19 Oct	Girraween All-comers	19 Oct – Treloar Shield #2 – Blacktown
Sat	26 Oct	Girraween All-comers	26 Oct – Treloar Shield #3 – Campbelltown
Sat	2 Nov	Girraween All-comers	2 Nov – Treloar Shield #4 – SOPAC
Sat	9 Nov	Girraween All-comers	9 Nov – Treloar Shield #5 (3000m Champs) – SOPAC
Sat	16 Nov	Girraween All-comers	16 Nov – All Comers – Various locations TBC 16-17 Nov – Little Athletics State Relays – SOPAC
Sat	23 Nov	Nil	23-24 Nov – State Relays - Campbelltown
Sat	30 Nov	Girraween All-comers	Treloar Shield #6 – SOPAC
Sat	7 Dec	Girraween All-comers – Modified	6-8 Dec – Little Athletics Zone Champs – Fairfield
Sat	14 Dec	Girraween All-comers	14 Dec – NSW Club Championships – SOPAC
Sat	21 Dec	Girraween All-comers	21 Dec – Albie Thomas Mile - Bankstown
Sat	28 Dec	Nil	Nil
<b>Christmas – New Year Break</b>			
Sat	4 Jan	Nil	4 Jan – Treloar Shield #7 – SOPAC
Sat	11 Jan	Girraween All-comers	11 Jan – Allcomers and NSW 10000m Race Walking Championships – Mingara 12 Jan – Illawarra Track Challenge
Sat	18 Jan	Girraween All-comers	17-19 Jan – NSW Country Championships – Dubbo
Sat	25 Jan	Nil	25 Jan – NSW 5000m Champs – SOPAC 25-26 Jan – NSW Combined Event Champs – SOPAC
Sat	1 Feb	Girraween All-comers	1 Feb – All Comers and Hunter Track Classic = Newc 2 Feb – GLAC Centre Champs with GAC events
Sat	8 Feb	Girraween All-comers – Modified	7-9 Feb – NSW Masters Championships – SOPAC 7-9 Feb – LA Region Champs - Campbelltown
Sat	15 Feb	Girraween All-comers	15 Feb – All Comers – Illawong
Sat	22 Feb	Girraween All-comers	21-23 Feb – NSW Junior Champs – SOPAC 22 Feb – Sydney Track Classic – SOPAC
Sat	29 Feb	Girraween All-comers	29 Feb – All Comers – SOPAC 29 Feb – 1 Mar – LANSW Combined Events Championships - Tamworth
Sat	7 Mar	Girraween All-comers	6-8 Mar – NSW Open Championships – SOPAC
Sat	14 Mar	Girraween All-comers	14-15 Mar – LA State Championships – SOPAC 14 Mar – All-comers – Bankstown
Sat	21 Mar	Run for Jess – Girraween	Nil
Sat	28 Mar	Likely start of West Met XC	Nil