

SA MASTERS ATHLETICS - SUMMER PROGRAM 2022/23

Version 6 (update)

FURTHER INFO ON VENUES, PROGRAMS & NOTES - See Page 2		Scratch events [in grey]	Handicap events [in white]
DATE	PROGRAM	NOTES	
2022		Enfield Harriers - St Albans Reserve (Modified Track Programs B&C ^)	
Sun 30th Oct	Dual State Champs	SAMA & ASA 10000m Run held with ASA (Bridgestone Athletics Centre)	
Mon 31st Oct	A1 Scratch		
Mon 7th Nov	^B2 Handicap	800m Qualifier for Bay Sheffield Masters 800m race	
Mon 14th Nov	^C1 Scratch	400m or 1000m Qualifier for Bay Sheffield Masters 800m race	
Sat 19th Nov	ASA State Champs	ASA State 5000m	
Mon 21st Nov	A2 Handicap		
Sat 26th Nov	ASA State Champs	ASA State Relays	
Mon 28th Nov	^B1 Scratch	800m Qualifier for Bay Sheffield Masters 800m race	
Mon 5th Dec	^C2 Handicap	400m or 1000m Qualifier for Bay Sheffield Masters 800m race (if needed)	
Wed 14th 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.	
Tues 27th Dec	Time to be advised	Bay Sheffield Masters 800m race - organised in association with SAAL #	
2023		SA Athletics Stadium	
Wed 11th Jan	A1 Handicap		
14th-15th Jan	ASA State Champs	ASA Multi Event Championships; Incl. Decathlon, Heptathlon & 035 Pentathlon	
Wed 18th Jan *	Modified Field only	5.50pm; Weight, 6.30pm; Discus, 6.35pm; HJ , 6.50pm; LJ, 7.00pm; Shot	
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	
Sat 4th Feb	ASA State Champs	ASA 3000m Run Championships	
Wed 8th Feb	B1 Scratch		
Wed 15th Feb	C2 Handicap	Round 2: Bob Clarke Challenge - 1000m	
Sun 19th Feb	SAMA State Champs	SAMA State Champs ** Throws Pentathlon - 9.00am; 10000m Walks - 8.00am	
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	SAMA State Champs** Short Hurdles - 5.40pm	
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

SAMA competitions from 31 October to 5 December 2022 are scheduled to be at Enfield Harriers - St Albans Reserve (Mondays) ^

All SAMA / ASA competitions in 2023 are expected to be held at SA Athletics Stadium, Mile End.

Competition will be conducted to comply with any COVID-19 Public Activity Requirements for South Australia that may apply [<https://www.sahealth.sa.gov.au/covid-19>]

SAMA 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.
 ^NB. For competitions held at St. Albans Reserve, the normal Track Programs B&C will be modified as shown below .
 Please refer to the specific Event for each competition week on the SAMA website for confirmation of program details.

TRACK	Program A		Program B (modified)		Program C (modified)	
St.Albans Reserve only ^	60m	5.55pm	100m	5.50pm	100m	5.55pm
	1500m	6.05pm	1000mW	6.00pm	1000m	6.05pm
	800mW	6.20pm	800m	6.15pm	1500mW	6.15pm
	200m	6.30pm	200m	6.25pm	400m	6.30pm
	3000m	6.45pm	3000mW	6.40pm	2000m	6.40pm
	5000mW	6.45pm	5000m	6.40pm	4000mW	6.55pm
	3000mW	6.45pm	3000m	6.40pm	2000mW	6.55pm

TRACK	Program A		Program B		Program C	
Mile End Stadium	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	
Both Venues	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 - see ASA website for details including venue
Modified Programs	Details of program to be confirmed 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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