

# WE ENCOURAGE ALL MEMBERS TO ENTER OUR SUMMER CHAMPIONSHIPS

**\*\*\*This is your chance to compete in your 5-year age group\*\*\***

## **State Masters Athletics Championships – Summer 2022/23**

### Competition Numbers

These are your official SAMA numbers that have been allocated to you. They **must be worn** for these Championships. If you do not have SAMA numbers, they will be issued when checking in on arrival.

### Entry fees

No charge for the Hurdles, T&F Pentathlons or Steeplechase – just the normal stadium entry fee.

Throws Pentathlon and 10km Track Walk – \$10 entry fee by cash or cheque - on the day.

**Please nominate for these events as required. Sheets will be available at the check-in desks. It is compulsory for the Hurdles, T&F Pentathlon and Steeplechase, and will greatly assist in the management of the other events.**

Main T&F (29<sup>th</sup> March & 5<sup>th</sup> April) - \$10 per day payable by cash or cheque on the day (includes stadium entry).

### **Wednesday 25th January**

Men's T&F Pentathlon – run in conjunction with normal competition. Approximate times only. **Please nominate at least one week before!**

<b>5.15pm</b>	<b>5.30pm</b>	<b>6.00pm</b>	<b>6.25pm</b>	<b>6.30pm</b>	<b>7.00pm</b>
Sign-in	LJ	Jav	200m	Discus	1500m

### **Sunday 19<sup>th</sup> February**

Throws Pentathlon – 8.30am check in, 9.00am start

10km Track Walk – 8.00am check in, 8.30am start

Race Walking and Club Walking will be in the same race - type of walking nominated on race entry.

### **Wednesday 1<sup>st</sup> March**

Women's T&F Pentathlon – run in conjunction with normal competition. Approximate times only. **Please nominate at least one week before!**

<b>5.15pm</b>	<b>5.30pm</b>	<b>5.35pm</b>	<b>6.00pm</b>	<b>6.30pm</b>	<b>7.00pm</b>
Sign-in	100m	Shot	LJ	Jav	800m

### **Wednesday 15<sup>th</sup> March**

Men's and Women's steeplechase. 5.00pm start. **Please nominate at least one week before!**

### **Wednesday 22<sup>nd</sup> March**

Short Hurdles. 5.40pm start. **Please nominate at least one week before!**

**Hurdles are NOT available for W60+ and Men 80+.** Organising the hurdles is a time-consuming process! If you do enter then your help will be required in setting up and putting away the equipment. Also if you have entered the hurdles and then decide later that you will not be competing, please let the organisers know to avoid possible unnecessary work.

### **Wednesday 29<sup>th</sup> March**

Main Track and Field.

### **Wednesday 5<sup>th</sup> April**

**It is not necessary to enter before the day.** Entries will be received at the check-in desk when you arrive. Carefully check the timetable before selecting your events. The program will not be held up if your events overlap.

<b>5.50</b>	<b>1500m Walk</b>		<b>5.50</b>	<b>800m Walk</b>
<b>5.50</b>	<b>Hammer</b>		<b>5.50</b>	<b>Weight Throw</b>
<b>6.05</b>	<b>60m</b>		<b>6.00</b>	<b>100m</b>
<b>6.20</b>	<b>800m</b>		<b>6.15</b>	<b>1500m</b>
<b>6.40</b>	<b>200m</b>		<b>6.30</b>	<b>Long Jump</b>
<b>6.50</b>	<b>Javelin</b>		<b>6.35</b>	<b>5000m Walk</b>
<b>6.55</b>	<b>3000m Walk</b>		<b>6.45</b>	<b>Discus</b>
<b>7.05</b>	<b>High Jump</b>		<b>7.20</b>	<b>400m</b>
<b>7.20</b>	<b>Triple Jump</b>		<b>7.35</b>	<b>Shot</b>
<b>7.30</b>	<b>5000m</b>		<b>7.35</b>	<b>3000m</b>

**Please note.  
Competitors must enter at least 30 minutes prior to the scheduled start time (20 mins for the 5.50pm start!)**

### Jumpers & Throwers

**No competitor will be allowed to enter the competition after the commencement of the fourth round.** Competitors who need to leave during an event may compete out of turn for that round. On return athletes may only continue at the round in progress (but may do so in that round even if their normal position in the round has passed).