

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.sahealth.sa.gov.au/covid-19>]

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

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

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|------------------------------------|--|
| 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 - see 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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