

Athletics South Summer Program:

Track & Field Director	Jarrold Gibson
Executive Director	Helen Lee
Results	AS Website

Athletics South (AS)

athleticssouth.org.au

(03) 62369766

Athletics Tasmania (AT)

tasathletics.org.au

(03) 6234 9551

Club Contacts:

Eastern Suburbs Athletics Club (ES)

esac.run

0409 728 315

Sandy Bay Harrier Club (SB)

sbhc.org.au

0490 507 491

Northern Suburbs Athletics Club (NS)

nsac.org.au

(03) 6249 4881

Old Virgilians & Associates (OVA)

ovasouthernsaints.com.au

0409 543 563

Tasmanian Masters Athletics (TMA)

tasmastersathletics.org.au

0418 717 834

University of Tas Athletics Club (UTAS)

utasathleticsclub.org.au

AS - PROGRAM A

Time	Men	Women
1.00	3000m Run	3000m Run
	Pole Vault	Pole Vault
	Triple Jump	Hammer
	Discus	
1.30		100m
1.40	100m	High Jump
1.50	Hammer	Javelin
	Long Hurdles	Long Hurdles
2.00		800m
2.10	High Jump	Triple Jump
2.15	800m	
2.25	3000m Walk	3000m Walk
2.45	Javelin	Discus
2.50		200m
3.00	200m	
3.10	Steeple	Steeple
3.30	4x400m Relay	4x400m Relay

AS - PROGRAM B

Time	Men	Women
1.00	5000m Run/Walk	5000m Run/Walk
	Pole Vault	Pole Vault
	Shot Put	Hammer
1.20	Triple Jump	Triple Jump
1.35	400m	
1.45		400m
1.55	Steeple	Steeple
	Hammer	Javelin
2.00	Long Jump	Long Jump
	Sprint Hurdles	Sprint Hurdles
2.25	1500m	
2.35	Javelin	1500m
		Shot Put
2.50	200m	
3.00		200m
3.15	4 x 100 Relay	4 x 100 Relay

AS - PROGRAM C

Time	Men	Women
1.00	3000m Run	3000m Run
	Vertical Jump*	Vertical Jump*
	Javelin	Shot Put
1.30		100m
1.40	100m	
1.50	Throw 3*	Javelin
	Long Hurdles	Long Hurdles
	Long Jump	Long Jump
2.00		800m
2.15	800m	
2.30		200m
2.35	Triple Jump	Triple Jump
2.40	200m	
2.45	Shot Put	Throw 3*
2.50	3000m Walk	3000m Walk
3.20	4 x 200 Relay	4 x 200 Relay

Rd 3 & 7 – Vertical Jump - High Jump & Throw 3 - Discus

Rd 11 & 15 – Vertical Jump - Pole Vault & Throw 3 - Hammer

AS - PROGRAM D

Time	Men	Women
1.00	5000m	5000m
	Shot Put	Discus
1.15	High Jump	Long Jump
1.30	100m	
1.40		100m
1.45	Discus	Shot Put
1.50	1500m	
2.00	Long Jump	High Jump
		1500m
2.10	Sprint Hurdles	Sprint Hurdles
2.20	1000m Walk	1000m Walk
2.35	4 x 100m Relay	4 x 100m Relay
2.45	400m	
2.55		400m

Discus/Shot/Long Jump 3 trials per athlete

High Jump 6 jumps/3 successive fails



ATHLETICS SOUTH

**SUMMER
COMPETITION
2017-18**

Proudly sponsored by



Athletics South Summer Program 2017-18

October

Sat 07	1pm Season Launch	Domain
Sat 14	1pm Rd 1A	Domain
Sat 21	1pm Rd 2B	Domain
Thur 26	9am Rd 3C	Domain
Sat 28	Tasmanian All Schools	Launceston
Sun 29	Tasmanian All Schools	Launceston

November

Sat 04	9am Rd 4D	Domain
Sat 11	1pm Athletes Choice	Domain
Sat 18	1pm Rd 5A	Domain
Sat 25	1pm Rd 6B	Domain

December

Sat 02	1pm Rd 7C	Domain
Sat 09	Australian All Schools	Adelaide
Sat 16	9am Rd 8D	Domain
Wed 20	7pm Club Decathlon	Domain
Sat 23	1pm Reunion Day (Dedicated Program) + Club 400m Handicaps	Domain

January

Sat 06	1pm Rd 9A	Domain
Sat 13	9am Rd 10B	Domain
Sat 20	1pm Rd 11C	Domain
Sun 28	4pm Rd 12D	Domain

February

Sat 03	1pm Rd 13A	Domain
Sat 10	9am Rd 14B	Domain
Sat 17	1pm Athletes Choice	Domain
17/18	Australian Open Champs / Commonwealth Games Selection	
Sat 24	Tasmanian Junior Champs	Domain
Sun 25	Tasmanian Junior Champs	Domain

March

Sat 03	1pm Rd 15C	Domain
Fri 09	7pm Rd 16D	Domain
Sat 17	Australian Juniors	
Sun 18	3pm Pre-State Champs	Domain
Sat 24	Tasmanian Open/TMA Champs	Domain

3000m / 5000m - Combined TMA/AS Interclub Wednesday nights @ 6.20pm Points will be allocated to the following AS round next each run. Distance is opposite to this following AS round.

For **Reunion Day, Club Decathlon & Special Program** please see AS website - <http://www.athleticsouth.org.au>

All Athletes must be registered to compete, as per the requirements of Athletics Tasmania. Athletes who have not been registered since 2014 or NEW may compete on two occasion only in Track and Field competition without registering but must pay a day registration fee - refer Club Registrars for conditions and fees.

Entry Procedures:

- Entries close 30 minutes before scheduled start time for each event.
- All athletes can only enter one session of each event per round and can only use one implement weight per interclub round.
- Correct club uniform and issued numbers must be worn in all Track and Field events.
- Full interclub rules are available on AS website.
- Age is on day of competition for hurdle height and implement weight.

TMA CALENDAR 2017-18

27/09/2017 **Season Launch 6.15pm**
(DAC Function Room)

04/10/2017 Program A DAC Includes Come & Try

11/10/2017 Program B* DAC

18/10/2017 Program A* DAC

25/10/2017 Program B* DAC

01/11/2017 Program D* DAC

08/11/2017 Program C DAC

12/11/2017 TMA T&F Pentathlon LAUN

15/11/2017 Program B* DAC

22/11/2017 Program A* DAC

29/11/2017 Program B* DAC

06/12/2017 Program C DAC

13/12/2017 Program D* DAC

20/12/2017 AS Club Decathlon Xmas BBQ

03/01/2018 Program B* DAC

06-07/01/2018 AMA Multi-Events - Bendigo

10/01/2018 Program A* DAC

17/01/2018 Program B* DAC

20-27/01/2018 OMA T&F - Dunedin NZ

24/01/2018 Program D* DAC

31/01/2018 Program B* DAC

07/02/2018 Program A* DAC

14/02/2018 Program C DAC

21/02/2018 Program A DAC

28/02/2018 Program B* DAC

07/03/2018 Program D* DAC

14/03/2018 Program A DAC

21/03/2018 Program B DAC

24-25/03/2018 AT/TMA T&F Champs DAC

28/03/2018 Program C DAC

26-29/04/2018 AMA National - Perth

*Combined TMA/AS Interclub (Point scoring)

800m Program D

3000m Program A & D

5000m Program B

TMA - Program A

6.10pm 100m/Short Hurdles

6.15pm Shot Put

6.20pm 3000m Run & Walk

6.25pm 60m

6.30pm Long Jump

6.45pm Discus

7.00pm 400m

7.10pm 800m

TMA - Program B

6.10pm 200m

6.15pm Javelin

6.20pm 5000m Run & Walk *

6.30pm High Jump

6.45pm 300m/Long Hurdles

6.50pm Hammer

7.00pm 1500m

7.10pm 4 x 100m Relay

TMA - Program C

6.10pm 100m

6.15pm Shot Put

6.20pm 3/5/10000m Run & Walk

6.25pm Triple or Long Jump

6.30pm 150m

6.45pm 400m/Long Hurdles

6.50pm Discus

7.00pm 4 x 200m Relay

TMA - Program D

6.10pm 60m

6.15pm Javelin or Discus

6.20pm 3000m Run & Walk

6.30pm 200m

6.40pm Long or High Jump

6.50pm Heavy Weight

7.00pm 800m

7.10pm 100m

* Lesser distances available.

Entry Fee: \$3.00 TMA members and AT All-year registered athletes;
\$2.00 students/underage; \$5.00 all others.

Volunteer Officials: All members are expected to help at some time during season, this can include, setup, pack up and/or officiating.

Contact: Mike Walker **Phone:** 62 446 229

Athletics South Points Scoring - MENS

	20 pts	19 pts	18 pts	17 pts	16 pts	15 pts	14 pts	13 pts	12 pts	11 pts	5 pts
100M	11.40	11.80	12.20	12.60	13.00	13.50	14.00	14.50	15.00	15.50	completion
200M	23.00	24.00	25.00	26.00	27.00	28.00	29.10	30.20	31.30	32.40	completion
400M	51.10	53.10	55.10	57.10	59.60	62.10	64.60	67.10	69.60	72.00	completion
800M	1.58.0	2.02.5	2.07	2.11.5	2.17	2.23	2.29	2.35	2.41	2.48	completion
1500M	4.08	4.18	4.28	4.38	4.49	5.00	5.11	5.22	5.33	5.44	completion
MILE	4.26	4.37	4.48	4.59	5.10	5.21	5.32	5.43	5.54	6.05	completion
3000M	8.50	9.12.5	9.35	9.59	10.23	10.47	11.11	11.35	11.59	12.25	completion
5000M	15.30	16.10	16.50	17.30	18.10	18.50	19.30	20.10	20.50	21.30	completion
2000ST	6.30	6.51	7.12	7.33	7.54	8.15	8.36	8.57	9.18	9.40	completion
3000ST	9.40	10.25	11.10	11.55	12.40	13.25	14.10	14.55	15.40	16.30	completion
1500WK	6.50	7.15	7.40	8.05	8.30	8.55	9.20	9.45	10.10	10.45	completion
3000WK	14.40	15.35	16.30	17.25	18.20	19.15	20.10	21.05	22.00	23.00	completion
5000WK	24.25	25.55	27.25	28.55	30.25	31.55	33.25	34.25	35.55	37.30	completion
90M H	13.65	14.20	14.75	15.30	15.85	16.40	16.95	17.50	18.05	18.60	completion
100M H	14.75	15.40	16.05	16.70	17.35	18.00	18.65	19.30	19.95	20.60	completion
110M H	17.05	17.80	18.55	19.30	20.05	20.80	21.55	22.30	23.05	23.80	completion
200M H	26.25	28.20	30.15	32.10	34.05	36.00	37.95	39.90	41.85	43.80	completion
400M H	59.15	62.10	65.05	68.00	70.95	73.90	76.85	79.80	82.75	85.70	completion
LONG	6.50	6.20	5.90	5.60	5.30	5.00	4.70	4.40	4.10	3.80	v/effort
TRIPLE	13.30	12.70	12.10	11.50	10.90	10.30	9.70	9.10	8.50	7.90	v/effort
HIGH	1.85	1.75	1.65	1.55	1.50	1.45	1.40	1.35	1.30	1.25	clearance
P VAULT	3.50	3.25	3.00	2.75	2.55	2.35	2.15	1.95	1.75	1.50	clearance
DISCUS	37.00	34.30	31.60	28.90	26.20	23.50	20.80	18.10	15.40	12.70	v/effort
SHOT	12.40	11.70	11.00	10.30	9.60	8.90	8.20	7.50	6.80	6.10	v/effort
HAMMER	46.50	43.00	39.50	36.00	32.50	29.00	25.50	22.00	18.50	15.00	v/effort
JAVELIN	51.00	47.20	43.40	39.60	35.80	32.00	28.20	24.40	20.60	16.80	v/effort

RELAYS

	40 Pts	35 Pts	30 Pts	25 Pts	20 Pts	15 Pts
4x100	47.14	50.24	52.34	53.34	57.34	Finish
4X200	1.39.82	1.43.58	1.52.33	1.56.92	2.05.10	Finish
4x400	3.46.40	3.58.50	4.06.00	4.10.00	4.35.00	Finish

Athletics South Points Scoring - WOMENS

	20 pts	19 pts	18 pts	17 pts	16 pts	15 pts	14 pts	13 pts	12 pts	11 pts	5 pts
100M	12.90	13.30	13.70	14.10	14.50	14.90	15.30	15.70	16.10	16.50	completion
200M	25.90	26.90	27.90	28.90	29.90	30.90	31.90	32.90	33.90	34.90	completion
400M	58.60	61.30	64.00	66.70	69.40	72.10	74.80	77.50	80.20	82.90	completion
800M	2.17	2.23	2.29	2.35	2.41	2.47	2.53	2.59	3.05	3.11	completion
1500M	4.50	4.58.5	5.07	5.15.5	5.24	5.32.5	5.40.5	5.49	5.57.5	6.06	completion
MILE	5.12	5.21	5.30	5.39	5.48	5.57	6.06	6.15	6.24	6.33	completion
3000M	10.20	10.44	11.08	11.32	11.56	12.20	12.44	13.10	13.34	13.58	completion
5000M	19.50	20.40	21.30	22.20	23.10	24.00	24.50	25.40	26.30	27.20	completion
2000ST	7.42	8.01	8.20	8.40	9.00	9.20	9.40	10.00	10.15	10.30	completion
3000ST	12.55	13.35	14.15	14.55	15.35	16.15	16.55	17.35	18.15	19.00	completion
1500WK	7.00	7.28	7.56	8.24	8.52	9.20	9.48	10.16	10.34	11.00	completion
3000WK	16.50	17.44	18.38	19.32	20.26	21.20	22.14	23.08	24.00	24.50	completion
5000WK	28.00	29.30	31.00	32.30	34.00	35.30	37.00	38.30	40.00	41.30	completion
80M H	12.65	13.30	13.95	14.60	15.25	15.90	16.55	17.20	17.85	18.50	completion
90M H	14.15	14.80	15.45	16.10	16.75	17.40	18.05	18.70	19.35	20.00	completion
100M H	15.85	16.70	17.55	18.40	19.25	20.10	20.95	21.80	22.65	23.50	completion
200M H	28.35	30.25	32.15	34.05	35.95	37.85	39.75	41.65	43.55	45.45	completion
400M H	67.00	69.15	71.30	73.45	75.60	77.75	79.90	82.05	84.20	86.35	completion
LONG	5.50	5.25	5.00	4.75	4.50	4.25	4.00	3.75	3.50	3.25	v/effort
TRIPLE	11.10	10.65	10.20	9.75	9.30	8.85	8.40	7.95	7.50	7.05	v/effort
HIGH	1.60	1.55	1.50	1.45	1.40	1.35	1.30	1.25	1.20	1.15	clearance
P VAULT	3.10	2.90	2.70	2.50	2.30	2.10	1.90	1.70	1.50	1.30	clearance
DISCUS	37.00	34.50	32.00	29.50	27.00	24.50	22.00	19.50	17.00	14.50	v/effort
SHOT	12.05	11.35	10.65	9.95	9.25	8.55	7.85	7.15	6.45	5.75	v/effort
HAMMER	37.00	34.50	32.00	29.50	27.00	24.50	22.00	19.50	17.00	14.50	v/effort
JAVELIN	37.90	35.30	32.70	30.10	27.50	24.90	22.30	19.70	17.10	14.50	v/effort

RELAYS

	40 Pts	35 Pts	30 Pts	25 Pts	20 Pts	15 Pts
4x100	56.74	58.24	60.24	62.74	65.74	Finish
4X200	1.57.00	2.04.00	2.14.00	2.19.00	2.26.00	Finish
4x400	4.37.00	4.44.00	4.58.00	5.05.00	5.19.00	Finish