

ATHLETICS SOUTH  
TRACK & FIELD INTERCLUB PROGRAMME  
2019-20

12 Oct 19	Come & Try Day	1pm
19 Oct 19	Rd 1A*	1pm
24 Oct 19	Rd 2B	10am
2 Nov 19	Rd 3C	1pm
9 Nov 19	Rd 4D	1pm
16 Nov 19	Rd 5A	1pm
23 Nov 19	Rd 6B*	1pm
7 Dec 19	Rd 7C	1pm
14 Dec 19	Rd 8D	1pm
21 Dec 19	Reunion Day	1pm
4 Jan 20	Rd 9A	1pm
11 Jan 20	Rd 10B (Incorporates Tasmanian Multi Events)	1pm
18 Jan 20	Rd 11C*	1pm
22 Jan 20	Club Multi Event	6pm
1 Feb 20	Rd 12D	1pm
8 Feb 20	Rd 13A	1pm
15/16 Feb 20	Tasmanian Age Championships - Hobart	
22 Feb 20	Rd 14B	1pm
28/29 Feb 1 Mar	Tasmanian Open Championships – Hobart	
7 Mar 20	Rd 15C	1pm
14 Mar 20	Rd 16D (Incorporates Tasmanian 10 000m Run)	10am

\*Steeple on 1A, 6B & 11C as indicated. One more steeple to be added on either 13A, 14B or 15C

Programme A

Time	Male	Female
1.00	3000m Run 3000m Walk Pole Vault (S1) Shot Put Triple Jump	3000m Run 3000m Walk Pole Vault (S1) Javelin Triple Jump
1.30		100m
1.45	100m	Discus (S1*)
1.55	Javelin High Jump (S1)	High Jump (S1)
2.00	Long Hurdles Pole Vault (S2*)	Long Hurdles (200m/400m) Pole Vault (S2*)
2.10	800m	
2.15		Discus (S2)
2.25		800m
2.35	High Jump (S2*)	High Jump (S2*)
2.45	200m Discus	Shot Put
2.55		200m
3.15	4 x 100m Relay	4 x 100m Relay
3.30 (Rd I Only)	<i>Steeple</i>	<i>Steeple</i>

\*S2 Pole Vault starting height 2.80m

\*S2 High Jump starting height 1.50m

\*S1 Discus max 3 trials

## Programme B

Time	Male	Female
1.00	5000m Run 5000m Walk Hammer Long Jump (S1*)	5000m Run 5000m Walk Shot Put Long Jump (S1*)
1.30	High Jump (S2) Long Jump (S2)	High Jump (S2) Long Jump (S2)
1.45		400m Discus (S1*)
1.55	Shot Put 400m	
2.05		Discus (S2)
2.15	Triple Jump Sprint Hurdles	Triple Jump Sprint Hurdles
2.30	1500m	
2.40	High Jump (S1)	High Jump (S1) 1500m
2.45	Discus*	Hammer
2.55	100m	
3.05		100m
3.20	4 x 200m Relay	4 x 200m Relay
3.30 (Rd 6 Only)	<i>Steeple</i>	<i>Steeple</i>

\*Male Discus not to start before 1500m concludes

\*S2 High Jump starting height 1.50m

\*S1 Discus & Long Jump 3 trials maximum

\*S2 Discus from river end

Programme C

Time	Male	Female
1.00	3000m Run Pole Vault (S1) Hammer Triple Jump	3000m Run Pole Vault (S1) Javelin Triple Jump
1.30	100m	
1.40		100m
1.45	Javelin	Discus (S1*)
1.50	3000m Walk	3000m Walk
1.55	Long Hurdles	Long Hurdles (200m/400m)
2.00	Long Jump (S1*) Pole Vault (S2*)	Long Jump (S1*) Pole Vault (S2*)
2.10	800m	Discus (S2)
2.20		800m
2.25	Long Jump (S2)	Long Jump (S2)
2.35	Discus	Hammer
2.40	200m	
2.50		200m
3.05	4 x 400m Relay	4 x 400m Relay
3.20 (Rd II Only)	<i>Steeple</i>	<i>Steeple</i>

\*S2 Pole Vault starting height 2.80m  
\*S1 Discus & Long Jump max 3 trials

## Programme D

Time	Male	Female
1.00	5000m Run Hammer Long Jump (S1*) Pole Vault (S1)	5000m Run Shot Put Long Jump (S1*) Pole Vault (S1)
1.35	High Jump (S1)	High Jump (S1) 400m
1.45	Shot Put 400m	Javelin
2.00	1500m Walk Pole Vault (S2*) Long Jump (S2)	1500m Walk Pole Vault (S2*) Long Jump (S2)
2.15	Sprint Hurdles	Sprint Hurdles
2.25	High Jump (S2*)	High Jump (S2*) 1500m
2.35	1500m	
2.45	Javelin	Hammer 200m
2.55	200m	
3.10	4 x 100m Relay	4 x 100m Relay
3.20	Steeple	Steeple

\*S2 Pole Vault starting height 2.80m

\*S2 High Jump starting height 1.50m

\*S1 Long Jump max 3 trials

ATHLETICS SOUTH COME & TRY DAY  
SATURDAY 12/10/2019

	Male	Female
1.00	3000m Run Javelin High Jump	3000m Run Shot Put Long Jump
1.30	100m	
1.45		100m
2.00	1500m Walk Discus	1500m Walk Javelin
2.15	Sprint Hurdles	Sprint Hurdles
2.35	800m Long Jump	High Jump
2.45		800m
3.00	200m Shot Put	Discus
3.15		200m
3.45	Swedish Relay	Swedish Relay

*All events will be held under normal Athletics South Interclub rules and Athletics Tasmania registration requirements. Anybody who has been registered in the 2016/17, 2017/18 or 2018/19 season must be registered for 2019/20. Any other participant must complete a trialling registration form, and Athletics South will cover the trialling fee.*

*Note that this meet will not carry an Athletics Tasmania sanction and therefore performances will not be eligible for rankings/records/qualifications. Officials will therefore have some leniency for new athletes.*

ATHLETICS SOUTH REUNION DAY  
21 Dec 2019

	Male	Female
1.00	Discus (<2Kg)	Javelin (<600g) 100m
1.15	100m	
1.20	High Jump	High Jump
1.30	Albert Johnson Memorial 3000m Walk (M&F)	
1.40	McDonald Family Discus (2Kg only)	
1.45		Jo Cubit Long Jump
2.00	Tas Bevis Memorial 5000m	
2.15		McDonald Javelin (600g Only)
2.30	Steven Knott Long Jump	Mandy McIntyre 3000m
2.50		Froggy Wise 100m
3.00	Lionel Skeggs 100m	
3.10	High Jump* Max Cherry Memorial 1500m	High Jump* (1.50m start)
3.15	Javelin	Discus
3.20		Max Cherry Memorial 1500m
3.30	1500m mixed (if required)	
3.40	200m (mixed)	
4.00	Club 400m Handicap races	

Notes; Athletes shall be invited to compete in named 100m, but must have entered in graded 100m

Named field events, best 6 after 3 rounds may have 3 extra trials

All non-named field events, 3 trials per athlete

Field sizes for named track events at discretion of AS T&F Director.

Normal AS interclub rules apply re sessions/weights