

SAMA Summer Program 2018-2019

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

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	800m	6.05pm	1500mW	6.05pm	HJ	6.35pm	Discus	6.30pm
800mW	6.20pm	100m	6.15pm	150m	6.20pm	Javelin	6.50pm	LJ	6.50pm
200m	6.30pm	3000mW	6.25pm	2000m	6.30pm	TJ	7.00pm	Shot	7.00pm
3000m	6.40pm	5000m	6.25pm	400m	6.45pm				
5000mW	6.40pm	3000m	6.25pm	4000mW	6.55pm				
3000mW	6.40pm	300m	6.55pm	2000mW	6.55pm				

Program alternates between Scratch and Handicap (Hdcp) with timetables as shown 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.

Date	Program	
Wed 17 th Oct	A1 Scratch	
Wed 24 th Oct	B2 Hdcp	800m Qualifier for Bay Sheffield Masters 800m race
Wed 31 st Oct	C1 Scratch	
Wed 7 th Nov	A2 Hdcp	
Wed 14 th Nov	B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race
Wed 21 th Nov	C2 Hdcp	
Wed 28 nd Nov*	A1 Scratch	600m Qualifier for Bay Sheffield Masters 800m race
Wed 5 th Dec	B2 Hdcp	
Wed 12 th Dec	C1 Scratch	
Wed 19 th Dec	Modified Scratch	Adelaide Harriers - Xmas special, 5.50pm 60m Last man standing, 6.20pm 800m Run for walkers, 6.25pm 800m Walk for runners, 6.45pm wrong handed Turbo throw, 7.15pm water balloon throwing.
Thurs 27 th Dec	A.M.	Two Jetties Fun Run
Thurs 27 th Dec	P.M. (tbc)	Bay Sheffield Masters 800m race
Wed 2 nd Jan	Modified Scratch	5.50pm Mile Walk, 6.05pm 600m, 6.15pm 100m, 6.25pm Mile, 6.35pm 300m, 6.45pm 3km run/walk, 5.55pm Hammer, 6.45pm H J, 6.30pm Turbo throw, 7.00pm Standing L J
Wed 9 th Jan	B2 Scratch	
Wed 16 th Jan	C1 Hdcp	Plus 4x100m relay (nominate previous week), First 2 track events – 5 minutes earlier 5.45pm start
Wed 23 th Jan	A2 Scratch	
Wed 30 th Jan*	B1 Hdcp	
Wed 6 th Feb	C2 Scratch	
Wed 13 th Feb	A1 Hdcp	
Wed 20 th Feb	B2 Scratch	
Wed 27 th Feb	C1 Hdcp	Incl. State Champs Short Hurdles 5.40pm start– nominate the week before
Wed 6 th Mar*	A2 Scratch	Incl. State Champs Long Hurdles 5.40pm start– nominate the week before
Sun 10 th Mar	Champs	10km Run, 10km Walk 8.00am start, Throws Pentathlon 8.30am start
Wed 13 th Mar*	B1 Hdcp	Incl. State Champs T&F Pent – Women 5.30pm start – nominate the week before
Wed 20 th Mar	C2 Scratch	Incl. State Champs T&F Pent – Men 5.30pm start– nominate the week before
Wed 27 th Mar	A1 Hdcp	Incl. State Champs Steeplechase 5.15pm start– nominate the week before
Wed 3 rd Apr	Champs	Day 1 T&F Championships
Wed 10 th Apr	Champs	Day 2 T&F Championships
Wed 17 th Apr	Modified Scratch	Summer Presentation Night, 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Hammer, 6.10pm LJ Please bring a plate to share
19 th – 22 nd April		Easter
April 26 th -29 th		AMA National T&F Championships - Melbourne

*ASA events follow our meetings