

ATHLETICS SOUTH SEASON PROGRAM

2023-24

4 November	Saturday	1pm	Rd 1
11 November	Saturday	1pm	Rd 2
18 November	Saturday	9am	Rd 3
26 November	Sunday	3pm	Rd 4
1 December	Friday	6.30pm	Rd 5
9 December	Saturday	9am	Rd 6
16 December	Saturday	1pm	Rd 7
23 December	Saturday	11am	Reunion Day
6 January	Saturday	1pm	Rd 8
13 January	Saturday	1pm	(Tasmanian 5000m/110yds)
20 January	Saturday	9am	Rd 9
24 January	Wednesday	6.45pm	Club Multi Event
3 February	Saturday	1pm	Rd 10
4 February	Sunday		AT Relays/10 000m/Steeple
10 February	Saturday	9am	Rd 11
17 February	Saturday	1pm	Rd 12
25 February	Sunday	3pm	Rd 13
2 March	Saturday	1pm	Rd 14
8 March	Friday	6.30pm	Rd 15
15-17 March	Tasmanian T&F Championships Hobart		
23 March	Saturday	1pm	Rd 16
29 March – 1 April	Australian Masters T&F Championships – Hobart		

(as at 20 January 2024)

Rd 10
3 Feb 2024

Time	Male	Female
1.00	Hammer Triple Jump 3000m Pole Vault (S1)	Hammer Triple Jump 3000m Pole Vault (S1)
1.40	100m	
1.50	Pole Vault (S2)	Pole Vault (S2) 100m
2.00	1500m Walk Long Jump (S1) Discus	1500m Walk Long Jump (S1) Javelin
2.15	Sprint Hurdles	Sprint Hurdles
2.40	200m	
2.50		200m
3.00	Long Jump (S2) Javelin	Long Jump (S2)
3.10	800m	Discus
3.20		800m
3.35	4 x 100m	
3.45		4 x 100m

- Throws shall be 3 trials per athlete, except each athlete may nominate one throw on their entry sheet for which they will (subject to achieving standards) be eligible for up to 6 trials
- Long Jump S1 max 3 Jumps
- Pole Vault S2 start 3.00m

Rd 11
10 Feb 24

Time	Male	Female
9.00	Hammer 5000m Long Jump (S1)	Hammer 5000m Long Jump (S1)
9.30	60m	
9.40		60m
9.50	Discus High Jump (S1)	Shot Put High Jump (S1)
10.00	3000m Walk Long Jump (S2)	3000m Walk Long Jump (S2)
10.30	200m	
10.40		200m
10.50	High Jump (S2) Shot Put 1500m	High Jump (S2) Discus
11.00		1500m
11.15	400m	
11.25		400m
11.45	4 x 100m Relay	4 x 100m Relay

Rd 12
17 Feb 24

Time	Male	Female
1.00	Hammer Pole Vault (S1) Triple Jump 3000m	Hammer Pole Vault (S1) Triple Jump
1.20		3000m
1.35		100m
1.45	100m	
2.00	3000m Walk Long Jump (S1) Javelin Pole Vault (S2)	3000m Walk Long Jump (S1) Shot Put Pole Vault (S2)
2.20	Sprint Hurdles	Sprint Hurdles
2.40		800m
2.50	800m	
3.00	Long Jump (S2) Shot Put	Long Jump (S2) Javelin
3.10		200m
3.20	200m	
3.45	4 x 200m Relay	4 x 200m Relay

Rd 13 25 Feb 24 Sun PM

100m, 400m, Mile, 5000m, 400H, 1500mW, HJ, PV, SP, DT, JT, 4x400

Rd 14 2 Mar 24 Sat PM

100m, 200m, 800m, 3000m, 110H, Steeple, LJ, TJ, HJ, HT, DT, 4 x 100

Rd 15 8 Mar 24 Fri Evening

100m, 400m, 1500m, 5000m, 110H, LJ, PV, HT, JT, SP

Rd 16 23 Mar 24

100m, 200m, 1000m, 3000m, 400H, Steeple, LJ, HJ, PV, Throws TBC