



## AS - PROGRAM A

<b>Time</b>	<b>Men</b>	<b>Women</b>
1.30	Javelin (800/700gm) 3000m Run	Shot Put (4kg) 3000m Run Long Jump (S1)
2.00	High Jump (S1*) Shot Put (3/4/5kg)	High Jump (S1*) 1.40m start
2.10	100m	Javelin (400/500gm)
2.25	Long Jump (S1) Discus (2/1.75kg)	100m
2.45	3000m Walk	3000m Walk Javelin (600gm)
2.50	Long Hurdles (200+)	Long Jump (S2) Long Hurdles (200+)
3.00	High Jump (S2) Shot Put (6/7.26Kg)	High Jump (S2)
3.15	800m Javelin (600gm and below)	Discus (S1)
3.30	Long Jump (S2)	800m
3.45	200m Discus (1.5/1Kg)	Shot Put (3Kg) Discus (S2)
3.55		200m
4.15	Relay	

## **AS - PROGRAM B**

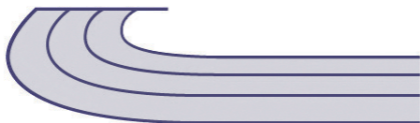
<b>Time</b>	<b>Men</b>	<b>Women</b>
1.30	5000m Run Javelin (S1) Long Jump (S1)	5000m Run Shot Put (S1) Triple Jump (S1)
2.00		200m
2.10	Shot Put (S1)	Javelin (S1)
2.15	200m Triple Jump (S1)	Long Jump (S1)
2.30	1500m Walk Pole Vault	1500m Walk Pole Vault
2.50	1500m Javelin (S2) Long Jump (S2)	Shot Put (S2) Triple Jump (S2)
3.05		1500m
3.15	Sprint Hurdles	Sprint Hurdles
3.20	Shot Put (S2)	Javelin (S2)
3.30	Steeple Triple Jump (S2)	Steeple Long Jump (S2)
3.45	Hammer	Hammer
3.55	Relay	
4.10	400m	
4.20		400m

## AS - PROGRAM C

<b>Time</b>	<b>Men</b>	<b>Women</b>
1.30	3000m R/W Shot Put (S1) Pole Vault	3000m R/W Discus (S1) Pole Vault
2.10	200m	Triple Jump (S1)
2.15	Discus (S1)	Shot Put (S1)
2.20	High Jump (S1*)	200m High Jump (S1*) 1.40m start
2.30	Steeple	Steeple
2.45	Hammer Triple Jump (S1)	Hammer
3.00	800m	
3.10		800m
3.15	Shot Put (S2) High Jump (S2)	Shot Put (S2) High Jump (S2)
3.20	Long Hurdles (200+)	Long Hurdles (200+)
3.30	Discus (S2) Triple Jump (S2)	Discus (S2) Triple Jump (S2)
3.35	100m	
3.45		100m
4.00	Relay	Relay

## AS - PROGRAM D

<b>Time</b>	<b>Men</b>	<b>Women</b>
1.30	5000m Run/Walk Hammer Triple Jump (S1)	5000m Run/Walk Hammer Triple Jump (S1)
2.15	High Jump (S1)	100m
2.30	100m Discus (S1) Triple Jump (S2)	Triple Jump (S2) Javelin (S1)
2.45	1500m High Jump (S2*)	High Jump (S1*) 1.40m start
3.00	Javelin (S1) Long Jump (S1)	1500m Long Jump (S1) Discus (S1)
3.15	Sprint Hurdles	Sprint Hurdles
3.40	Discus (S2) Relay	Javelin (S2) Relay
3.45	Long Jump (S2)	Long Jump (S2) High Jump (S2)
4.00	400m	
4.15	Javelin (S2)	Discus (S2) 400m



**ATHLETICS SOUTH**

**SUMMER  
COMPETITION  
2015-16**

Proudly sponsored by



# Athletics South Summer Program 2015-16

## October

Sat 10	Come and Try (Special Program)	Domain
Sat 17	Round 1A	Domain
Sat 17	State SATIS	Launceston
Thu 22	Round 2B - 9.30am (Show Weekend)	Domain
Fri 30	Schools Knockout	
Sat 31	Tasmanian All Schools	Domain

## November

Sun 01	Tasmanian All Schools	Domain
Sat 07	Round 3C	Domain
Sat 14	Round 4D	Domain
Sat 21	Round 5A	Domain
Sat 28	Round 6B	Domain

## December

Sat 05	Australian All Schools	Melbourne
Sat 12	Round 7C	Domain
Sat 16	Club Decathlon (7pm start)	Domain
Sat 19	Reunion Day (Dedicated Program) + Club 400m Handicaps	Domain

## January

Sat 9	Round 8D	Domain
Sat 16	Round 9A	Domain
Sat 23	Round 10B (Barwick Mile)	Domain
Sat 30	Round 11C	Domain

## February

Mon 8	Round 12D	Domain
Sat 13	Briggs Meet	Domain
Sat 20	Tasmanian Age Championships	Domain
Sun 21	Tasmanian Age Championships	Domain

Sat 27	Special Program	Domain
<b>March</b>		
Sat 05	Tasmanian Championships	Launceston
Sun 06	Tasmanian Championships	Launceston

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.

For **Reunion Day, Club Decathlon & Special Program** please see AS website - <http://www.athleticssouth.org.au>

**All Athletes must be registered to compete, as per the requirements of Athletics Tasmania. Athletes who have not been registered since 2012 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.



# 2015/16 ATHLETICS SOUTH INTERCLUB

## RELAY ROTATION

<b>Date</b>	<b>Round</b>	<b>Time</b>	<b>Relay</b>
17 Oct	Round 1A	4.15	Swedish
22 Oct	Round 2B	12.55	4 x 100
07 Nov	Round 3C	4.00	4 x 400
14 Nov	Round 4D	3.40	Swedish
21 Nov	Round 5A	4.15	4 x 200
28 Nov	Round 6B	3.55	4 x 100
12 Dec	Round 7C	4.00	Swedish
09 Jan	Round 8D	3.40	4 x 100
16 Jan	Round 9A	4.15	Swedish
23 Jan	Round 10B	3.55	4 x 100
30 Jan	Round 11C	4.00	4 x 400
08 Feb	Round 12D	3.40	4 x 100

# TMA CALENDAR 2015-16

30/09/2015 **Season Launch 6.15pm**

**(DAC Function Room)**

07/10/2015 Come & Try 100m; 3000m;  
Javelin; Long Jump; DAC

14/10/2015 Program B 6.10pm DAC

21/10/2015 Program A 6.10pm DAC

28/10/2015 Program D 6.10pm DAC

04/11/2015 Program B 6.10pm DAC

11/11/2015 Program A 6.10pm DAC

15/11/2015 TMA T&F Pentathlon Laun

18/11/2015 Program D 6.10pm SM Oval

25/11/2015 Program A 6.10pm DAC

02/12/2015 Program C 6.10pm DAC

06/12/2015 TAL Carnival Richmond

09/12/2015 Program B 6.10pm DAC

16/12/2015 AS Club Decathlon Xmas BBQ

03/01/2015 TAL Carnival Hobart

06/01/2016 Program A 6.10pm DAC

13/01/2016 Program D 6.10pm DAC

20/01/2016 Program A 6.10pm DAC

27/01/2016 Program B 6.10pm DAC

03/02/2016 Program A 6.10pm DAC

10/02/2016 Program D 6.10pm DAC

13/02/2016 Briggs Athletics Classic Relay

17/02/2016 Program A 6.10pm DAC

20/02/2016 TMA/AT Steeple Champs

21/02/2016 TMA/AT 10000m Champs

24/02/2016 Program B 6.10pm DAC

02/03/2016 Program D 6.10pm DAC

05/03/2016 TMA/AT State Champs Laun

06/03/2016 TMA/AT State Champs Laun

09/03/2016 Program A 6.10pm Clarence HS

16/03/2016 Program C 6.10pm Clarence HS

23/03/2016 Program B 6.10pm Clarence HS

16-19/04/2016 AMA National - Adelaide

## TMA - Program A

6.10pm 100m/Short Hurdles

6.15pm Shot Put

6.20pm 3000m Run & Walk

6.25pm 60m

6.30pm Long Jump

6.45pm Discus

7.00pm 400m or 4 x 400m Relay

## TMA - Program 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

## TMA - Program C

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

## TMA - Program D

6.10pm 100m

6.15pm Javelin

6.20pm 5000m Run & Walk \*

6.30pm 200m

6.40pm Long or High Jump

6.50pm Heavy Weight

7.00pm 1500m

7.10pm 4 x 100m Relay

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

**Volunteer Officials:** All participants expected to help at some time during season.

**Contact:** Mike Walker **Phone:** 62 446 229

**Postal Relays:** 20 January to 24 February 2016 inclusive.

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

## 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