

KEY TO PROGRAMS & NOTES - See Page 2

Scratch events [in grey]

Handicap events [in white]

Subject to SA Roadmap for Easing COVID-19 Restrictions

DATE	PROGRAM	NOTES
2020		
9th-11th Oct	SAMA WEEKEND AWAY	
Wed 14th Oct	A1 Scratch	1st SAMA Competition
Wed 21st Oct	B2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race
Sun 25th Oct (TBC)	Dual State Champs	ASA 10000m Run, SAMA 10000m Run; Morning - details to be advised
Wed 28th Oct	C1 Scratch	Incl. SAMA State Champs Short Hurdles** - 5.40pm start
Wed 4th Nov	A2 Handicap	Heat 1: Bob Clarke Memorial Challenge[#] [replaces 200m in Track A]
*Wed 11th Nov	B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race
Wed 18th Nov	C2 Handicap	Heat 2: Bob Clarke Memorial Challenge[#] [replaces 1000m in Track C]
*Wed 25th Nov	A1 Scratch	600m Qualifier for Bay Sheffield Masters 800m race
Wed 25th Nov	ASA State Champs	ASA 5000m Run Championships; Adelaide Invitational 1
Wed 2nd Dec	B2 Handicap	Final: Bob Clarke Memorial Challenge
Wed 9th Dec	C1 Scratch	Incl. SAMA State Champs Long Hurdles** - 5.40pm start
Wed 16th Dec	Modified Scratch	Xmas special - Adelaide Harriers Clubrooms 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.
(TBC)	Afternoon	Bay Sheffield Masters 800m race - organised in association with SAAL (TBC)
2021		
9th-10th Jan	ASA State Champs	ASA Multi Event Championships; Incl. Decathlon, 035 Masters Pentathlon
Wed 13th Jan	A1 Handicap	
*Wed 20th Jan	B2 Scratch	Incl. SAMA State Champs Steeplechase** - 5.15pm start
Wed 27th Jan	C1 Handicap	Incl. SAMA State Champs T&F Pentathlon; Men** - 5.30pm start
Wed 3rd Feb	A2 Scratch	Incl. SAMA State Champs T&F Pentathlon; Women** - 5.30pm start
Wed 10th Feb	B1 Handicap	Plus 4x100m relays** - First 2 track events 5 minutes earlier; 5.45pm start
Sat 13th Feb	ASA State Champs	ASA Relays : Track/ Field
Sun 14th Feb	SAMA State Champs	SAMA 10000m Walk; Throws Pentathlon; All 8.30am start
Wed 17th Feb	C2 Scratch	
Wed 24th Feb	A1 Handicap	
26th-28th Feb	ASA State Champs	ASA Track & Field Championships
Wed 3rd Mar	B2 Scratch	
5th-8th March	AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS - CANBERRA (TBC)	
*Wed 10th Mar	C1 Handicap	
Wed 10th Mar	ASA State Champs	3000m ASA Run championships; Adelaide Invitational 2
Wed 17th Mar	SAMA State Champs	Day 1 SAMA T&F Championships - 5.50pm start
Wed 24th Mar	SAMA State Champs	Day 2 SAMA T&F Championships - 5.50pm start
Wed 31st Mar	Modified Scratch	Summer Presentation Night [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
2nd-5th April	EASTER	
15th-18th April	SA MASTERS GAMES - COPPER COAST (Kadina, Moonta and Wallaroo)	
*ASA/Club PB events follow our meets		**Nominate previous week
		#Register > 48h beforehand

VENUES

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

Competition will be conducted to comply with the SA Roadmap for Easing COVID-19 Restrictions. The details of the specific conditions that will apply for competitions at SA Athletics Stadium will be advised on the SAMA website.

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

- 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

Races

Qualification for trophy final:

Race	Points will be awarded to runners in each race of the two lead up heats on the following basis					
Heat 1. 200m	1 st	10 points	4 th	6 points	7 th	3 points
Heat 2. 1000m	2 nd	8 points	5 th	5 points	8 th	2 points
	3 rd	7 points	6 th	4 points	9 th	1 point
Final: 500m	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	