

WE ENCOURAGE ALL MEMBERS TO ENTER OUR SUMMER CHAMPIONSHIPS

State Masters Athletics Championships – 2012

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 for the Championships.

Entry fees

No charge for the T&F Pentathlon or Steeplechase – just the normal Santos entry fee. **Please nominate in the couple of weeks before.** Sheets will be available at the check-in desks.

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

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

Friday March 2nd

6.00	Hammer
6.15	100m
6.25	1500m
7.00	Discus
6.50	400m
7.15	Long Jump
7.05	3000m Race Walk
7.00	High Jump
7.40	3000m Run

Sunday March 4th

7.45am	Long Hurdles
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 enter at least 30 minutes prior to the scheduled start time (20 mins for the 6pm and 7.45am starts!)**

Event Program

It is not necessary to enter before the day. 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.

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. **Please nominate for hurdles on the Friday Night!**

Jumpers

In view of the tight program LJ and TJ competitors will be allowed to re-enter competition and complete all jumps – providing the competition is still in progress.

Wednesday February 15th

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

5.15pm	5.30pm	6.00pm	6.25pm	6.30pm	7.00pm
Sign-in	LJ	Jav	200m	Discus	1500m

Wednesday February 22nd

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

5.15pm	5.30pm	5.35pm	6.00pm	6.30pm	7.00pm
Sign-in	100m	Shot	LJ	Jav	800m

Wednesday March 7th

Men's and Women's steeplechase 5.30 start

Sunday March 11th

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

10km Track Walk – 8.00am start