

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 (including TMA 10 000m)	9am (10 000 @ 8.30)
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 25 January 2021

Programme Rd 13A

Time	Male	Female
12.45	3000m Walk	
1.00	3000m Run Pole Vault (S1) Shot Put Triple Jump	3000m Run Pole Vault (S1) Javelin Triple Jump 3000m Walk
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

Rd 14B

Time	Male	Female
1.00	5000m Run 5000m Walk Hammer Long Jump (S1*)	5000m Run 5000m Walk Shot Put (100m Start) Long Jump (S1*)
1.30	High Jump (S2) Long Jump (S2)	High Jump (S2) Long Jump (S2)
1.45		100m Discus
1.55	100m	
2.10	Shot Put (100m Start)	
2.15	Triple Jump 1500m	Triple Jump
2.25		1500m
2.40	High Jump (S1) Sprint Hurdles Discus	High Jump (S1) Sprint Hurdles Hammer
2.55	400m	
3.05		400m
3.20	4 x 200m Relay	4 x 200m Relay

\*Male Shot Put warm up not to start before 100m concludes

\*S2 High Jump starting height 1.50m

\*S1 Long Jump 3 trials maximum

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

**All Throws max 3 trials for Rd 15**

## Round 16D

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

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.

Session 1 of LJ will be limited to three trials.

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!!