

ATHLETICS SOUTH  
PROPOSED TRACK & FIELD PROGRAM

2021-22

9 Oct 21	<i>Come &amp; Try Day</i>	1pm
16 Oct 21	Rd 1A	1pm
21 Oct 21	Rd 2B	9am (Thursday)
23/24 Oct	<i>State All Schools (Launceston)</i>	
30 Oct 21	Rd 3C	1pm
6 Nov 21	Rd 4D	9am
13 Nov 21	Rd 5A	1pm
20 Nov 21	Rd 6B	9am
27 Nov 21	Rd 7C	1pm
<del>4 Dec 21</del>	<del><i>Australian All Schools</i></del>	Cancelled
11 Dec 21	Rd 8D	9am
18 Dec 21	Rd 9A	1pm
22 Dec 21	Reunion Evening	6.30pm
8 Jan 22	Rd 10B	9am
15 Jan 22	Rd 11D	9am
<b>21 Jan 22</b>	<b>Rd 12CC</b>	<b>6.30pm</b>
26 Jan 21	<i>3000m Tasmanian Championships (Penguin)</i>	
4 Feb 22	Club Multi Event	6.30pm
5 Feb 22	<i>Tasmanian Relay/10000m Championships (Domain)</i>	
12 Feb 22	Rd 13A	1pm
18/19/20 Feb	<i>Tasmanian T&amp;F Champs (Domain)</i>	
26 Feb 22	Rd 14BB	1pm##
5 Mar 22	Rd 15C	1pm
12 Mar	Rd 16D	9am
19 Mar	TBA	1pm
19-27 Mar 22	<i>Australian T&amp;F Championships</i>	

As at 21 October 2021

## Programme A

Time	Male	Female
1.00	3000m Run Pole Vault (S1) Shot Put (200 Start) Long Jump (S1)	3000m Run Pole Vault (S1) Javelin Long Jump (S1)
1.30		400m
1.40	400m Long Jump (S2)	Discus Long Jump (S2)
1.55	1500m Walk Javelin High Jump (S1)	1500m Walk High Jump (S1)
2.00	Sprint Hurdles Pole Vault (S2*)	Sprint Hurdles Pole Vault (S2*)
2.15	100m	
2.25		100m
2.35	High Jump (S2*)	High Jump (S2*)
2.40	800m	
2.45	Discus	Shot Put (200 Start)
2.50		800m
3.15	4 x 200m Relay	4 x 200m Relay

\*S2 Pole Vault starting height 2.80m

\*S2 High Jump starting height 1.50m

## Programme B MORNING

Time	Male	Female
9.00	Hammer Long Jump (S1*) 1500m	Hammer Long Jump (S1*)
9.10		1500m
9.20		100m
9.30	High Jump (S2) 100m	High Jump (S2)
9.45	Long Jump (S2)	Long Jump (S2)
10.00	Javelin	
10.15	5000m (Run/Walk)	5000m (Run/Walk) Discus
10.20	High Jump (S1)	High Jump (S1)
10.30	Triple Jump	Triple Jump
10.45	Long Hurdles	Long Hurdles
11.00	Discus	200m Javelin
11.10	200m	
11.30	4 x 100m Relay	4 x 100m Relay

\*S2 High Jump starting height 1.50m

\*S1 Long Jump 3 trials maximum

Programme C

Time	Male	Female
1.00	5000m Run Pole Vault (S1) Hammer Triple Jump	5000m Run Pole Vault (S1) Hammer Triple Jump
1.30	400m	
1.40		400m
1.45	Shot Put (100m Circle)	
1.55	Long Hurdles	Long Hurdles (200m/400m)
2.00	Long Jump (S1*) Pole Vault (S2*)	Long Jump (S1*) Pole Vault (S2*) Discus
2.10	1500m	
2.20		1500m
2.25	<i>Invitational 1500m Walk Rd 3 Only</i>	
2.35		Shot Put
2.40	200m	
2.45	Long Jump (S2)	Long Jump (S2)
2.50	Discus	200m
3.05	4 x 100m Relay	4 x 100m Relay
3.20	Steeple	Steeple

\*S2 Pole Vault starting height 2.80m

\*S1 Long Jump max 3 trials

## Programme D

Time	Male	Female
9.00	Hammer Triple Jump Pole Vault (S1)	Hammer Triple Jump Pole Vault (S1) 800m
9.10	800m	
9.25		100m
9.35	High Jump (S1) 100m	High Jump (S1)
9.45	3000m Run Shot Put (Finish Line)	3000m Run
9.55	Sprint Hurdles Pole Vault (S2*)	Sprint Hurdles Pole Vault (S2*) Javelin
10.20	High Jump (S2*)	High Jump (S2*) 200m
10.30	200m	Shot Put (Finish Line)
10.50 <sup>^</sup>	4 x 400m Relay Javelin	4 x 400m Relay
11.00	3000m Walk	3000m Walk

\*S2 Pole Vault starting height 2.80m

\*S2 High Jump starting height 1.50m

<sup>^</sup>Rd 11, Relays will be non point scoring Mixed 4 x 400 as an opportunity for Clubs to practice prior to Tasmanian 4 x 400m Mixed Relay Championships on 5 Feb.

REUNION NIGHT  
Wednesday 22 December

Time	Male	Female
6.30	100m Heats	McDonald Family Hammer
6.35		100m Heats
6.40	Steven Knott Long Jump	
6.45	Tas Bevis 5000m	
7.10		Mandy McIntyre 3000m
7.15	McDonald Family Hammer	
7.20		Jo Miller-Cubit Long Jump
7.30	Max Cherry Memorial 1500m	
7.40		Max Cherry Memorial 1500m
7.50	Lionel Skeggs Memorial 100m	
7.55		Froggy Wise Memorial 100m

UPDATED AS AT 21 OCT 21