

KEY TO PROGRAMS &amp; NOTES - See Page 2

Scratch events [in grey]

Handicap events [in white]

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

DATE	PROGRAM	NOTES
<b>2022</b>		Venue for SAMA competition to be determined
Wed 12th Oct	A1 Scratch	
Wed 19th Oct	B2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race
Wed 26th Oct	C1 Scratch	
Sun 30th Oct	<b>Dual State Champs?</b>	<b>SAMA &amp; ASA 10000m Run held with ASA (Bridgestone Athletics Centre) - TBC</b>
Wed 2nd Nov	A2 Handicap	
Wed 9th Nov	B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race
Wed 16th Nov	C2 Handicap	
Sat 19th Nov	<b>ASA State Champs</b>	<b>ASA State Relays - ASA Competition Returns to SA Athletics Stadium</b>
Wed 23rd Nov*	A1 Scratch	
Wed 30th Nov	B2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race
Sat 26th Nov	<b>ASA State Champs</b>	<b>ASA State 5000m</b>
Wed 7th Dec	C1 Scratch	400m or 1000m Qualifier for Bay Sheffield Masters 800m race (if needed)
Wed 14th Dec	Modified Scratch	<b>Xmas special - Adelaide Harriers Clubrooms</b> Program to be advised
27th Dec	TBC	<b>Bay Sheffield Masters 800m race - organised in association with SAAL #</b>
<b>2023</b>		<b>SA Athletics Stadium</b>
Wed 11th Jan	A1 Scratch	
14th-15th Jan	<b>ASA State Champs</b>	<b>ASA Multi Event Championships; Incl. Decathlon, Heptathlon &amp; 035 Pentathlon</b>
Wed 18th Jan *	B2 Handicap	<b>SAMA State Champs** T&amp;F Pent; Women - 5.30pm</b>
Wed 25th Jan	C1 Scratch	<b>SAMA State Champs** T&amp;F Pent; Men - 5.30pm</b>
Wed 1st Feb	A2 Handicap	<b>Round 1: Bob Clarke Challenge - 200m</b>
Wed 1st Feb	<b>ASA State Champs</b>	<b>ASA 3000m Run Championships</b>
Wed 8th Feb	B1 Scratch	<b>SAMA State Champs** Steeplechase - 5.15pm</b>
Sun 12th, 19th or 26th Feb (tbc)	<b>SAMA State Champs</b>	<b>SAMA State Champs ** Throws Pentathlon - 9.00am; 10000m Walks - 8.00am</b>
Wed 15th Feb *	C2 Handicap	<b>Round 2: Bob Clarke Challenge - 1000m</b>
Wed 22nd Feb	A1 Scratch	<b>Final: Bob Clarke Challenge - 500m Final - 5.40pm</b>
Wed 1st Mar	B2 Handicap	
3rd-5th Mar	<b>ASA State Champs</b>	<b>ASA Track &amp; Field Championships</b>
Wed 8th Mar	C1 Scratch	
10th-13th March	<b>AMA Champs</b>	<b>AMA NATIONAL T&amp;F CHAMPIONSHIPS - SYDNEY</b>
Wed 15th Mar	A2 Handicap	
Wed 22nd Mar *	B1 Scratch	
Wed 29th Mar	<b>SAMA State Champs</b>	<b>Day 1 SAMA T&amp;F Championships - 5.50pm</b>
Wed 5th Apr	<b>SAMA State Champs</b>	<b>Day 2 SAMA T&amp;F Championships - 5.50pm</b>
7th-10th April		<b>EASTER</b>
Wed 12th Apr	C2 Handicap	
Wed 19th Apr	Modified Scratch	<b>Summer Presentation Night</b> Program to be advised
<b>*ASA Rec Run Night (tbc)</b>		<b>**Nominate previous week</b>

**VENUES**

All SAMA competitions from 12 October to 16 November 2022 will be held at a non-stadium venue to be advised.

Competitions from 19 November to 7 December 2022 - SAMA at venue to be advised. ASA at SA Athletics Stadium

All SAMA / ASA competitions in 2023 will be 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 400m – 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 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 Programs	Details of program to be advised on the SAMA website
Bob Clarke Challenge #	Details available on the SAMA website
Bay Sheffield Carnival #	The 2022 Carnival will return to Colley Reserve, Glenelg.

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