

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	6.05pm	TJ	6.40pm	Discus	6.30pm
800mW	6.20pm	800m	6.15pm	150m	6.20pm	Javelin	6.50pm	LJ	6.50pm
200m	6.30pm	300m	6.25pm	2000mW	6.30pm	HJ	7.00pm	Shot	7.00pm
3000m	6.40pm	3000mW	6.40pm	2000m	6.50pm				
5000mW	7.00pm	5000m	7.10pm	400m	7.05pm				
3000mW	7.00pm	3000m	7.10pm		Change				

Trials

14th & 28th March-The handicap long runs and walks will all start together at 6.40pm

21st March-The 400m will be a handicap event. Throws will be Discus 5.55pm, Shot 6.25pm and Weight 7.00pm

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