

QGSSSA ATHLETICS TRIAL & TRAINING INFORMATION SCHEDULE

Coordinator: Ms Helen Lobegeiger
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Please read all the dates carefully to understand your commitment to the 2019 Athletics Season. It is expected that students attend a minimum of two training sessions per week as well as all competitions.

TRAINING SCHEDULE COMMENCING AS OF MONDAY 20 MAY

Time	Monday	Tuesday	Wednesday	Friday
6.30 – 7.30am	Throws (Shot/Disc/Jav) Middle Dist. Sprints High Jump		Throws (Shot/Disc/Jav) Middle Dist. Sprints Hurdles Relays	Throws (Shot/Disc/Jav) Middle Dist. Sprints Long Jump & Triple Jump
3.45-5pm	Throws (Shot/Disc/Jav) Middle Dist. Sprints	Sprint Session 1	Throws (Shot/Disc/Jav) Middle Dist. Sprints	
5pm – 6.00pm		Sprint Session 2		

INTERNAL TRIALS/COMPETITION MEETS

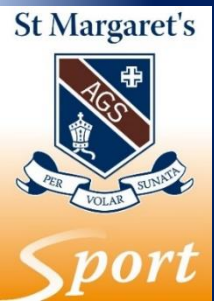
Monday	10 June	3.45pm – 5.00pm	Relay Trials	12, 13, 14 Years
Wednesday	12 June	3.45pm – 5.00pm	Relay Trials	15, 16 17 Years
Tuesday	16 June	8.20am – 3.00pm	Interhouse Athletics	All age groups
Friday	9 August	4.00pm - 7.30pm	QG Super Six Series – Events TBC	All age groups
Friday	16 August	4.00pm – 7.30pm	QG Super Six Series – Events TBC	All age groups
Friday	23 August	4.00pm – 7.30pm	QG Super Six Series – Events TBC	All age groups
Friday	30 August	4.00pm – 7.30pm	QG Super Six Series – Events TBC	All age groups
Friday	6 September	4.00pm – 7.30pm	QG Super Six Series – Events TBC	All age groups
Friday	13 September	4.00pm – 7.30pm	QG Super Six Series – Events TBC	All age groups
Thursday	19 September	7.30am – 3.00pm	QGSSSA Athletics Carnival	All age groups

Important: All events listed above provide girls an opportunity to record times/distances/heights which aids in their selection to compete and represent St Margaret's at the QGSSSA Carnival on Thursday 19 September.

ATHLETICS CAMP:

When: Friday 21 June – Sunday 23 June 2019
Where: BLK Performance Centre @ Runaway Bay

[Athletics Registration Form \(click\)](#)



2019

ATHLETICS
SEASON INFORMATION