

State Masters Athletics Championships – Summer 2023/24

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

Wednesday 7th February – normal stadium entry cost

Long Hurdles. 5.40pm start. **YOU MUST NOMINATE AT LEAST ONE WEEK BEFORE!**

Hurdles are NOT available for W60+ and Men 70+. If you enter, your help will be required to set up and put away the hurdles. Also, if you later decide not to compete, please let the organisers know to avoid possible unnecessary work.

Wednesday 14th February - normal stadium entry cost

Short Hurdles. 5.40pm start. **YOU MUST NOMINATE AT LEAST ONE WEEK BEFORE!**

Hurdles are NOT available for W60+ and Men 80+. If you enter, your help will be required to set up and put away the hurdles. Also, if you later decide not to compete, please let the organisers know to avoid possible unnecessary work.

Wednesday 21st February - normal stadium entry cost

Men's T&F Pentathlon. Approximate times only. **YOU MUST NOMINATE AT LEAST ONE WEEK BEFORE!**

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

Wednesday 28th February - normal stadium entry cost

Women's T&F Pentathlon. Approximate times only. **YOU MUST NOMINATE AT LEAST ONE WEEK BEFORE!**

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

Sunday 3rd March - Entry \$10 - payable at the entry desk inside the stadium

Throws Pentathlon – 8.30am check in, 9.00am start.

10km Track Walk (Race and Club)/10km Run – 8.00am check in, 8.30am start

Wednesday 6th March - normal stadium entry cost

Men's and Women's steeplechase. 5.00pm start. **YOU MUST NOMINATE AT LEAST ONE WEEK BEFORE!**

Wednesday 13th March

Wednesday 20th March

Main Track and Field. Entry \$10 per day payable at the entry desk inside the stadium

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.

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

**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).

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 additional charge for the Hurdles, T&F Pentathlons or Steeplechase – just the normal stadium entry fee.

Throws Pentathlon and 10km Walk/Run – \$10 entry fee by cash or cheque - on the day (includes stadium entry).

Please nominate for these events as required. Sheets will be available at the check-in desks.

Main T&F (13th March & 20th March) - \$10 per day payable by cash or cheque on the day (includes stadium entry).