GEELONG GUILD ATHLETIC CLUB INC.

Senior Athletics • Athletics Victoria

Senior Athletes
Welcome Guide

2026 / 27 Season

A companion to the club Welcome Booklet
Tailored for our senior athletes (18+)

Welcome, Senior Athletes

Welcome to senior athletics at Geelong Guild! Whether you're new to the club, returning after a break, or stepping up from the junior ranks, we're thrilled to have you pulling on the green singlet.

This guide is a companion to the club's main Welcome Booklet, written specifically for our AVSL athletes (13 and over). It focuses on what you need to know to compete with us through the Athletics Victoria season: how the competition works, how to register, what to expect on the day, where to find your results, and how to make the most of being part of the club.

There's no standard to reach and no pressure, just bring your running shoes, your competitive spirit and your team spirit. If you have a question at any time, your Team Manager is your go-to person.

About Geelong Guild

Geelong Guild Athletic Club Inc. is a community athletics club based at Landy Field in Geelong, with members from right across Geelong, the Surfcoast and the Bellarine. We're proudly supported by our sponsor, Andrews Estate Agents.

Our senior program is a genuine force in Victorian athletics. We compete through Athletics Victoria in the AVSL competition, racing in the club's distinctive green singlet and red-and-gold lion crest. We're a club that values effort, improvement and team spirit at every level, from first-timers to seasoned competitors and Masters athletes.

On the rise: In 2025/26 our senior team won AVSL Division 2 and earned promotion to the Premier Division for 2026/27, the top tier of Athletics Victoria's shield competition. It's a great time to be a Guild athlete.

How the Season Works

Senior athletics in Victoria is a summer sport, run through the Athletics Victoria Shield League (AVSL),often just called “Aths Vic” or “shield”.

- The season runs from October to April, over about 10 rounds, mostly on Saturday afternoons.
- Our home venue is Landy Field, Geelong, and rounds are held at venues across metropolitan and regional Victoria.
- More than 50 clubs compete across five divisions. Clubs earn points each round, with promotion and relegation between seasons. For 2026/27, Guild competes in the Premier Division.
- There's no minimum standard, every ability is welcome, across Under 20, Open and Masters age categories.
- You choose which events to contest each week (usually nominating by the Wednesday before). The more athletes and events we enter, the more points we score.

In short: turn up, enter your events, do your best, and every performance helps the club.

The Events

Athletics offers a huge range of events. You can specialise in one or two, or compete in as many as you like across track and field. Here's the list of senior event categories:

Event group	What's involved
Track - sprints	100m, 200m and 400m
Track - middle & long distance	800m, 1500m, 3000m and longer.
Track - hurdles & walks	Sprint and longer hurdle events, plus race walking.
Field - jumps	Long jump, triple jump, high jump and pole vault.
Field - throws	Shot put, discus, javelin and hammer.
Relays	Baton relays - a Guild specialty and a great way to score points and build team spirit.

Getting Started

Getting competition-ready is straightforward:

- **1. Register -** Register as a senior member with Athletics Victoria and with the club. Your Team Manager can walk you through the online registration.
- **2. Get your singlet -** Grab a green Guild racing singlet from the club's online store. You'll need it to compete and score points for the club.
- **3. Plan your first round -** Note the season dates and round venues, and nominate your events for your first Saturday.
- **4. Compete -** Turn up, introduce yourself to the Team Manager, and we'll make sure you're looked after.

Fees

The senior club fee is currently $35, in addition to your Athletics Victoria membership. Fees can change season to season, so please confirm the current amounts with the Senior Team Manager or our Registrar.

Useful links

Senior Aths membership/join: Membership | Aths Vic

Senior Aths Results Results Hub

Geelong Guild: Geelong Guild Athletic Club | Landy Field Geelong

Geelong Guild Uniform online store: Geelong Guild Athletic Club – Full Moon Printshop

Uniform & What to Bring

To compete and count for the club, you'll wear the Geelong Guild green racing singlet, available through the club's online store. Geelong Guild Athletic Club – Full Moon Printshop

For a typical competition day, bring:

- Your green club singlet (required to score points for the club).
- Footwear - running shoes are fine to start; spikes are common for track and some field events (check the rules for your events first).
- Warm-up gear and layers - afternoons can cool quickly, and a good warm-up matters.
- Water and some light nutrition to keep you going across the afternoon.
- Sun protection - hat, sunscreen and sunglasses (we're a SunSmart club).
- A spike bag, a small chair and your team spirit for cheering on club-mates.

What to Expect on Competition Day

AVSL rounds have a relaxed but purposeful rhythm. Here's the general flow:

- Arrive in good time, check in with the club tent/Team Manager, and warm up.
- Your nominated events run to a published timetable across the afternoon - you fit your events around it.
- Track and field events run simultaneously, so there's always something happening.
- Every performance earns points for the club, so contesting more events genuinely helps the team.
- Relays are a highlight - grab a team and get involved.
- Stick around to support your club-mates and enjoy the team atmosphere - it's a big part of Guild.

Tracking your results

You don't need to record anything yourself. Senior results are published on the Athletics Victoria Results Hub after each round, so you can review your performances, track your personal bests, and follow how the club is tracking on the ladder across the season. If you're not sure how to find yourself on the platform, just ask your Team Manager.

Results Hub

Training & Development

Athletics rewards consistency, and the club supports athletes who want to train and improve.

- The club has coaching to support senior athletes - speak with our Coaching Coordinator or Team Manager about current training options and sessions.
- Set yourself a couple of goals for the season - a new event to try, a personal best to chase, or a championship to target.
- Don't be shy about asking more experienced club-mates for tips; it's a generous, supportive group.

Getting Involved

Guild is run by its members, and senior athletes are a huge part of what makes the club tick, on and off the track.

- **Officiating & helping -** Every club must supply volunteer officials and helpers at each AVSL round. Lending a hand keeps competition running and is genuinely valued.
- **Become an official -** Completing official accreditation is a great way to contribute and can even earn the club bonus points.
- **Relays & team spirit -** Get a relay team together, it's some of the most fun you'll have in a singlet, and great for club points.
- **Club life -** Pitch in at club events and fundraisers like the Bunnings BBQ, and come along to social functions and presentation night.

If you'd like to do more, the committee always welcomes fresh energy, just have a chat with a Team Manager.

Staying Connected

Keep across round details, results, selection for relays and club news by staying connected:

- Follow the club's Facebook and Instagram pages for updates and athlete celebrations.
- Check the club website for season information and registration links.
- Watch for club emails and messages from your Team Manager. A central club email is being rolled out to make this even easier.

Geelong Guild Athletics Facebook page: Geelong Guild | Facebook
Geelong Guild Athletics Instagram: Geelong Guild Athletic Club (@geelongguildathleticclub)
Geelong Guild website: Geelong Guild Athletic Club | Landy Field Geelong

Safety, Inclusion & Fair Play

We want every athlete to feel welcome, safe and respected at Guild.

- We're an inclusive club - all ages, abilities and backgrounds are welcome, and the focus is on personal bests and team contribution.
- We're a child-safe club; members in certain roles hold a current Working With Children Check, and we expect respectful conduct from everyone.
- We're SunSmart - hats, sunscreen and water are encouraged at every round.
- We ask all athletes to compete with integrity and good sportsmanship, in line with the club's codes of conduct and Athletics Victoria's rules.

If you ever have a concern, please speak with a Team Manager, the Secretary or the President.

Championships & Where It Can Lead

Beyond the weekly rounds, the season offers plenty to aim for:

- **Relays -** Victorian Relay Championships, a brilliant team event and a Guild favourite.
- **Championships -** Victorian Country and State Track & Field Championships for individual events.
- **National level -** The Australian Athletics Championships in April, for those who qualify.
- **Masters -** Masters competition and records for athletes continuing into the Masters age categories.
- **Specialist meets** - Athletics Victoria also provides specialist event group meetings throughout the season. Examples of these include “High Velocity Club” where only sprint/hurdles and sometimes jumping events are on the program. These meetings are designed for the best in the state to challenge themselves throughout the season against the other top athletes. “Milers club” for distance events, “AV throwers” for throwing events and “Rare Air” for Pole Vault and High Jump are other examples of these.
- **Cross Country season** - Athletics Victoria also provides a winter season of cross country and road racing meetings. Geelong Guild athletes run under the Geelong region banner at these competitions. For more information please reach out to Geelong Athletics.

Wherever you're at in your athletics journey, Guild is a club that celebrates effort and improvement at every level.

Key Contacts

Have a question? For anything about senior competition, your Senior Team Manager is the best place to start.

Role	Name
Senior (AV) Team Manager	Ben Calnin
Coaching Coordinator	Mason Spikers
President	Harvey Murrant
Vice President	Justin Clark
Secretary	Sue Clark
Registrar	Currently vacant — please contact the President

Contact email:

Senior Aths: registrarggac@yahoo.com.au

Frequently Asked Questions

Do I need to be a certain standard to compete?

No. The AVSL has no minimum standard - athletes of all abilities are welcome. Whether you're returning to athletics, chasing PBs, or competing seriously, there's a place for you. We love seeing people give it a go and enjoy themselves no matter what ability.

How do I enter events each week?

Registrations for AVSL meets are done online. You nominate the events you'd like to do, usually by midday on Wednesday before each Saturday round. Your Team Manager will show you how, and you can mix track and field to suit you.
The same online registration system is used for championships and specialist meets, only the deadlines for registration vary for these competitions.

What does it cost?

The senior club fee is currently $35, in addition to your Athletics Victoria membership. Please confirm current amounts with the Team Manager or Registrar.

Do I need spikes?

Not to start with - running shoes are fine. Many senior athletes use spikes for track and some field events, but rules vary by event, so check with your Team Manager before buying.

Where do I find my results?

Senior results are published on the Athletics Victoria Results Hub after each round, so you can track your performances and personal bests across the season. Results Hub

Can I just do field events, or just distance?

Absolutely. You choose the events you enter each week - many athletes specialise, while others compete across a range.

How can I help the club?

Compete in more events (every performance scores points), jump into relays, and help supply officials and helpers on the day. Becoming an accredited official is a great contribution.

Welcome to the team - we'll see you on the track!