

## **Athletics South Summer Program:**

**Track & Field Director**  
**Executive Director**  
**Results**

**Jarrold Gibson**  
**Helen Lee**  
**AS Website**

## **Athletics South (AS)**

<http://www.athleticssouth.org.au/>

(03) 62369766

## **Athletics Tasmania (AT)**

<http://www.tasathletics.org.au/>

(03) 6234 9551



## **Sandy Bay Harrier Club (SB)**

Web: [sbhc.org.au](http://sbhc.org.au)

Facebook: [facebook.com/SBHC.Athletics](https://facebook.com/SBHC.Athletics)

Phone: Mark Lyden 0400 995 616  
Helen West (03) 6225 0999

Register: [sbhc.org.au/?page\\_id=474](http://sbhc.org.au/?page_id=474)

Email: [committee@lists.sandybayharriers.org.au](mailto:committee@lists.sandybayharriers.org.au)

Mail Address: GPO Box 1235, Hobart, Tasmania 7001

# AS - PROGRAM A

<b>Time</b>	<b>Men</b>	<b>Women</b>
12.30	Hammer (S1) 3000m Run	Hammer (S1) 3000m Run
12.50	Long Jump (S1)	
1.00	High Jump (S1)	High Jump (S1) 1.40m start 100m
1.15	Hammer (S2) 100m	Hammer (S2)
1.30	3000m Walk	3000m Walk Long Jump (S1)
1.45	Discus (S1) Pole Vault	Javelin (S1) Pole Vault
2.00	Long Hurdles	Long Hurdles
2.15		High Jump (S2)
2.20	Javelin (S1) 800m	Discus (S1)
2.30	Long Jump (S2)	Long Jump (S2) 800m
2.50	200m High Jump (S2)	
3.00	Discus (S2)	Javelin (S2)
3.05		200m
3.30	4x400m Relay	4x400m Relay
3.45	Javelin (S2)	Discus (S2)

## AS - PROGRAM B

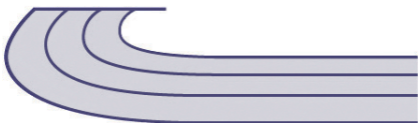
<b>Time</b>	<b>Men</b>	<b>Women</b>
12.30	5000m Run Javelin (S1)	5000m Run Shot Put (S1)
1.00	Triple Jump (S1)	
1.10	Shot Put (S1)	Javelin (S1) 200m
1.20	High Jump (S1) 200m	High Jump (S1) 1.40m Start
1.35	1500m Run (First)	1500m Run
1.50	Javelin (S2)	Shot Put (S2)
2.00	Triple Jump (S2)	Triple Jump (S1) 100m
2.10	100m	High Jump (S2)
2.20	Steeple (2000/3000)	Steeple (2000/3000)
2.30	Sprint Hurdles Shot Put (S2)	Sprint Hurdles Javelin (S2)
2.45	High Jump (S2)	Triple Jump (S2)
2.50	400m	400m (First)
3.00	Hammer (S1)	Hammer (S1)
3.20	1500m Walk	1500m Walk
3.30	Hammer (S2)	Hammer (S2)
3.40	4x100 Relay	4x100 Relay

## AS - PROGRAM C

<b>Time</b>	<b>Men</b>	<b>Women</b>
12.30	Shot Put (S1) 3000m Run	Discus (S1) 3000m Run
12.50	Long Jump (S1)	Long Jump (S1)
1.00	400m	
1.15	Discus (S1)	Shot Put (S1) 400m
1.20	Pole Vault	Pole Vault
1.30	Triple Jump (S1) 3000m Walk	Triple Jump (S1) 3000m Walk
1.45	Hammer (S1)	Hammer (S1)
2.00	Long Hurdles	Long Hurdles
2.15	Hammer (S2) Triple Jump (S2)	Hammer (S2) Triple Jump (S2)
2.25	200m	
2.35		200m
3.00	Shot Put (S2) 800m	Discus (S2)
3.15	Long Jump (S2)	Long Jump (S2) 800m
3.30	Discus (S2)	Shot Put (S2)
3.40	4x100m Relay	4x100m Relay

## AS - PROGRAM D

<b>Time</b>	<b>Men</b>	<b>Women</b>
12.30	Javelin (800/700) 5000m Run/Walk	Shot Put (4Kg) 5000m Run/Walk
1.00	Triple Jump (S1) Shot Put (2/3/4/5Kg)	Triple Jump (S1) Discus (500/750gm)
1.15	High Jump (S1)	100m
1.30	100m	
1.40	Discus (1.75/2Kg)	Javelin (600gm)
1.45	Steeple (2000/3000)	Steeple (2000/3000)
1.50	Triple Jump (S2)	Triple Jump (S2)
2.10	400m	High Jump (S1)
2.20	Javelin (600/below)	Shot Put (3Kg below)
2.25		400m
2.35	Long Jump (S1)	Long Jump (S1)
2.45	Sprint Hurdles	Sprint Hurdles
3.00	Discus (1.5Kg below) High Jump (S2) 1500m	Javelin (500/400gm) High Jump (S2) 1.40m start
3.20	Long Jump (S2)	Long Jump (S2) 1500m
3.40	Shot Put (6/7.26Kg)	Discus (1Kg)
3.45	4x200m Relay	4x200m Relay



**ATHLETICS SOUTH**



**SUMMER  
COMPETITION  
2013-14**

Proudly sponsored by



# Athletics South Summer Program 2013-14

## October

Sat 05	AS Interclub 1A	Domain
Sat 12	AS Interclub 2B	Domain
Sat 19	AS Interclub 3C	Domain
Sat 19	State SATIS	St Leonards
Sat 26	Statewide Interclub / All Schools	Domain
Sun 27	Statewide Interclub / All Schools	Domain

## November

Sat 02	AS Interclub 4D	Domain
Wed 06	AS Twilight (Odd Distance)	Domain
Sat 16	AS Interclub 5A	Domain
Sat 23	AS Interclub 6B	Domain
Sat 30	AS Interclub 7C	Domain

## December

Sat 07	AS Interclub 8D	Domain
06-08	Australian All Schools	Townsville
Sat 14	AS Interclub 9A	Domain
Sat 21	AS Reunion Day (Dedicated Program) + Club 400m Handicaps	Domain

## January

Sat 04	AS Interclub 10B	Domain
Sat 11	AS Interclub 11C	Domain
Sat 18	AS Interclub 12D (Barwick Mile)	Domain
Mon 27	AS Interclub 13A (3.30pm Start)	Domain

## February

Sat 01	Briggs Classic	Domain
Sun 02	IAAF Walk	Hobart
Wed 05	AS Twilight (Odd Distance)	Domain
Sat 08	AS Interclub 14B	Domain

Sat 15	AS Interclub 15C "Charity Day"	Domain
Sat 22	Tas Junior Champs, Open Steeple	Domain
Sun 23	Tas Junior Champs, Open 10,000m	Domain

## March

Sat 01	AT Statewide Interclub	St Leonards
01-02	Tas Cancer Council Relay For Life	Domain
08,09,10	AMA Championships	Domain
Mon 10	AS Interclub 16D (2.30pm Start)	Domain
Sat 15	AS Interclub TBA	Domain
Sat 22	Special All Events (10.30am Start)	Domain
Sat 29	Tas Open Champs & TMA Champs	Domain
Sun 30	Tas Open Champs & TMA Champs	Domain

3000m / 5000m - Combined TMA/AS Interclub Wednesday nights @ 6.20pm Points will be allocated to the following AS round next each run. Distance is opposite to this following AS round.

**All Athletes must be registered to compete, as per the requirements of Athletics Tasmania. Athletes who have not been registered since 2010 or NEW may compete on two occasion only in Track and Field competition without registering but must pay a day registration fee - refer Club Registrars for conditions and fees.**

## Entry Procedures:

- Entries close 30 minutes before scheduled start time for each event.
- All athletes can only enter one session of each event per round and can only use one implement weight per interclub round.
- Correct club uniform and issued numbers must be worn in all Track and Field events.
- Full interclub rules are available on AS website.
- Age is on day of competition for hurdle height and implement weight.



# AS - REUNION DAY - 21 DEC 2013

<b>Time</b>	<b>Men</b>	<b>Women</b>
12.30	Shot Put	Discus 100m
12.45	100m	
12.50	High Jump	High Jump
1.00	Albert Johnson Mem.	3000m Walk (M/F Combined)
1.10	McDonald Family Hammer (7.26kg Only)	
1.15		Jo Miller-Cubit Long Jump
1.30	Tas Bevis Memorial	5000m
1.50		McDonald Family Hammer (4Kg Only)
2.00	Jo Miller-Cubit Long Jump	Noel Ruddock 3000m
2.30		Froggy Wise Mem. 100m
2.40	Lionel Skeggs Mem.	100m
2.45	Discus	Shot Put
2.50	High Jump (1.50m start)	High Jump (1.50m start)
	Max Cherry Memorial	1500m
3.00		Max Cherry Memorial 1500m
3.10	1500m Mixed (If Required)	
3.15	Hammer	Hammer (All Other Weights)
3.20	200m Mixed	200m Mixed
4.00	Club 400m Handicap Races	

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

# TMA CALENDAR 2013-14

02/10/2013	Come & Try 100m; 5000m; Shot Put; Long Jump; <b>Season Launch 7.00pm</b>
09/10/2013	Come & Try 200m; 3000m; Javelin; High Jump; 6.10pm
16/10/2013	Program B 6.10pm
23/10/2013	Program C 6.10pm
30/10/2013	Program A 6.10pm
06/11/2013	TMA / AS - Twilight 6.00pm
13/11/2013	Program D 6.10pm
20/11/2013	Program A 6.10pm
27/11/2013	Program B 6.10pm
04/12/2013	Program A 6.10pm
11/12/2013	Program D 6.10pm
18/12/2013	Program A 6.10pm Xmas Nibbles
08/01/2014	Program B 6.10pm
15/01/2014	Program A 6.10pm
22/01/2014	Program D 6.10pm
29/01/2014	Program C 6.10pm
01/02/2014	Briggs Athletics Classic Relay
05/02/2014	TMA / AS - Twilight 6.00pm
12/02/2014	Program B 6.10pm
19/02/2014	Program A 6.10pm
22/02/2014	TMA / AT Steeple Champs
23/02/2014	TMA / AT 10000m Champs
26/02/2014	Program D 6.10pm
05/03/2014	Program A 6.10pm
07/03/2014	AMA Pentathlon - Launceston
08/03/2014	AMA National - Hobart
09/03/2014	AMA National - Hobart
10/03/2014	AMA National - Hobart
12/03/2014	Program B 6.10pm
19/03/2014	Program C 6.10pm
26/03/2014	Modified Program EOS Nibbles
29/03/2014	TMA / AT State Champs
30/03/2014	TMA / AT State Champs

<b>TMA - Program A</b>	
6.10pm	100m/Short Hurdles
6.15pm	Shot Put
6.20pm	3000m Run & Walk
6.30pm	Long Jump
6.45pm	Discus
7.00pm	400m or 400m Relay

<b>TMA - Program B</b>	
6.10pm	200M
6.15pm	Javelin
6.20pm	5000m Run & Walk *
6.30pm	High Jump
6.45pm	300m/300m Hurdles
6.50pm	Hammer
7.00pm	800m
7.05pm	4 x 100m Relay

<b>TMA - Program C</b>	
6.10pm	60m
6.15pm	Shot Put
6.20pm	10,000m Run & Walk *
6.25pm	Triple or Long Jump
6.30pm	150m
6.45pm	400m/400m Hurdles
6.50pm	Discus
7.00pm	4 x 200m Relay

<b>TMA - Program D</b>	
6.10pm	100m
6.15pm	Javelin
6.20pm	5000m Run & Walk *
6.30pm	200m
6.40pm	Long or High Jump
6.50pm	Hammer
7.00pm	1500m
7.10pm	4 x 100m Relay

<b>TMA/AS - Twilight Meet</b>	
6.00pm	300m
6.10pm	Shot Put
6.20pm	3000m Run & Walk
6.25pm	Long Jump
6.40pm	Javelin
6.45pm	60m
7.05pm	600m
7.20pm	1000m

Entry Fee: \$3.00 members; \$5.00 non-members

Note: Volunteers will be required for timekeeping

Contact: Sue Hanek - (03) 6247 9465

\* Lesser distances available. Postal Relays Dates TBA.

3000m / 5000m Combined TMA/AS Interclub.

## Athletics South Points Scoring - MENS

	20 pts	19 pts	18 pts	17 pts	16 pts	15 pts	14 pts	13 pts	12 pts	11 pts	5 pts
60M	7.20	7.42	7.64	7.86	8.10	8.50	8.90	9.30	9.70	10.10	Completion
100M	11.40	11.80	12.20	12.60	13.00	13.50	14.00	14.50	15.00	15.50	Completion
200M	23.00	24.00	25.00	26.00	27.00	28.00	29.10	30.20	31.30	32.40	Completion
400M	51.10	53.10	55.10	57.10	59.60	62.10	64.60	67.10	69.60	72.00	Completion
800M	1.58.0	2.02.5	2.07	2.11.5	2.17	2.23	2.29	2.35	2.41	2.48	Completion
1500M	4.08	4.18	4.28	4.38	4.49	5.00	5.11	5.22	5.33	5.44	Completion
MILE	4.26	4.37	4.48	4.59	5.10	5.21	5.32	5.43	5.54	6.05	Completion
3000M	8.50	9.12.5	9.35	9.59	10.23	10.47	11.11	11.35	11.59	12.25	Completion
5000M	15.30	16.10	16.50	17.30	18.10	18.50	19.30	20.10	20.50	21.30	Completion
2000ST	6.30	6.51	7.12	7.33	7.54	8.15	8.36	8.57	9.18	9.40	Completion
3000ST	9.40	10.25	11.10	11.55	12.40	13.25	14.10	14.55	15.40	16.30	Completion
1500WK	6.50	7.15	7.40	8.05	8.30	8.55	9.20	9.45	10.10	10.45	Completion
3000WK	14.40	15.35	16.30	17.25	18.20	19.15	20.10	21.05	22.00	23.00	Completion
5000WK	24.25	25.55	27.25	28.55	30.25	31.55	33.25	34.25	35.55	37.30	Completion
90M H	13.65	14.20	14.75	15.30	15.85	16.40	16.95	17.50	18.05	18.60	Completion
100M H	14.75	15.40	16.05	16.70	17.35	18.00	18.65	19.30	19.95	20.60	Completion
110M H	17.05	17.80	18.55	19.30	20.05	20.80	21.55	22.30	23.05	23.80	Completion
200M H	26.25	28.20	30.15	32.10	34.05	36.00	37.95	39.90	41.85	43.80	Completion
400M H	59.15	62.10	65.05	68.00	70.95	73.90	76.85	79.80	82.75	85.70	Completion
LONG	6.50	6.20	5.90	5.60	5.30	5.00	4.70	4.40	4.10	3.80	v/effort
TRIPLE	13.30	12.70	12.10	11.50	10.90	10.30	9.70	9.10	8.50	7.90	v/effort
HIGH	1.85	1.75	1.65	1.55	1.50	1.45	1.40	1.35	1.30	1.25	clear
P VAULT	3.50	3.25	3.00	2.75	2.55	2.35	2.15	1.95	1.75	1.50	clear
DISCUS	37.00	34.30	31.60	28.90	26.20	23.50	20.80	18.10	15.40	12.70	v/effort
SHOT	12.40	11.70	11.00	10.30	9.60	8.90	8.20	7.50	6.80	6.10	v/effort
HAMMER	46.50	43.00	39.50	36.00	32.50	29.00	25.50	22.00	18.50	15.00	v/effort
JAVELIN	51.00	47.20	43.40	39.60	35.80	32.00	28.20	24.40	20.60	16.80	v/effort

## Relays

	40 Pts	35 Pts	30 Pts	25 Pts	20 Pts	15 Pts
4X100	47.14	50.24	52.34	53.34	57.34	Finish
4X200	1.39.82	1.43.58	1.52.33	1.56.92	2.05.10	Finish
4X400	3.46.40	3.58.50	4.06.00	4.10.00	4.35.00	Finish

## Athletics South Points Scoring - WOMENS

	20 pts	19 pts	18 pts	17 pts	16 pts	15 pts	14 pts	13 pts	12 pts	11 pts	5 pts
<b>60M</b>	8.00	8.27	8.54	8.81	9.08	9.35	9.62	9.89	10.16	10.43	Completion
<b>100M</b>	12.90	13.30	13.70	14.10	14.50	14.90	15.30	15.70	16.10	16.50	Completion
<b>200M</b>	25.90	26.90	27.90	28.90	29.90	30.90	31.90	32.90	33.90	34.90	Completion
<b>400M</b>	58.60	61.30	64.00	66.70	69.40	72.10	74.80	77.50	80.20	82.90	Completion
<b>800M</b>	2.17	2.23	2.29	2.35	2.41	2.47	2.53	2.59	3.05	3.11	Completion
<b>1500M</b>	4.50	4.58.5	5.07	5.15.5	5.24	5.32.5	5.40.5	5.49	5.57.5	6.06	Completion
<b>MILE</b>	5.12	5.21	5.30	5.39	5.48	5.57	6.06	6.15	6.24	6.33	Completion
<b>3000M</b>	10.20	10.44	11.08	11.32	11.56	12.20	12.44	13.10	13.34	13.58	Completion
<b>5000M</b>	19.50	20.40	21.30	22.20	23.10	24.00	24.50	25.40	26.30	27.20	Completion
<b>2000ST</b>	7.42	8.01	8.20	8.40	9.00	9.20	9.40	10.00	10.15	10.30	Completion
<b>3000ST</b>	12.55	13.35	14.15	14.55	15.35	16.15	16.55	17.35	18.15	19.00	Completion
<b>1500WK</b>	7.00	7.28	7.56	8.24	8.52	9.20	9.48	10.16	10.34	11.00	Completion
<b>3000WK</b>	16.50	17.44	18.38	19.32	20.26	21.20	22.14	23.08	24.00	24.50	Completion
<b>5000WK</b>	28.00	29.30	31.00	32.30	34.00	35.30	37.00	38.30	40.00	41.30	Completion
<b>80M H</b>	12.65	13.30	13.95	14.60	15.25	15.90	16.55	17.20	17.85	18.50	Completion
<b>90M H</b>	14.15	14.80	15.45	16.10	16.75	17.40	18.05	18.70	19.35	20.00	Completion
<b>100M H</b>	15.85	16.70	17.55	18.40	19.25	20.10	20.95	21.80	22.65	23.50	Completion
<b>200M H</b>	28.35	30.25	32.15	34.05	35.95	37.85	39.75	41.65	43.55	45.45	Completion
<b>400M H</b>	67.00	69.15	71.30	73.45	75.60	77.75	79.90	82.05	84.20	86.35	Completion
<b>LONG</b>	5.50	5.25	5.00	4.75	4.50	4.25	4.00	3.75	3.50	3.25	v/effort
<b>TRIPLE</b>	11.10	10.65	10.20	9.75	9.30	8.85	8.40	7.95	7.50	7.05	v/effort
<b>HIGH</b>	1.60	1.55	1.50	1.45	1.40	1.35	1.30	1.25	1.20	1.15	clear
<b>P VAULT</b>	3.10	2.90	2.70	2.50	2.30	2.10	1.90	1.70	1.50	1.30	clear
<b>DISCUS</b>	37.00	34.50	32.00	29.50	27.00	24.50	22.00	19.50	17.00	14.50	v/effort
<b>SHOT</b>	12.05	11.35	10.65	9.95	9.25	8.55	7.85	7.15	6.45	5.75	v/effort
<b>HAMMER</b>	37.00	34.50	32.00	29.50	27.00	24.50	22.00	19.50	17.00	14.50	v/effort
<b>JAVELIN</b>	37.90	35.30	32.70	30.10	27.50	24.90	22.30	19.70	17.10	14.50	v/effort

## Relays

	40 Pts	35 Pts	30 Pts	25 Pts	20 Pts	15 Pts
<b>4X100</b>	56.74	58.24	60.24	62.74	65.74	Finish
<b>4X200</b>	1.57.00	2.04.00	2.14.00	2.19.00	2.26.00	Finish
<b>4X400</b>	4.37.00	4.44.00	4.58.00	5.05.00	5.19.00	Finish