

SAMA Summer Program 2009-2010

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)	21-Oct-2009 Scratch events (with 800m Bay Sheffield qualifier)	A	6-Jan-2010
B (scratch)	28-Oct-2009 Scratch events (800m Bay Sheffield qualifier)	B	13-Jan-2010
A	4-Nov-2009 (with 800m Bay Sheffield qualifier)	A(scratch)	20-Jan-2010 Age-Graded scratch event
B	11-Nov-2009 (800m Bay Sheffield qualifier)	B	27-Jan-2010
A	18-Nov-2009	A Modified	3-Feb-2010 Incl. Postal relays
B	25Nov-2009	B (scratch)	10-Feb-2010 Age-Graded Scratch events
A (scratch)	2-Dec-2009	A	17-Feb-2010 Incl. State Champs T&F Pent – Women**
B (scratch)	9-Dec-2009	B	24-Feb-2010 Incl. State Champs T&F Pent- Men**
		A	Sun-28-Feb-2010 State Champs Weight Pent
	16-Dec-2009 Adelaide Harriers - Christmas social evening		3-Mar-2010 No competition
			Fri-5-Mar-2010 Day 1 State T&F Champs
	26-Dec 2009 Two Jetties Fun Run		Sun-7-Mar-2010 (AM) Day 2 State T&F Champs
	28-Dec 2009 Bay Carnival Sprint & 800m	B	10-Mar-2010
		A	17-Mar-2010
		B Modified	24-Mar-2010 Summer Presentation Night
2-5 April – Easter - National Championships Perth			

**Track and Field Pentathlon Championships

Men	5.30pm	6.00pm	6.25pm	6.30pm	7.00pm
	LJ	Jav	200m	Discus	1500m
Women	5.45pm	5.50pm	6.15pm	6.40pm	7.05pm
	100m	Shot	LJ	Jav	800m