

MAC	Local Summer Series	ANSW
<b>October</b>		Mingara Athletics Club will endeavour to have the Track open every Saturday for competition or Training. Standard Entry fees will apply and be collected by a Club Volunteer.
Tues 1st	Mingara Runners Shop Race Night 6pm 400/100/1500	
	6.45 10km champs/One Hour	
Sat 5th	Mingara Track 9am 4k/60/800/200/4x100 Jav/LJ	All-comers & 10k Champs
Sat Oct 12		Treloar Shield Rd 1
Sat Oct 19	RELAY FOR LIFE Cancer Council Track Closed	Treloar Shield Rd 2
Sat Oct 26		Treloar Shield Rd 3
Sun Oct 20		Fernleigh 15 Newcastle
<b>November Sat 2</b>		Treloar Shield Rd 4 + 3km C'ships
Tues Nov 4	Mingara Runners Shop Race Night 6pm 800-60-3km -200	
Sat Nov 9	Mingara Track 9am Relays Practice and Coaching Throw (discus) at 9 and jump (TJ) at 10	Treloar Shield Rd 5
Sat Nov 16		Treloar Shield Rd 6
Sat Nov 23		State Relays Campbelltown
Sun Nov 24		Relays
Sat-Sun Nov 30 -31	C Coast Zone Little As No Senior Track	Treloar Shield Rd 7
<b>December</b>		
Tues Dec 2	Mingara Runners Shop Race Night 6pm 800-60-3km -200	
Sat Dec 7	Mingara Track 9am christmas 4k XC, Shot/TJ 100m, 1500m, 400m	Australian All Schools
Sat Dec 14		Club C'ships SOPAC
Sat Dec 21		Allcomers +Albie Thomas Mile C'ships Bankstown
Sat Jan 4		Treloar Shield Rd 8
<b>January</b>		
Tues 7	Mingara Runners Shop Race Night 6pm 800-60-3km -200 (Field?)	Illawarra Track Classic Wollongong
Sat 11 <sup>th</sup>	Mingara Hosts 10km Walks Champs and All comers	Mingara Hosts 10km Walks Champs and All comers
Fri Jan 17-Sun 19		Country C'ships in Dubbo
Fri Jan 24-Sun 26		ACT C'ships Canberra
Sat Jan 25-26		NSW Combined Events C'ships SOPAC
<b>February Sat 1<sup>st</sup></b>		Hunter Track Classic Glendale Newcastle
Tues Feb 4	Mingara Runners Shop Race Night 6pm 100m, 400m, 1500m/3k	
Fri Feb 7-9		NSW Masters C'ships SOPAC
Sat Feb 15		Allcomers Newcastle
Fri-Sun Feb 21-23		Sun Feb 23 NSW Juniors SOPAC
Sat Feb 29		Allcomers
<b>March</b>		
Tues Mar 3	Mingara Runners Shop Race Night 6pm 60m, 200m, 800m, 3km/5km	
Fri -Sun Mar 6- 8		NSW Open C'ships SOPAC
Sat Mar 14		Bankstown Invitational Bankstown
Fri 10-Mon Apr 13		Masters Nationals Brisbane