

SA Masters Athletics

# Christmas Breakup Night 2023

Bring your  
own food  
and drink  
and join in  
for a fun  
night to end  
2023

Wednesday  
20<sup>th</sup> December at  
Adelaide Harriers  
track  
South Tce / Peacock Rd  
from 5.30pm.

Fun events for  
the whole  
family. Stay  
on for a meal  
and drinks.

**PTO for  
Program**



Bring a chair / rug / water bottle

# SAMA Christmas Fun Night Program at the Adelaide Harriers Clubrooms



Wednesday 20th December 2023

**\*\*No charge\*\***

**Fun for all the Family!**

**\*\*PRIZES\*\***

## PROGRAM

**Event 1 - 5:50pm** - 60m Splits - handicapped

**Event 2 - 6:20pm** - 800m Run for walkers & throwers – Turkey handicap

**Event 3 - 6:25pm** - 800m Walk for runners & throwers - Turkey handicap

**Event 4 – 6.35 pm** – Wrong-Handed Turbo Throw

**Event 5 - 7:05pm** - Water balloon throwing and catching (or missing!)



**After (approx 7:20pm): Christmas celebrations (good company provided - BYO water bottle, drinks, food and chairs etc.)**

**\*\*Remember this is an alcohol free zone after 8pm\*\***

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### 60m Splits Rules

Distance handicapped by the handicapper (no correspondence entered into)

The clock starts on the first run.

Run from your mark and the last finisher in each heat run drops out.

If you don't appear to be running fast (or win by too much), the handicapper will adjust your handicap.

The runners must be back for the next start within a minute or they will be taken out.

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### Walk for Runners & Throwers and Run for Walkers & Throwers.

Turkey handicapped. Nominate your own time – no watches allowed

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### Wrong-Handed Turbo Throw

Each person will have two throws using their 'wrong' throwing arm (eg. left arm if right handed). The person throwing the furthest distance will win (separate competitions for males and females).

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### Balloon Catching.

Pair up. Throw and catch the water balloon without it breaking. Last pair wins.

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