

SA MASTERS ATHLETICS - SUMMER PROGRAM 2022/23
Version 7

FURTHER INFO ON VENUES, PROGRAMS & NOTES - See Page 2		Scratch events [in grey]	Handicap events [in white]
DATE	PROGRAM	NOTES	
2023		SA Athletics Stadium	
Wed 11th Jan	A1 Handicap	Incl. Masters 800m race - postponed from Bay Sheffield carnival	
14th-15th Jan	ASA State Champs	ASA Multi Event Championships; Incl. O35 & O50 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 Pentathlon; 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 - 8.30am	
Wed 22nd Feb	A1 Scratch	Final: Bob Clarke Challenge - 500m Final - 5.40pm	
Wed 1st Mar	B2 Handicap	SAMA State Champs** T&F Pentathlon; 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 - 5.00pm	
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	A1 Scratch	or RELAYS - to be confirmed	
Wed 26th Apr	Modified B2 Handicap	600m instead of 800m	
Wed 3rd May	Modified C1 Scratch	Mile walk instead of 1500m walk	
Wed 10th May	Modified A2 Handicap	Mile run instead of 1500m	
Wed 17th May <i>Note change of date - season extended</i>	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	
*ASA Rec Run Night		**Nominate previous week	[#]Entry forms available on SAMA website

VENUES, PROGRAMS & NOTES						Version 7
VENUE						
All SAMA / ASA competitions in 2023 will 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						
<p>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. The program alternates according the timetables below, except some weeks have modified programs where indicated. Please refer to the specific Event for each competition week on the SAMA website for confirmation of program details.</p>						
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 available on SAMA & AMA websites			
SAMA State Age Group Championships**			Details available on SAMA website and in newsletters			
ASA State Championships			All SAMA members are eligible to participate - see ASA website for details			
Special Events			800m Masters Invitational handicap race/ Relays			
Modified Programs			Program does not follow the standard timetables - modified as shown			
Bob Clarke Challenge #			Details available on the SAMA website			

Organiser: Viddy Jermacans (viddy48@yahoo.com.au)

** Organiser: George White (gwhite@adam.com.au)