

SAMA Summer Program 2008-2009

Program "A"	
100m	5.55pm
Hammer	5.55pm
1500m	6.15pm
400m	6.25pm
3km Track Walk	6.35pm
Discus (A,B)	6.40pm
Long Jump (A,B)	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 (A,B)	6.40pm
Triple Jump (A,B)	6:50pm
5km Track Walk	7:00pm
Shotput (A,B)	7.20pm
Finish (off track)	7.45pm

Note: Throws will be organized on the night depending on the number of entries.
Where A,B is shown, the groups may be split into two groups based on ranking.

Program	Date
A	22-Oct-08 All track events scratch
B	29-Oct-08 All track events scratch
A	05-Nov-08
B	12-Nov-08
A	19-Nov-08
B	26-Nov-08
A	03-Dec-08 All track events scratch
B	10-Dec-08
	17-Dec-08 Adelaide Harriers - Relays and social evening
	Christmas Break
A	07-Jan-09
B	14-Jan-09 All track events scratch
A	21-Jan-09
B	28-Jan-09

Program	Date
A	4-Feb-09
B	11-Feb-09
A	18-Feb-09 (Jimmy Liascos Memorial meet), Age Graded track events. All track events scratch
B	25 th Feb. Track AMA Postal Relays**
A	4-Mar-09
B	13 & 15-Mar-09 State Age Group Champs
B	18-Mar-09
A	25-Mar-09
B	1-Apr-09 All track events scratch. 3km run (not 5km). Summer Presentation Night.
	Easter – Aust Masters Nationals Adelaide 10 th – 13 th April

** AMA Postal Relays – 25th February 2009

Scheduled Track events are replaced with relays as shown below. Relay registration can take place on the night. Teams will be allocated after registration. Best times will be submitted to AMA. Non SAMA members welcome – relay teams of non members can be arranged.

There will be normal field events according to program B.

Track Schedule

5:55pm	4 X 100m
6:10pm	4 X 800m
6:30pm	4 X 800m walk
6:50pm	4 X 400m
7:05pm	3km walk and run