

SA MASTERS ATHLETICS - SUMMER 2021/22

Version 4

KEY TO PROGRAMS & NOTES - See Page 2

Scratch events [in grey]

Handicap events [in white]

Subject to COVID-19 Public Activity Requirements for South Australia [<https://www.covid-19.sa.gov.au/>]

DATE	PROGRAM	NOTES
2021		
Wed 20th Oct	B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race
Sun 24th Oct	Dual State Champs	SAMA & ASA 10000m Run held with ASA
Wed 27th Oct	C2 Handicap	400m or 1000m Qualifier for Bay Sheffield Masters 800m race
Wed 3rd Nov	A1 Scratch	Round 1: Bob Clarke Memorial Challenge - 200m
Wed 10th Nov	B2 Handicap	SAMA State Champs**Long Hurdles - 5.40pm 800m Qualifier for Bay Sheffield Masters 800m race
Wed 17th Nov	C1 Scratch	Round 2: Bob Clarke Memorial Challenge - 1000m
Sat 20th Nov	ASA State Champs	ASA State Relays
Wed 24th Nov	A2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race
Sat 27th Nov	ASA State Champs	ASA State 5000m
Wed 1st Dec	B1 Scratch	Final: Bob Clarke Memorial Challenge - 500m Final - 5.40pm
Wed 8th Dec	C2 Handicap	SAMA State Champs**Short Hurdles - 5.40pm
Wed 15th Dec	Modified Scratch	Xmas special - Adelaide Harriers Clubrooms 5.50pm; 60m Last man standing, 6.20pm; 800m Run for non-runners , 6.25pm; 800m Walk for runners, 6.35pm; wrong handed Turbo throw, 7.05pm; water balloon throwing.
27th Dec		Bay Sheffield Masters 800m race - organised in association with SAAL
2022		
8th-9th Jan	ASA State Champs	ASA Multi Event Championships; Incl. Decathlon, Heptathlon & 035 Pentathlon
Wed 12th Jan	A1 Scratch	SAMA State Champs** Steeplechase - 5.15pm
Wed 19th Jan	B2 Handicap	SAMA State Champs** T&F Pent; Women - 5.30pm
Wed 26th Jan	No Competition	Australia Day Public Holiday
Wed 2nd Feb	C1 Scratch	SAMA State Champs** T&F Pent; Men - 5.30pm
Thur 3rd Feb	ASA State Champs	ASA 3000m Run Championships
Wed 9th Feb	A2 Handicap	
Sun 13th Feb	SAMA State Champs	SAMA State Champs ** Throws Pentathlon - 8.30am
Wed 16th Feb	B1 Scratch	
19th-20th Feb	ASA State Champs	ASA Track & Field Championships
Sun 20th Feb	Dual State Champs	SAMA & ASA 10000m Walk held with ASA
Wed 23rd Feb	C2 Handicap	
Wed 2nd Mar	A1 Scratch	
Wed 9th Mar	SAMA State Champs	Day 1 SAMA T&F Championships - 5.50pm
Wed 16th Mar	SAMA State Champs	Day 2 SAMA T&F Championships - 5.50pm
Wed 23rd Mar	Modified Scratch	Summer Presentation Night 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Javelin, 6.10pm Long Jump
1st-4th April	AMA Champs	AMA AUSTRALIAN CHAMPIONSHIPS - BRISBANE
15th-18th April		EASTER
		**Nominate previous week

VENUES

All SAMA / ASA competitions are held at SA Athletics Stadium, Mile End unless indicated otherwise.

Competition will be conducted to comply with the COVID-19 Public Activity Requirements for SA. The details of the specific conditions that will apply for competitions at SA Athletics Stadium will be advised on the SAMA website.

SAMA WEDNESDAY PROGRAMS

Program alternates between Scratch and Handicap with timetables as shown below eg. A1 = Track A + Field 1.

On Handicap days if more than 1 heat is required for 400, 800, 1000 or 1500m – the faster heat will be scratch.

Men and women compete together. W designates a walk.

TRACK	Program A		Program B		Program C	
	60m	5.55pm	1000mW	5.50pm	1000m	5.55pm
	1500m	6.05pm	150m	6.05pm	1500mW	6.05pm
	800mW	6.20pm	800m	6.15pm	100m	6.20pm
	200m	6.30pm	300m	6.25pm	2000m	6.30pm
	3000m	6.45pm	3000mW	6.40pm	400m	6.45pm
	5000mW	6.45pm	5000m	6.40pm	4000mW	6.55pm
	3000mW	6.45pm	3000m	6.40pm	2000mW	6.55pm
FIELD	Program 1		Program 2			
	Hammer	5.55pm	Weight	5.55pm		
	HJ	6.35pm	Discus	6.30pm		
	Javelin	6.50pm	LJ	6.50pm		
	TJ	7.00pm	Shot	7.00pm		

COLOUR KEY & ADDITIONAL INFORMATION

AMA National Championships	Details will be available on SAMA & AMA websites.
SAMA State Age Group Championships	Details will be available on SAMA website and in newsletters.
Dual State 10000m Run & Walk Champs	Further details will be published on both SAMA and ASA websites
ASA State Championships	All SAMA members are eligible to participate - ASA website for details
Modified Program	
Bob Clarke Challenge	Details available on the SAMA website
Bay Sheffield Carnival	The 2021 Bay Sheffield Carnival will be held at ACH Group Stadium (Glenelg Oval)