

# WE ENCOURAGE ALL MEMBERS TO ENTER OUR SUMMER CHAMPIONSHIPS

**\*\*\*This is your chance to compete in your 5 year age group\*\*\***

## State Masters Athletics Championships – 2019

### Competition Numbers

These are your official SAMA numbers that have been allocated to you. They **must be worn** for these Championships. If you do not have SAMA numbers they will be issued when checking in on arrival.

### Entry fees

No charge for the Hurdles, T&F Pentathlons or Steeplechase – just the normal stadium entry fee.

Throws Pentathlon, 10km Track Walk and 10k Track Run – \$5 entry fee by cash or cheque - on the day.

**Please nominate for these events as required. Sheets will be available at the check-in desks. It is compulsory for the Hurdles, T&F Pentathlon and Steeplechase, and will assist in the management of the other events.**

Main T&F (3<sup>rd</sup> & 10<sup>th</sup> April) - \$10 per day payable by cash or cheque on the day (includes entry to the Stadium).

### **Wednesday 27<sup>th</sup> February**

Short Hurdles. **Please nominate at least one week before!**

### **Wednesday 6<sup>th</sup> March**

Long Hurdles. **Please nominate at least one week before!**

**Hurdles** are NOT available for Short W60+ and Men 80+ and Long W60+ and Men 70+. Organising the hurdles is a time consuming process! If you do enter then your help will be required in setting up and putting away the equipment. Also if you have entered the hurdles and then decide later that you will not be competing, please let the organisers know to avoid possible unnecessary work.

### **Sunday 10<sup>th</sup> March**

10km Track Walk/10km Track Run – 7.40am check in, 8.00am start

Throws Pentathlon – 8.00am check in, 8.30am start

### **Wednesday 13<sup>th</sup> March**

Women's T&F Pentathlon – run in conjunction with normal competition.

Approximate times only. **Please nominate at least one week before!**

|               |               |               |               |               |               |
|---------------|---------------|---------------|---------------|---------------|---------------|
| <b>5.15pm</b> | <b>5.30pm</b> | <b>5.35pm</b> | <b>6.00pm</b> | <b>6.30pm</b> | <b>7.00pm</b> |
| Sign-in       | 100m          | Shot          | LJ            | Jav           | 800m          |

### **Wednesday 20<sup>th</sup> March**

Men's T&F Pentathlon – run in conjunction with normal competition.

Approximate times only. **Please nominate at least one week before!**

|               |               |               |               |               |               |
|---------------|---------------|---------------|---------------|---------------|---------------|
| <b>5.15pm</b> | <b>5.30pm</b> | <b>6.00pm</b> | <b>6.25pm</b> | <b>6.30pm</b> | <b>7.00pm</b> |
| Sign-in       | LJ            | Jav           | 200m          | Discus        | 1500m         |

### **Wednesday 27<sup>th</sup> March**

Men's and Women's steeplechase 5.15pm start. **Please nominate at least one week before!**

### **Wednesday 3<sup>rd</sup> April**

**Main Track and Field.**

### **Wednesday 10<sup>th</sup> April**

**It is not necessary to enter before the day on these two Wednesdays.** Entries will be received at the check-in desk when you arrive. Carefully check the timetable before selecting your events. The program will not be held up if your events overlap.

|             |                    |  |             |                     |
|-------------|--------------------|--|-------------|---------------------|
| <b>5.50</b> | <b>1500m Walk</b>  |  | <b>5.50</b> | <b>800m Walk</b>    |
| <b>5.50</b> | <b>Hammer</b>      |  | <b>5.50</b> | <b>Weight Throw</b> |
| <b>6.05</b> | <b>60m</b>         |  | <b>6.00</b> | <b>100m</b>         |
| <b>6.20</b> | <b>800m</b>        |  | <b>6.15</b> | <b>1500m</b>        |
| <b>6.40</b> | <b>200m</b>        |  | <b>6.30</b> | <b>Long Jump</b>    |
| <b>6.50</b> | <b>Javelin</b>     |  | <b>6.35</b> | <b>5000m Walk</b>   |
| <b>6.55</b> | <b>3000m Walk</b>  |  | <b>6.45</b> | <b>Discus</b>       |
| <b>7.05</b> | <b>High Jump</b>   |  | <b>7.20</b> | <b>400m</b>         |
| <b>7.20</b> | <b>Triple Jump</b> |  | <b>7.35</b> | <b>Shot</b>         |
| <b>7.30</b> | <b>5000m</b>       |  | <b>7.35</b> | <b>3000m</b>        |

|   |
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| <p><b>Please note.</b><br/> <b>Competitors must enter at least 30 minutes prior to the scheduled start time (20 mins for the 5.50pm!)</b></p> |
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### Walkers

Race Walking and Club Walking will be in the same race - type of walking to be nominated on race entry.

### Jumpers & Throwers

**No competitor will be allowed to enter the competition after the commencement of the fourth round.** Competitors who need to leave during an event may compete out of turn for that round. On return athletes may only continue at the round in progress (but may do so in that round even if their normal position in the round has passed).