

ATHLETICS SOUTH
PROPOSED TRACK & FIELD PROGRAM

2020-21

10 Oct 20	Rd 1A	1pm
17 Oct 20	Rd 2B	1pm
18 Oct 20	<i>Regional All Schools</i>	
22 Oct 20	Rd 3C	9am (Thursday)
24/25 Oct	<i>State All Schools Launceston</i>	
31 Oct 20	Rd 4D	1pm
7 Nov 20	Rd 5A	9am
14 Nov 20	Rd 6B	1pm
28 Nov 20	Rd 7C	1pm
6 Dec 20	Rd 8D	4pm (Sunday)
12 Dec 20	<i>Statewide Event Launceston</i>	
19 Dec 20	Reunion Day	1pm
9 Jan 21	Odd Distance program	1pm
9/10 Jan	<i>Tasmanian Multi Events Champs Hobart</i>	
16 Jan 21	Rd 9A	1pm
23 Jan 21	Rd 10B	9am
26 Jan 21	<i>3000m Tasmanian Championships Penguin</i>	
27 Jan 21	Club Multi Event	6pm
30 Jan 21	Rd 11C	1pm
6 Feb 21	Rd 12D (incorp AT 10 000m Champ)	9am
13 Feb 21	Rd 13A	1pm
20/21 Feb	<i>Tas Junior Champs Hobart</i>	
27 Feb	Rd 14 B	1pm
6 Mar	<i>LAT/AMA Championships</i>	
13 Mar	Rd 15C	1pm
20/21Mar	<i>Tas Open Champs Launceston</i>	
27 Mar	Rd 16D	1pm

As at 2 November 2020

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 (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		100m Discus	
1.55	Shot Put 100m		
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	400m		
3.05		400m	
3.20	4 x 200m Relay	4 x 200m Relay	
3.30	<i>Steeple</i>	<i>Steeple</i>	<i>Rd 2 & 10 Only</i>

*Male Discus not to start before 1500m concludes

*S2 High Jump starting height 1.50m

*S1 Long Jump 3 trials maximum

Programme C **Round 3/7/11**

Time	Male	Female
1.00	3000m Run Pole Vault (S1) THROW 1 Triple Jump	3000m Run Pole Vault (S1) Triple Jump
1.30	200m	
1.40		200m
1.45		THROW 1
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	
2.20	THROW 2	800m
2.25	Long Jump (S2)	Long Jump (S2)
2.40	100m	
2.50		100m THROW 2
3.05	4 x 400m Relay	4 x 400m Relay
3.20	Steeple	Steeple
RD 3	1. Hammer	2. Discus
RD 7	1. Discus	2. Javelin
RD11	1. Javelin	2. Hammer

*S2 Pole Vault starting height 2.80m

*S1 Long Jump max 3 trials

Programme C (Rd 15)

Time	Male	Female
1.00	3000m Run Pole Vault (S1) Hammer Triple Jump	3000m Run Pole Vault (S1) Javelin Triple Jump
1.30	200m	
1.40		200m
1.45	Javelin	Discus
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	
2.20		800m
2.25	Long Jump (S2)	Long Jump (S2)
2.35	Discus	Hammer
2.40	100m	
2.50		100m
3.05	4 x 400m Relay	4 x 400m Relay
3.20	Steeple	Steeple

*S2 Pole Vault starting height 2.80m

*S1 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

*S2 Pole Vault starting height 2.80m

*S2 High Jump starting height 1.50m

*S1 Long Jump max 3 trials

No 5000m in Rd 12, replaced by AT/TMA 10 000 Championships

ATHLETICS SOUTH REUNION DAY
19 Dec 2020

1.00	Male Long Jump ** Javelin **	Female Long Jump ** Shot Put ** 100m
1.15	100m	
1.20	High Jump	High Jump
1.30	Albert Johnson Memorial 3000m Walk (M&F)	
1.40	McDonald Family Javelin (800g only)	
1.45		Jo Cubit Long Jump
2.00	Tas Bevis Memorial 5000m	
2.15		McDonald Shot Put (4Kg 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	Shot Put	Javelin
3.20		Max Cherry Memorial 1500m
3.30	1500m mixed (if required)	
3.45	Club 400m Handicap races	

Notes;

** The top 8 performed athletes across the first 8 rounds of AS Interclub will be invited to compete in the named events. The best 6 after 3 rounds may have 3 extra trials. All other athletes may compete in 1pm sessions

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

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

Normal AS interclub rules apply re sessions/weights

1pm Long Jump will be at River end, named Long Jumps at Mountain end

Notes re program;

As with everything in 2020, everything is subject to change, including at short change, however changes will not be made which affect sanctioning unless absolutely necessary.

For morning sessions, deduct 4 hours off event times.

Session 1 of LJ will be limited to three trials.

Program C for first 3 rotations has been reduced to 2 throws. Throws on Reunion Day (JT & SP) and Odd Distance Day (DT & HT) will now be as per normal rounds (3/4/6 throws as qualified).

Program for Odd Distance Day will be published as soon as confirmed in conjunction with AT Multi Event Championships.

Duty Club responsibilities;

ESAC;	Discus & High Jump
NSAC;	Track
OVA;	Shot Put & Admin
SBHC;	Horizontal Jumps
UTAS;	Hammer, Javelin & Pole Vault

Other specialised roles (photo finish, meet manager etc may be shared between Clubs in addition to roles above).

SAFETY NOTE; A significant change this season, in light of some near misses that have been observed in unsupervised warm up/training, will relate to control of the event site. A designated "Chief Official" from the Duty Club for each field event will be required to collect the field sheets from Admin 15-20 minutes before the programmed start time. No warm ups are to commence until that official arrives at the field site. Please ensure athletes are aware of this as it will be announced and enforced, and athletes who ignore this rule may be removed from the event. This is a safety rule!!

**ODD DISTANCE DAY
9 JANUARY 2021**

(In conjunction with AT Combined Event Championships)

	Male	Female	Mixed
1.00pm			Hammer
1.10pm	2 Mile		
1.25pm		2 Mile	
1.45pm		60m	
1.55pm	60m		
2.00pm		Discus	Long Jump
2.05pm		Mile	
2.15pm	Mile		
2.30pm	200m Hurdles	200m Hurdles	Pole Vault
2.45	Discus		
2.50pm			300m
3.10pm	Parlauf Relay		
3.25pm		Parlauf Relay	
3.40pm	1000m	1000m	

Parlauf Relay; 4000 metres, 7 runners, minimum length of each leg 100m. Each runner must run at least twice, changes can be made anywhere on track except in Lane 1 (must move out into at least 2 to make changes). Clubs entering multiple teams must ensure teams are distinguishable from others (i.e ES red singlets/white singlets, UTAS black singlets/white singlets etc)

For record purposes 1000m and 200 Hurdles will NOT be mixed races