

savings & loans

State Masters Athletics Championships - 2010 Santos Stadium – Mile End.

Entry fees:

No charge for the T&F Pentathlon – just the normal Santos entry fee.

Weight Pentathlon and 10km Track Walk charge \$5

Main T&F - \$10 per day (This includes your entry to the Stadium).

Entry, and payment by cash or cheque - on the day.

Event Program:

Carefully check the timetable before selecting your events.

The program will not be held up if your events overlap.

Wednesday February 17th 2010

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

| | | | | | |
|---------------|---------------|---------------|---------------|---------------|---------------|
| 5.15pm | 5.45pm | 5.50pm | 6.15pm | 6.40pm | 7.05pm |
| Sign-in | 100m | Shot | LJ | Jav | 800m |

Wednesday February 24th 2010

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

| | | | | | |
|---------------|---------------|---------------|---------------|---------------|---------------|
| 5.00pm | 5.30pm | 6.00pm | 6.25pm | 6.30pm | 7.00pm |
| Sign-in | LJ | Jav | 200m | Discus | 1500m |

Sunday February 28th 2010

10km Track Walk – 8.00am start

Men's and Women's Weight Pentathlon – 9.00am start

Friday March 5th 2010

| | |
|--------|-----------------|
| 6.00pm | Long Hurdles |
| 6.15 | 100m |
| 6.15 | Hammer |
| 6.25 | 1500m |
| 7.00 | Discus |
| 6.45 | 400m |
| 7.15 | Long Jump |
| 7.00 | 3000m Race Walk |
| 7.00 | High Jump |
| 7.30 | 3000m Run |

Sunday March 7th 2010

| | |
|--------|-----------------|
| 8:00am | 5000m Run |
| 8:00 | Weight Throw |
| 8:35 | 200m |
| 8:45 | Javelin |
| 8:55 | 5000m Race Walk |
| 9:15 | Triple Jump |
| 9:30 | Shot |
| 9:45 | 60m |
| 10:05 | 800m |
| 10:25 | Short Hurdles |

**Please note.
Competitors
must check in
at least 30
minutes prior
to the
scheduled start
time**

Important notes:

Hurdlers: 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.

Competition Number: This is your official SAMA competition number that has been allocated to you. It **must be worn** for this Championship. If you do not have a number you will be given one when checking in on arrival for the Championships.