

## **Athletics SA (ASA) Relays - 16 December 2023**

**On Saturday, 16 December, ASA will again hold their 'State Relay Championships' Day at the Mile End Athletics Stadium.**

**Last December SAMA entered three female track teams and two men's track teams.**

### **Track Relays**

SAMA athletes can enter these Championships to establish/break official SAMA relay records in sprint, middle- and long-distance running events. All teams entered contain four (4) members.

There are currently **no established SAMA records for men** as follows:

4 x 100m	M55, M65, M70, M75, M80
4 X 200m	M40 onwards
4 x 400m	M50 onwards
4 x 800m	M 55 onwards

There are **no established SAMA records for women** as follows:

4 x 100m	W65 onwards
4 x 200m	W55 onwards
4 x 400m	W45 onwards
4 x 800m	There is only one age category 800m relay record set, ie. the W55

As well as the higher age categories containing no set records, (as above), there are several 'gaps' in established relay records and a number of which could be improved on by current members.

Runners in relays teams formed on the five-year age brackets will compete in the two ASA categories of Over/35 and Over/50. Teams are also able to be formed with a mixture of ages in these two categories, ie. four athletes aged 35, 46, 63 &79 can form an Over/35 team

### **Field Relays**

The relays also cater for field athletes to enter in a Jumps Relay (Long Jump, Triple Jump, High Jump) and a Throws Relay (Shot Put, Javelin, Discus). Teams consist of three (3) members, each doing one event, and their points are added up to score against other clubs.

SAMA does not record performances in field relays but athletes may be interested in competing in this category for the sake of enjoyment and competition in a 'different' environment and with the opportunity of winning (almost guaranteed) ASA presented medals.

As for the track relays, teams of three can be formed in the Over/35 and Over/50 categories.

There is no cost to individual SAMA athletes entering any the above events/categories.

SAMA will cover the cost of all team entries in payment to ASA.

Competition commences at 2.00pm and continues throughout the afternoon.

**If interested in competing, please contact either Viddy Jermacans or Sarah Chinner at SAMA Wednesday evening (or Saturday) ASA competition or Viddy via 0407 188721 [viddy48@yahoo.com.au](mailto:viddy48@yahoo.com.au)**

**You can nominate a particular team or teams can be organized.**

**Team nominations close on Thursday, 14 December with ASA but SAMA will require final advice by 13 December to submit teams.**