

## SA MASTERS ATHLETICS - SUMMER 2019/20

v5

KEY TO PROGRAMS &amp; NOTES - See Page 2

Scratch events [in grey]

Handicap events [in white]

DATE	PROGRAM	NOTES	
<b>2019</b>			
5th-12th Oct	XVII AUSTRALIAN MASTERS GAMES - ADELAIDE		
18th-20th Oct	SAMA WEEKEND AWAY		
Wed 23rd Oct	B1 Handicap	1st SAMA Competition	800m Qualifier for Bay Sheffield Masters 800m race
Sun 27th Oct	<b>Dual State Champs</b>	<b>ASA 10000m Run,</b>	<b>SAMA 10000m Run;</b> Morning - details to be advised
Wed 30th Oct	C2 Scratch		
Wed 6th Nov	A1 Handicap		<b>Heat 1: Bob Clarke Memorial Challenge<sup>#</sup></b>
Wed 13th Nov	B2 Scratch		800m Qualifier for Bay Sheffield Masters 800m race
Wed 20th Nov	C1 Handicap		<b>Heat 2: Bob Clarke Memorial Challenge<sup>#</sup></b>
Sat 23rd Nov	<b>ASA State Champs</b>	<b>ASA Relays :</b> Track; 4x100m, 4x200m, 4x400m, 4x800m / Field; LJ, TJ, HJ, Shot, Javelin, Discus	
Wed 27th Nov	A2 Scratch		600m Qualifier for Bay Sheffield Masters 800m race
Wed 27th Nov*	<b>ASA State Champs</b>	<b>ASA 5000m Run championships;</b> Adelaide Invitational 1	
Wed 4th Dec	B1 Handicap		
Wed 11th Dec	C2 Scratch		<b>Final: Bob Clarke Memorial Challenge</b>
Wed 18th Dec	Modified Scratch	<b>Xmas special - Adelaide Harriers Clubrooms</b> 5.50pm; 60m Last man standing, 6.20pm; 800m Run for non-runners , 6.25pm; 800m Walk for runners, 6.45pm; wrong handed Turbo throw, 7.15pm; water balloon throwing.	
Wed 18th Dec	ASA	Open Day; Night meet	
Thurs 26th Dec (tbc)	Morning	<b>Two Jetties Fun Run</b> - organised by Adelaide Harriers	
Thurs 26th Dec (tbc)	Afternoon	<b>Bay Sheffield Masters 800m race</b> - organised in association with SAAL	
<b>2020</b>			
Wed 8th Jan	A1 Handicap		
Wed 15th Jan	B2 Scratch		
Wkend 18/19th Jan	<b>ASA State Champs</b>	<b>ASA Multi Event Championships;</b> Incl. Decathlon, 035 Masters Pentathlon	
Wed 22nd Jan	C1 Handicap		Plus 4x100m relays** - First 2 track events 5 minutes earlier; 5.45pm start
Wed 29th Jan	A2 Scratch		
Wed 5th Feb	B1 Handicap		
Sun 9th Feb	2019 OCEANIA & AUSTRALIAN 20KM RACE WALKING CHAMPIONSHIP - ADELAIDE (War Memorial Drive)		
Wed 12th Feb	C2 Scratch		<b>Incl. SAMA State Champs Short Hurdles**</b> - 5.40pm start
Wed 19th Feb	A1 Handicap		<b>Incl. SAMA State Champs T&amp;F Pentathlon; Men**</b> - 5.30pm start
Wed 26th Feb	B2 Scratch		<b>Incl. SAMA State Champs T&amp;F Pentathlon; Women**</b> - 5.30pm start
28/29th Feb/1st Mar	<b>ASA State Champs</b>	<b>ASA Track &amp; Field Championships (incl. 10000m Walk)</b>	
Wed 4th Mar	C1 Handicap		<b>Incl. SAMA State Champs Steeplechase**</b> - 5.15pm start
Wed 11th Mar	A2 Scratch		<b>Incl. SAMA State Champs Long Hurdles**</b> - 5.40pm start
Wed 11th Mar*	<b>ASA State Champs</b>	<b>3000m ASA Run championships;</b> Adelaide Invitational 2	
Wed 18th Mar	<b>SAMA State Champs</b>	<b>Day 1 SAMA T&amp;F Championships</b> - 5.50pm start	
Sun 22nd Mar	<b>SAMA State Champs</b>	<b>SAMA 10000m Walk; Throws Pentathlon;</b> All 8.30am start	
Wed 25th Mar	<b>SAMA State Champs</b>	<b>Day 2 SAMA T&amp;F Championships</b> - 5.50pm start	
Wed 1st Apr	Modified Scratch	<b>Summer Presentation Night</b> [please bring a plate to share] 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Javelin, 6.10pm Long Jump	
10th-13th April	AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS - BRISBANE (over Easter)		
16th-20th April	SA MASTERS GAMES - TATIARA (Bordertown)		
20th July – 1st August	WORLD MASTERS ATHLETICS CHAMPIONSHIPS - TORONTO		

\*ASA events follow our meets

\*\*Nominate previous week

<sup>#</sup>Register > 48h beforehand

## VENUES

All SAMA / ASA competitions are held at SA Athletics Stadium, Mile End unless indicated otherwise.

## SAMA WEDNESDAY PROGRAMS

Program alternates between Scratch and Handicap with timetables as shown below eg. A1 = Track A + Field 1.

On Handicap days if more than 1 heat is required for 400, 800, 1000 or 1500m – the faster heat will be scratch.

Men and women compete together. W designates a walk (separate Race-walk & Club-walk events on Scratch days only).

TRACK	Program A		Program B		Program C	
	60m	5.55pm	1000mW	5.50pm	1000m	5.55pm
	1500m	6.05pm	150m	6.05pm	1500mW	6.05pm
	800mW	6.20pm	800m	6.15pm	100m	6.20pm
	200m	6.30pm	300m	6.25pm	2000m	6.30pm
	3000m	6.45pm	3000mW	6.40pm	400m	6.45pm
	5000mW	6.45pm	5000m	6.40pm	4000mW	6.55pm
	3000mW	6.45pm	3000m	6.40pm	2000mW	6.55pm
FIELD	Program 1		Program 2			
	Hammer	5.55pm	Weight	5.55pm		
	HJ	6.35pm	Discus	6.30pm		
	Javelin	6.50pm	LJ	6.50pm		
	TJ	7.00pm	Shot	7.00pm		

## The Bob Clarke Memorial Challenge

SAMA is introducing a new event as part of it's 2019/2020 summer track & field program.

*The event is named after Bob Clarke, in honour of one of the founding members of SA Veterans Amateur Athletics Club (now SAMA), instigator of the City-Bay Fun Run, and one of our 'Magnificent Masters' who epitomised the philosophy of having a go at a range of run distances. Just before he passed away in 2016, Bob was honoured in Australia Day Honours, with a well-deserved AM for his contribution to athletics.*

- This event will cater for sprinters as well as middle distance and distance runners of all ages, both male and female, competing together in two handicap heats (200m & 1000m) with the aim of qualification for a 500m final.
- The two heats and handicap final will be run over three Wednesday evenings during the months of November and December.
- Entrants will need to register up to 48 hours before each heat to allow for handicaps to be calculated and for the track to be marked on the day of competition.
- Male and female athletes compete jointly in the heats and final.
- All athletes are handicapped on a set sliding scale (based on age and gender) with possible, discretionary, additional handicapping based on an assessment of comparative skill levels.

Races	Qualification for trophy final:					
<b>Heat 1. 200m</b>	Points will be awarded to runners in each race of the two lead up heats on the following basis					
	1 <sup>st</sup>	10 points	4 <sup>th</sup>	6 points	7 <sup>th</sup>	3 points
<b>Heat 2. 1000m</b>	2 <sup>nd</sup>	8 points	5 <sup>th</sup>	5 points	8 <sup>th</sup>	2 points
	3 <sup>rd</sup>	7 points	6 <sup>th</sup>	4 points	9 <sup>th</sup>	1 point
<b>Final: 500m</b>	Points are combined from the 2 heats and the top 8 (if we get that number of lanes) qualify for the final.					

## COLOUR KEY

Masters Games	
Major Championships	
SAMA State Age Group Championships	
Dual State Champs	
ASA State Championships	
Modified Program	
Other SAMA Events	
Other non-SAMA Events	