

# SAMA Summer Program 2010-2011 V2 (modified 28-01-2011)

Program "A"		Program "B"	
100m	5.55pm	200m	5.55pm
Hammer	5.55pm	Weight Throw	5.55pm
1500m	6.15pm	800m	6.10pm
400m	6.25pm	60m Sprint	6.25pm
3km Track Walk	6.30pm	3km Track Run	6.35pm
Discus	6.40pm	Javelin	6.40pm
Long Jump	6.50pm	Triple Jump	6:50pm
5km Track Run	7.05pm	5km Track Walk	7.00pm
High Jump	7.20pm	Shotput	7.20pm
Finish (off track)	7.45pm	Finish (off track)	7.45pm

Program	Date	Program	Date
A (scratch)	20-Oct- (800m Bay Sheffield qualifier)	Special	5-Jan Special event night (100m, Hammer, 600m, 1500m Walk, Turbo vortex throw, Standing LJump, Mile, HJumo)
B (scratch)	27-Oct (with 800m qualifier)	B	12-Jan
A	3-Nov (800m Bay Sheffield qualifier)	A (scratch)	19-Jan
B	10-Nov	B	26-Jan(scratch)
A	17-Nov	A Modified	2-Feb Incl. Postal relays. Field events as per Program A. Track events: 4X100m relay (5:55pm) 4X800m Relay (6:10pm) 800m Walk (6:25pm) 4X400m Relay (6:40pm) Combined 3k Walk and Run (all off scratch) 7:00pm)
B scratch)	24-Nov	B	9-Feb
A (scratch	1-Dec	A	16-Feb
B	8-Dec	B	23-Feb
	15-Dec A H - Xmas evening	A (Scratch)	2-Mar
	26-Dec 2 Jetties Fun Run		9 <sup>th</sup> Mar – no competition
	28-Dec 2009 Bay Carnival Sprint & 800m	SANTOS	<b>Fri-11 Mar 5.30pm Day 1 State T&amp;F Champs</b>
		SANTOS	<b>Sun-13-Mar 8.00am Day 2 State T&amp;F Champs</b>
		B (scratch)	16-Mar Incl State Champs T&F Pent- Men**
			21-Mar (Monday) 5.45pm State Champs Weight Pent, 7.00pm State Champs 10k Walk
		A	23-Mar Incl. State Champs T&F Pent – Women** <b>Must be off track by 7.30pm</b>
		B	30-Mar
		A	6-Apr
		B	13-Apr Summer Presentation Nigh - Modified
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>5.45pm</b>	<b>5.50pm</b>	<b>6.15pm</b>	<b>6.40pm</b>	<b>7.05pm</b>
	100m	Shot	LJ	Jav	800m