

Nowra Athletics Club Track and field competition will commence on Wednesday 18.09.19 at Shoalhaven High School at 6pm. This will be a rego evening as will the following week on 25.09.19.

Both these nights will also include a training / instruction component where people can come along and learn some throwing, jumping and running techniques. Competition rounds will kick off in October. Each Wednesday night a variety of events is offered including sprints, middle distance track runs, and long distance track events; and in the field, high jump, long jump, triple jump, javelin, discus, and shot put.

Everyone is welcome - all ages, sizes, abilities and experience. Come along and check it out. For more information, see Nowra Athletics Club website or facebook page.

Kind Regards,

*Darlene Musgrove*

Publicity Officer Nowra Athletics Club