

## SAMA Summer Program 2024-25

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	150m	5.50pm	1500mW	5.50pm	Hammer	5.50pm	Weight	5.50pm
1500m	6.00pm	1000mW	6.00pm	100m	6.05pm	HJ	6.30pm	Discus	6.25pm
800mW	6.10pm	800m	6.10pm	1000m	6.15pm	Javelin	6.45pm	LJ	6.50pm
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				

Date	Program	
Sun 15 <sup>th</sup> Sept		City Bay Fun Run
Wed 25 <sup>th</sup> Sept	C2 Hdcp	
Wed 2 <sup>nd</sup> Oct	A1 Scratch	
Wed 9 <sup>th</sup> Oct	B2 Hdcp	
Wed 16 <sup>th</sup> Oct	C1 Scratch	
Wed 23 <sup>rd</sup> Oct	A2 Hdcp	Including Bob Clarke Challenge 200m at 6.20pm
Wed 30 <sup>st</sup> Oct	B1 Scratch	
Wed 6 <sup>th</sup> Nov	C2 Hdcp	Including Bob Clarke Challenge 1000m at 6.15pm
Sun 10 <sup>th</sup> Nov		SAAL City of Burnside Aths Carnival – 120m for Masters
Wed 13 <sup>th</sup> Nov	A1 Scratch	
Wed 20 <sup>nd</sup> Nov	B2 Hdcp Modified	Including Bob Clarke Challenge 500m final at 6.00pm events from the 150m on delayed by 5 minutes
Wed 27 <sup>th</sup> Nov	C1 Scratch	
Wed 4 <sup>th</sup> Dec	A2 Hdcp	
Wed 11 <sup>th</sup> Dec	B1 Scratch	
Wed 18 <sup>th</sup> 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.
Sat 21 <sup>st</sup> Dec		ASA State Relays
Sat 28 <sup>th</sup> Dec		Bay Sheffield 800m
Wed 8 <sup>th</sup> 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 H J, 6.30pm Javelin, 7.00pm L J
Jan 11 <sup>th</sup> – 12 <sup>th</sup>		ASA Combined Events
Wed 15 <sup>th</sup> Jan	C2 Hdcp	Plus 4x100m relay 5 minutes earlier 5.45pm start - nominate the week before
Wed 22 <sup>nd</sup> Jan	A1 Scratch	Plus 4x400m relay 5 minutes earlier 5.45pm start - nominate the week before
Wed 29 <sup>th</sup> Jan	B2 Hdcp	
Wed 5 <sup>th</sup> Feb	C1 Scratch	
Wed 12 <sup>th</sup> Feb	A2 Hdcp	
Wed 19 <sup>th</sup> Feb	B1 Scratch	Incl. State Champs Long Hurdles 5.40pm start– nominate the week before
Wed 26 <sup>th</sup> Feb	C2 Hdcp	Incl. State Champs Short Hurdles 5.40pm start– nominate the week before
Sun 2 <sup>nd</sup> Mar	Champs	10km Run, 10km Walk 8.30am start, Throws Pentathlon 9.00am start
Wed 5 <sup>th</sup> Mar	A1 Scratch	Incl. State Champs T&F Pent – Men 5.30pm start– nominate the week before
Mar 8 <sup>th</sup> – 10 <sup>th</sup>		ASA State Championships
Wed 12 <sup>th</sup> Mar	B2 Hdcp	Incl. State Champs T&F Pent – Women 5.30pm start – nominate the week before
Wed 19 <sup>th</sup> Mar	C1 Scratch	Incl. State Champs Steeplechase 5.00pm start– nominate the week before
Wed 26 <sup>th</sup> Mar	Champs	Day 1 T&F Championships
Wed 2 <sup>nd</sup> April	Champs	Day 2 T&F Championships
Wed 9 <sup>th</sup> April	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
April 18 <sup>th</sup> – 21 <sup>st</sup>		AMA National T&F Championships - Adelaide