

SAMA Summer Program 2011-2012

Program "A"	
100m	5.55pm
Hammer	5.55pm
1500m	6.15pm
400m	6.25pm
3km Track Walk	6.30pm
Javelin	6.40pm
Long Jump	6.50pm
5km Track Run	7.05pm
High Jump	7.20pm
Finish (off track)	7.45pm

Program "B"	
200m	5.55pm
Weight Throw	5.55pm
800m	6.10pm
60m Sprint	6.25pm
3km Track Run	6.35pm
Discus	6.25pm
Triple Jump	6:50pm
5km Track Walk	7.00pm
Shotput	7.05pm
Finish (off track)	7.45pm

Program	Date	Program	Date
A (scratch)	19-Oct- (800m Bay Sheffield qualifier)	Modified (scratch)	4-Jan 100m, 300m, 600m, 1500m Walk, Mile, 3k run/walk Hammer, HJump, Standing LJump,
B (scratch)	26-Oct (with 800m Bay Sheffield qualifier)	B	11-Jan
A	2-Nov (800m Bay Sheffield qualifier)	A	18-Jan
B	9-Nov	B	25-Jan
A	16-Nov	A Modified	1-Feb Incl. Postal relays
B	23-Nov	B (scratch)	8-Feb
A (scratch)	30- Nov	A	15-Feb Incl State Champs T&F Pent- Men**
B	7-Dec	B	22-Feb Incl. State Champs T&F Pent – Women**
A	14-Dec		29 Feb No Competition
	21-Dec Adelaide Harriers - Christmas social evening		Fri 2-Mar 5.30pm Day 1 State T&F Champs
			Sun-4 Mar 8.00am Day 2 State T&F Champs
	26-Dec Two Jetties Fun Run	B (scratch)	7- Mar State Champs Steeplechase
	28-Dec 2009 Bay Carnival Sprint & 800m		Sun 11-Mar 8.00am State Champs Weight Pent/10k Walk
		A	14- Mar
		B	21-Mar
		A Modified (scratch)	28-Mar Summer Presentation Night
6-9 April National Championships Melbourne			

**Track and Field Pentathlon Championships (approximate times)

Men	5.30pm	6.00pm	6.25pm	6.30pm	7.00pm
	LJ	Jav	200m	Discus	1500m
Women	5.30pm	5.35pm	6.00pm	6.25pm	6.50pm
	100m	Shot	LJ	Jav	800m