

SAMA SUMMER PROGRAM 2023/24



Date	Program	
Sun 17 th Sept		City Bay Fun Run
Wed 27 th Sept	C1 Scratch	
Wed 4 th Oct	A2 Handicap	
7 th – 12 th Oct		Australian Masters Games
Wed 11 th Oct		No competition
Wed 18 th Oct	B1 Scratch	
Wed 25 th Oct	C2 Handicap	
Sat 28 th Oct		ASA 10km run Championships
Wed 1 st Nov	A1 Scratch	Including Bob Clarke Challenge 200m
Wed 8 th Nov	B2 Handicap	
Wed 15 th Nov	C1 Scratch	Including Bob Clarke Challenge 1000m
Fri 17 th Nov		ASA km Championships
Wed 22 nd Nov	A2 Handicap	
Wed 29 th Nov	B1 Scratch	Including Bob Clarke Challenge 500m Final
Wed 6 th Dec	C2 Handicap	
Wed 13 th Dec	A1 Scratch	
Sat 16 th Dec		ASA State Relays
Wed 20 th Dec	Modified Scratch	Adelaide Harriers - Xmas special: 5.50pm 60m last man standing, 800m run for walkers, 800m walk for runners, wrong handed turbo throw, water balloon throwing.
Wed 27 th Dec	tbc	Bay Sheffield 800m
Wed 10 th Jan	Modified Scratch	5.50pm mile walk, 6.05pm 600m, 6.15pm 100m, 6.25pm mile, 6.35pm 300m, 6.45pm 3k run/walk, 5.55pm Hammer, 6.45pm HJ, 6.30pm Javelin, 7.00pm standing LJ
13 th – 14 th Jan		ASA Combined Events Championships
Wed 17 th Jan*	B2 Handicap	Plus 4x100m relay (nominate previous week). First 2 track events – 5 minutes earlier 5.45pm start
Wed 24 th Jan	C1 Scratch	
Wed 31 st Jan	A2 Handicap	
Wed 7 th Feb	B1 Scratch	Incl. State Champs Long Hurdles 5.40pm start – nominate the week before
Wed 14 th Feb	C2 Handicap	Incl. State Champs Short Hurdles 5.40pm start – nominate the week before
Wed 21 st Feb	A1 Scratch	Incl. State Champs T&F Pent – Men 5.30pm start – nominate the week before
Wed 28 th Feb	B2 Handicap	Incl. State Champs T&F Pent – Women 5.30pm start – nominate the week before
Sun 3 rd March	Champs	10km Run, 10km Walk 8.30am start; Throws Pentathlon 9.00am start
Wed 6 th Mar	C1 Scratch	Incl. State Champs Steeplechase 5.00pm start – nominate the week before
9 th – 11 th Mar		ASA Championships
Wed 13 th Mar	Champs	Day 1 T&F Championships
Wed 20 th Mar	Champs	Day 2 T&F Championships
Wed 27 th Mar	A2 Handicap	
29 th Mar – 1 st Apr		AMA National T&F Championships - Hobart
Wed 3 rd Apr	Modified Scratch	Summer Presentation Night, 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Hammer, 6.10pm LJ Please bring a plate to share

W designates the race is a walk.

On handicap days if more than 1 heat is required in the 400, 800, 1000 and 1500m – the faster heat will be scratch.

Track A	Time	Track B	Time	Track C	Time	Field 1	Time	Field 2	Time
60m	5.50pm	1000mW	5.50pm	1500mW	5.50pm	Hammer	5.50pm	Weight	5.50pm
1500m	6.00pm	150m	6.00pm	100m	6.05pm	HJ	6.30pm	Discus	6.25pm
800mW	6.10pm	800m	6.10pm	1000m	6.15pm	Javelin	6.45pm	LJ	6.45pm
200m	6.20pm	300m	6.15pm	400m	6.25pm	TJ	6.55pm	Shot	6.55pm
3000m	6.35pm	5000m	6.30pm	2000mW	6.35pm				
5000mW	6.35pm	3000m	6.30pm	4000mW	6.35pm				
3000mW	6.35pm	3000mW	6.30pm	2000m	6.35pm				