

Modified Program (No points) for Hot Weather Program for temperatures between 37 and 39 degrees.
See ASA website for Hot Weather Policy (under publications, policies)
(Timing of events and event program may be adjusted on the day to suit those present)

Program A

	Track	Discus	Hammer	PV A	PV B	TJ	LJ
9:30am	1500m M&W	Men	Women	Low Start	High Start	Women	Men
9:40am	Hurdles (80m to 110m)						
9:50am	100m M&W						
10:00am	AWD Events	Women	Men				
10:10am	400m M&W						

Program B

	Track	Javelin	Shot Put	HJ A	HJ B	TJ	LJ
9:30am	200m Hurdles	Men	Women	Low Start	High Start	Men	Women
9:40am	60m M&W						
9:55am	800m M&W	Women	Men				
10:10am	200m M&W						

Equipment Duty Roster

Date	Event	Club
Sat 10 Oct	Cup Round 1	Adelaide Harriers
Sat 17 Oct	Cup Round 2	Elizabeth
<i>Sat-Sun 24-25 Oct</i>	<i>Powerade Games</i>	
Sat 31 Oct	Cup Round 3	Enfield Harriers
Sat 7 Nov	Cup Round 4	Flinders
Sat 14 Nov	Cup Round 5	Hills Districts
Sat 21 Nov	Cup Round 6	Pembroke
<i>Sat-Sun 28-29 Nov</i>	<i>State Multis Seniors</i>	
Sat 5 Dec	Cup Round 7	Port Adelaide
Sat 12 Dec	Cup Round 8	Saints
Sat 19 Dec	State Relays	Salisbury
<i>Sat-Sun 2-3 Jan</i>	<i>State Multis Juniors</i>	
Sat 9 Jan	Cup Round 9	Tea Tree Gully
Thur 14 Jan	Clubs Challenge	Western Districts
Sat 16 Jan 16	Cup Round 10	United Collegians
Sat 23 Jan	Cup Round 11	Adelaide Harriers
Sat 30 Jan	Cup Round 12	Elizabeth
Fri 5 Feb	State Champs	Enfield Harriers
Sat 6 Feb	State Champs	Flinders
Sun 7 Feb	State Champs	Hills Districts
Sat 13 Feb	Cup Round 13	Pembroke
Sat 20 Feb	Cup Round 14	Port Adelaide
Sat 27 Feb	Cup Finals 15	Saints
Sat 6 Mar	Cup Finals 16	Salisbury
Sat 13 Mar	Cup Reserve	Tea Tree Gully
Wed 31 Mar	City Bay Challenge	Western Districts

No clubs have been assigned to events in italics but any assistance would be greatly appreciated.

On the website

Menu Items

Rankings and Personal Best
Results
State Records

Topic

Club information → Club Directory
Club Responsibilities → Summer Competition
Competition rules → Summer Competition
Hot Weather Policy → Publication
More info on events → Calendar
Qualifying standards → Summer Competition

Menu

New registrations, renewals and updating contact details can be done using the **Online Registration** button on the right of the screen.

Athletics SA Contact Details

☎ 8354 3477 📠 8354 1219
✉ admin@athleticssa.org
✉ PO Box 84, Torrensville Plaza SA 5031
🌐 www.athleticssa.org

**2009-10
Track and Field**



**Athletics
South Australia**

www.athleticssa.org

Calendar 2009-10

Date	Day	Event	Venue
10 Oct	Sat	Cup Round 1 (A)	Santos Stadium
17 Oct	Sat	Cup Round 2 (B)	Santos Stadium
24-25 Oct	Sat-Sun	Powerade Games	Santos Stadium
29 Oct	Thur	EH Throws	St Albans Reserve
31 Oct	Sat	Cup Round 3 (A)	Santos Stadium
7 Nov	Sat	Cup Round 4 (B)	Santos Stadium
14 Nov	Sat	Cup Round 5 (A)	Santos Stadium
14 Nov	Sat	10km State Champs	Santos Stadium
21 Nov	Sat	ASA AGM (am)	Santos Stadium
21 Nov	Sat	Cup Round 6 (B)	Santos Stadium
25 Nov	Wed	Adelaide Invitational	Santos Stadium
26 Nov	Thur	EH Throws	St Albans Reserve
28-29 Nov	Sat-Sun	State Multis Seniors*	Santos Stadium
4-7 Dec	Fri-Mon	All Schools	Hobart
5 Dec	Sat	Cup Round 7 (A)	Santos Stadium
10 Dec	Thur	Zatopek – SKO	Melbourne
12 Dec	Sat	Cup Round 8 (B)	Santos Stadium
19 Dec	Sat	State Relays	Santos Stadium
2-3 Jan	Sat-Sun	State Multis Juniors*	Santos Stadium
9 Jan	Sat	Cup Round 9 (A)	Santos Stadium
14 Jan	Thur	Clubs Challenge	Santos Stadium
16 Jan 16	Sat	Cup Round 10 (B)	Santos Stadium
23 Jan	Sat	Cup Round 11 (A)	Santos Stadium
27 Jan	Wed	Adelaide Invitational	Santos Stadium
28 Jan	Thur	EH Throws	St Albans Reserve
30 Jan	Sat	Cup Round 12 (B)	Santos Stadium
5-7 Feb	Fri-Sun	State Champs	Santos Stadium
11 Feb	Thur	Briggs Event	Hobart
11-14 Feb	Thur-Sun	National Multis	Hobart
13 Feb	Sat	Cup Round 13 (A)	Santos Stadium
20 Feb	Sat	Cup Round 14 (B)	Santos Stadium
25 Feb	Thur	EH Throws	St Albans Reserve
27 Feb	Sat	GP	Sydney
27 Feb	Sat	Cup Finals 15 (A)	Santos Stadium
4 Mar	Thur	GP	Melbourne
6 Mar	Sat	Cup Finals 16 (B)	Santos Stadium
11-14 Mar	Thur-Sun	U14 to U20 Nationals	Sydney
13 Mar	Sat	Cup Reserve	Santos Stadium
17 Mar	Wed	Adelaide Invitational	Santos Stadium
25 Mar	Thur	EH Throws	St Albans Reserve
31 Mar	Wed	City Bay Challenge	Santos Stadium
7 Apr	Wed	Adelaide Invitational	Santos Stadium
9-10 Apr	Fri-Sat	National Combined	Gold Coast
16-18 Apr	Fri-Sun	Open Nationals	Perth

* Includes club based team events

Check the calendar on the ASA website for more information.



ASA Premiership Cup Program A

	Track	Discus	Hammer	PV A	PV B	TJ	LJ
1:00pm	3000m Walk (1500m Walk no points)	U14M&W		1.30m Start	3.05m Start	U16/U20M	U16/U20W
1:20pm	Hurdles (110m to 80m)						
1:30pm			Open/U18M				
1:45pm		U16/U20 M&W					
1:50pm	100m Men						
2:00pm						O35M	O35W
2:05m	100m Women						
2:15pm			Open/U18W				
2:20pm	800m M						
2:30pm		Open/U18M					
2:35pm	800m W						
2:45pm						U14M	U14W
2:50pm	200m M (Bonus event 1 race No points)						
2:55pm	200m W (Bonus event 1 race No points)						
3:00pm	AWD Events		O35M&W	2.30m Start	4.00m Start		
3:15pm	400m M	Open/U18W					
3:30pm	400m W					Open/U18M	Open/U18W
3:45pm			U16/U20 M&W				
3:50pm	4x100m Relay						
4:00pm		O35M&W					
4:10pm	3000m (5000m rounds 3,7,11,15)						
4:15pm	Bonus event(s) - 30min max						

ASA Premiership Cup Program B

	Track	Javelin	Shot Put	HJ A	HJ B	TJ	LJ
1:00pm	5000/1500m Walk	U14M&W	Open/U18M	1.00m Start		U16/U20W	U16/U20M
1:30pm	400m Hurdles (high to low)				1.40m Start		
1:45pm	200m Hurdles	U16/U20 M&W	Open/U18W				
1:55pm	60m M						
2:00pm						U14W	U14M
2:10pm	60m W						
2:25pm	2000/3000m Steeple High						
2:30pm		Open/U18M	O35M&W	1.20m Start			
2:40pm	2000/3000m Steeple Low						
2:45pm						O35W	O35M
2:55pm	100m M (Bonus event 1 race No points)						
3:00pm	100m W (Bonus event 1 race No points)				1.60m Start		
3:05pm	1500m M						
3:15pm		Open/U18W	U16/U20 M&W				
3:20pm	1500m W						
3:30pm						Open/U18W	Open/U18M
3:35pm	200m M						
3:50pm	200m W						
4:00pm		O35M&W	U14M&W				
4:10pm	2x200m Relay						
4:15pm	Bonus event(s) - 30min max						

Program B includes a Pole Vault Bonus Event—No Points—Eastern Side.
Field events are strictly 3 trails only except for qualifiers (80% of Nationals Qualifying).
All Track Events are seeded.