

## SAMA Summer Program 2017-2018

Men and women compete together. W designates the race is a race-walk.

All races up to and including the 800m will now always be scratch races

On handicap days if more than 1 heat is required in the 1000 and 1500m – the faster heat will be scratch

Track A	Time	Track B	Time	Track C	Time	Field 1	Time	Field 2	Time
60m	5.55pm	1000mW	5.50pm	1000m	5.55pm	Hammer	5.55pm	Weight	5.55pm
1500m	6.05pm	100m	6.05pm	1500mW	6.10pm	TJ	6.40pm	Discus	6.30pm
800mW	6.20pm	800m	6.15pm	150m	6.25pm	Javelin	6.50pm	LJ	6.50pm
200m	6.30pm	300m	6.25pm	2000mW	6.35pm	HJ	7.00pm	Shot	7.10pm
3000m	6.40pm	3000mW	6.40pm	2000m	6.55pm				
5000mW	7.00pm	5000m	7.10pm	400m	7.10pm				
3000mW	7.00pm	3000m	7.10pm						

Date	Program	
Wed 11 <sup>th</sup> Oct	A1 Scratch	
Wed 18 <sup>th</sup> Oct	B2 Hdcp	
Wed 25 <sup>th</sup> Oct	C1 Scratch	
Wed 1 <sup>st</sup> Nov	A2 Hdcp	
Wed 8 <sup>th</sup> Nov	B1 Scratch	
Wed 15 <sup>th</sup> Nov	C2 Hdcp	
Wed 22 <sup>nd</sup> Nov*	A1 Scratch	
Wed 29 <sup>th</sup> Nov	B2 Hdcp	
Wed 6 <sup>th</sup> Dec	C1 Scratch	
Wed 13 <sup>th</sup> Dec	A2 Hdp	
Wed 20 <sup>th</sup> Dec	Modified Scratch	Adelaide Harriers - Xmas special, 60m Last man standing, 800m Run for walkers , 800m Walk for runners, wrong handed turbo throw, water balloon throwing. <b>5.50pm start</b>
Wed 27 <sup>th</sup> Dec	A.M.	Two Jetties Fun Run
Wed 27 <sup>th</sup> Dec	P.M.	Bay Sheffield 800m
Wed 3 <sup>rd</sup> Jan	Modified Scratch	Mile Walk, 600m, 100m, Mile, 300m, 3k run/walk, Hammer, H J, Turbo throw, Standing L J
Wed 10 <sup>th</sup> Jan	B2 Scratch	Plus 4x100m relay (nominate previous week), First 2 track events – 5 minutes earlier <b>5.45pm start</b>
Wed 17 <sup>th</sup> Jan*	C1 Hdcp	
Wed 24 <sup>th</sup> Jan	A2 Scratch	
Wed 31 <sup>st</sup> Jan	B1 Hdcp	
Wed 7 <sup>th</sup> Feb	C2 Scratch	Incl. State Champs Short Hurdles <b>5.40pm start– nominate the week before</b>
Wed 14 <sup>th</sup> Feb	A1 Hdcp	
Wed 21 <sup>st</sup> Feb	B2 Scratch	
Wed 28 <sup>th</sup> Feb	C1 Hdcp	Incl. State Champs Long Hurdles <b>5.40pm start– nominate the week before</b>
Wed 7 <sup>th</sup> Mar*	A2 Scratch	
Sun 11 <sup>th</sup> Mar	Champs	10km Run, 10km Walk 8.00am start, Throws Pentathlon 8.30am start
Wed 14 <sup>th</sup> Mar	B1 Hdcp	Incl. State Champs T&F Pent – Women <b>5.30pm start – nominate the week before</b>
Wed 21 <sup>st</sup> Mar	C2 Scratch	Incl. State Champs Steeplechase <b>5.15pm start– nominate the week before</b>
Wed 28 <sup>th</sup> Mar	A1 Hdcp	Incl. State Champs T&F Pent – Men <b>5.30pm start– nominate the week before</b>
30 <sup>th</sup> Mar- 2 <sup>nd</sup> Ap		Easter
Wed 4 <sup>th</sup> Ap	Champs	Day 1 T&F Championships
Wed 11 <sup>th</sup> Ap	Champs	Day 2 T&F Championships
Wed 18 <sup>th</sup> Ap	Modified Scratch	Summer Presentation Night, 600mW, 60m, 600m, 300m, Mile run/walk, Hammer, LJ <b>Please bring a plate to share</b>
April 20 <sup>th</sup> -22 <sup>nd</sup>		Murray Bridge Masters Games
April 26 <sup>th</sup> -29 <sup>th</sup>		AMA National T&F Championships - Perth

\* ASA events on after our meetings