SAMA Summer Program 2026-27

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	6.10pm	Discus	6.30pm
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 20th Sept		City Bay Fun Run
Wed 23th Sept	A1 Scratch	
Wed 30th Sept	B2 Hdcp	
Wed 7th Oct	C1 Scratch	Includes a Throws Pentathlon starting at 5.30pm (for the Oceania Postal Challenge)
Wed 14th Oct	A2 Hdcp	
Wed 21st Oct	B1 Scratch	
Wed 28th Oct	C2 Hdcp	
Wed 4th Nov	A1 Scratch	Including Bob Clarke Challenge 200m at 6.20pm
Wed 11th Nov	B2 Hdcp Modified	
Wed 18th Nov	C1 Scratch	Including Bob Clarke Challenge 1000m at 6.15pm
Wed 25th Nov	A2 Hdcp	
Wed 2nd Dec	B1 Scratch	Including Bob Clarke Challenge 500m final at 6.00pm all events from the 150m on delayed by 5 minutes
Wed 9th Dec	C2 Hdcp	
Sat 12th Dec		ASA State Relays
Wed 16th 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.
Sun 27th Dec		Bay Sheffield 800m
Wed 6th 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
Wed 13th Jan	A1 Scratch	
Fri 15th Jan		Run The Loop (Adelaide Uni) – 6.00pm
Wed 20th Jan	B2 Hdcp	
Wed 27th Jan	C1 Scratch	
27th – 31st Jan		OMA Championships, Christchurch NZ
30th – 31st Jan		ASA Combined Events
Wed 3rd Feb	A2 Hdcp	
Wed 10th Feb	B1 Scratch	
Wed 17th Feb	C2 Hdcp	
Wed 24th Feb	A1 Scratch	Incl. State Champs T&F Pent – Men 5.30pm start– nominate the week before
Wed 3rd Mar	B2 Hdcp	Incl. State Champs T&F Pent – Women 5.30pm start – nominate the week before
Wed 10th Mar	C1 Scratch	Incl. State Champs Long Hurdles 5.40pm start– nominate the week before
12th – 14th Mar		ASA State Championships
Wed 17th Mar	A2 Hdcp	Incl. State Champs Steeplechase 5.10pm start– nominate the week before
18th – 26th Mar		WMA Indoor Championships Florida
Sun 21st Mar	Champs	10km Run, 10km Walk 8.30am start, Throws Pentathlon 9.00am start
Wed 24th Mar	B1 Scratch	Incl. State Champs Short Hurdles 5.40pm start– nominate the week before
26th – 29th Mar		Easter
Wed 31st Mar	Champs	Day 1 T&F Championships
Wed 7th April	Champs	Day 2 T&F Championships
Wed 14th 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
23rd – 26th April		AMA Championships Perth