

## SAMA Summer Program 2010-2011

Program "A"	
100m	5.55pm
Hammer	5.55pm
1500m	6.15pm
400m	6.25pm
3km Track Walk	6.30pm
Discus	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
Javelin	6.40pm
Triple Jump	6:50pm
5km Track Walk	7.00pm
Shotput	7.20pm
Finish (off track)	7.45pm

Program	Date	Program	Date
A (scratch)	20-Oct- (800m Bay Sheffield qualifier)	A	5-Jan
B (scratch)	27-Oct (with 800m Bay Sheffield qualifier)	B	12-Jan
A	3-Nov (800m Bay Sheffield qualifier)	A (scratch)	19-Jan Age-Graded Scratch events
B	10-Nov	B (scratch)	26-Jan Age-Graded Scratch events
A	17-Nov	A Modified	2-Feb Incl. Postal relays
B (scratch)	24-Nov	B	9-Feb
A (scratch)	1-Dec	A	16-Feb
B	8-Dec	B	23-Feb
	15-Dec Adelaide Harriers - Christmas social evening		Sun-27-Feb State Champs Weight Pent/10k Walk
		A (scratch)	2-Mar
			9-Mar <b>No Competition</b>
	26-Dec Two Jetties Fun Run		Fri-11 Mar 5.30pm Day 1 State T&F Champs
	28-Dec 2009 Bay Carnival Sprint & 800m		Sun-13-Mar 8.00am Day 2 State T&F Champs
		B (scratch)	16-Mar Incl State Champs T&F Pent- Men**
		A	23-Mar Incl. State Champs T&F Pent – Women** <b>(off track by 7.30pm)</b>
		B	30-Mar
		A	6-Apr
		Modified (scratch)	13-Apr Summer Presentation Night
21-24 April National Championships Brisbane			

### \*\*Track and Field Pentathlon Championships (approximate times)

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