

ATHLETICS SOUTH 2018-19 TRACK & FIELD  
CALENDAR & PROGRAMMES  
(1pm unless stated otherwise)

6 Oct 18	Come & Try Day
13 Oct 18	Rd 1A
20 Oct 18	Rd 2B
25 Oct 18 (9am)	Rd 3C
3 Nov 18	Rd 4D
10 Nov 18	Rd 5A
17 Nov 18	Rd 6B
24 Nov 18	Rd 7C
8 Dec 18	Rd 8D
15 Dec 18	Rd 9A
22 Dec 18	Reunion Day
5 Jan 19	Rd 10B
12 Jan 19	Rd 11C
19 Jan 19	Rd 12D
23 Jan 19 (7pm)	Club Multi Event
2 Feb 19	Rd 13A
16 Feb 19	Rd 14B
23 Feb 19	Rd 15C
2 Mar 19	Rd 16D

Other Dates

27/28 Oct 18	Tasmanian All Schools (Hobart)
9/10 Feb 19	Tasmanian U/14/15/16/20 Championships (Penguin)
15/16/17 Mar 19	Tasmanian Open/U/20/TMA Championships (Hobart)

@5 September 2018

## 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
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	
2.25		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

\*S2 Pole Vault starting height 2.80m

\*S2 High Jump starting height 1.50m

## Programme B

Time	Male	Female
1.00	5000m Run 5000m Walk Hammer Long Jump	5000m Run 5000m Walk Shot Put Long Jump
1.30	High Jump (S2)	High Jump (S2)
1.45		400m
1.55	Shot Put 400m	Discus
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	Steeple	Steeple

\*Male Discus not to start before 1500m concludes

\*S2 High Jump starting height 1.50m

\*5 Jan (Rd 10) 1500m will be replaced by Mile

## Programme C

Time	Male	Female
1.00	3000m Run Pole Vault (S1) Hammer Triple Jump	3000m Run Pole Vault (S1) Javelin Triple Jump
1.20	100m	
1.30		100m
1.45	Javelin 3000m Walk	Discus 3000m Walk
2.00	Long Hurdles Pole Vault (S2*)	Long Hurdles (200m/400m) Pole Vault (S2*)
2.10	800m Long Jump	Long Jump
2.25		800m
2.35	Discus	Hammer
2.40	200m	
2.50		200m
3.05	4 x 400m Relay	4 x 400m Relay
3.15	Steeple	Steeple

\*S2 Pole Vault starting height 2.80m

\*Rd 3C, 9am start, all start times adjusted by 4 hours.

## Programme D

Time	Male	Female
1.00	5000m Run Hammer Long Jump Pole Vault (S1)	5000m Run Shot Put Long Jump 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*)	1500m Walk Pole Vault (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

\*S2 Pole Vault starting height 2.80m

\*S2 High Jump starting height 1.50m

ATHLETICS SOUTH COME & TRY DAY  
SATURDAY 6/10/2018

1.00	Male 3000m Run Javelin High Jump	Female 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 2015/16, 2016/17 or 2017/18 season must be registered for 2018/19. Any other participant must pay the applicable trail registration fee for insurance purposes.

ATHLETICS SOUTH REUNION DAY  
22 Dec 2018

1.00	Male Shot Put (<7.26Kg)	Female Discus (<1Kg) 100m
1.15	100m	
1.20	High Jump	High Jump
1.30	Albert Johnson Memorial 3000m Walk (M&F)	
1.40	McDonald Family Shot Put (7.26Kg only)	
1.45		Jo Cubit Long Jump
2.00	Tas Bevis Memorial 5000m	
2.15		McDonald Discus (1Kg Only)
2.30	Steven Knott Long Jump	Mandy Giblin 5000m
3.00		Froggy Wise 100m
3.10	Lionel Skeggs 100m	
3.15	Discus	Shot Put
3.20	High Jump* Max Cherry Memorial 1500m	High Jump* (1.50m start)
3.30		Max Cherry Memorial 1500m
3.40	1500m mixed (if required)	
3.50	200m (mixed)	
4.15	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