

ATHLETICS SOUTH SUMMER CALENDAR  
2025-26

|                          |                |                                             |                   |
|--------------------------|----------------|---------------------------------------------|-------------------|
| Saturday                 | 18 October     | Interclub 1                                 | 1pm               |
| Thursday                 | 23 October     | Interclub 2                                 | 9am               |
| Sat/Sun                  | 1/2 November   | Tasmanian All Schools                       | Launceston        |
| Saturday                 | 8 November     | Interclub 3                                 | 1pm               |
| Saturday                 | 15 November    | Interclub 4                                 | 1pm               |
| Saturday                 | 22 November    | Interclub 5                                 | 1pm               |
| Saturday                 | 13 December    | Interclub 6                                 | 1pm               |
| Saturday                 | 20 December    | Reunion Day                                 | 1pm               |
| Saturday                 | 10 January     | Interclub 7                                 | 1pm               |
| Saturday                 | 17 January     | Interclub 8<br>AT/TAL Multis                | 9am<br>Launceston |
| Sunday                   | 18 January     | AT/TAL Multis                               | Launceston        |
| Monday                   | 26 January     | Various Events                              | Penguin           |
| Saturday                 | 31 January     | Interclub 9                                 | 1pm               |
| Sunday                   | 1 February     | AT/TMA 10000m                               | Domain 8.30am     |
| Saturday                 | 7 February     | NTA Interclub                               | 3pm               |
| Saturday                 | 14 February    | I/C 10 Club Multi (and Steeple)             | 1pm               |
| Saturday                 | 21 February    | Interclub 11                                | 1pm               |
| Saturday                 | 28 February    | Interclub 12<br><b>HOBART TRACK CLASSIC</b> | 1pm               |
| <b>AMA Championships</b> |                |                                             |                   |
| Fri-Mon                  | 6-9 March      |                                             | Canberra          |
| Sat/Sun                  | 7/8 March      | LAT State Champs                            | Hobart            |
| Sat                      | 7 March        | AT 5000m, Steeple, 60m, 100y<br>Mixed 4x400 | Hobart            |
| Saturday                 | 14 March       | Interclub 13                                | 1pm               |
| Fri/Sat/Sun              | 20/21/22 March | Tasmanian Championships                     | Hobart            |
| Saturday                 | 28 March       | Statewide Event                             | Launceston        |

# PROGRAMME D (AM)

17 Jan 26

| Time   | Male                                | Female                               |
|--------|-------------------------------------|--------------------------------------|
| 9.00am | 3000m Run<br>Javelin<br>Triple Jump | 3000m Run<br>Shot Put<br>Triple Jump |
| 9.30   | 100m                                |                                      |
| 9.40   |                                     | 100m                                 |
| 9.50   | 1500m Walk<br>Shot Put              | 1500m Walk<br>Javelin                |
| 10.00  | Long Hurdles<br>Pole Vault          | Long Hurdles<br>Pole Vault           |
| 10.10  | High Jump (S1)                      | High Jump (S1)                       |
| 10.20  | 200m                                |                                      |
| 10.30  |                                     | 200m                                 |
| 10.50  | 800m<br>High Jump (S2)              | High Jump (S2)                       |
| 11.00  | Hammer                              | Hammer<br>800m                       |
| 11.30  | Relay                               | Relay                                |

**PROGRAMME A  
ROUND 9**

| Time | Male                                        | Female                                      |             |
|------|---------------------------------------------|---------------------------------------------|-------------|
| 1.00 | 5000m Run<br>Hammer Throw<br>Long Jump (S1) | 5000m Run<br>Hammer Throw<br>Long Jump (S1) | Max 3 Jumps |
| 1.30 | 100m                                        |                                             |             |
| 1.45 | Shot Put                                    | 100m                                        |             |
| 2.00 | 1500m Walk<br>High Jump (S1)                | 1500m Walk<br>High Jump (S1)<br>Discus      |             |
| 2.15 | Long Jump (S2)                              | Long Jump (S2)                              |             |
| 2.25 | Sprint Hurdles                              | Sprint Hurdles                              |             |
| 2.45 | Mile                                        |                                             |             |
| 2.50 | High Jump (S2)                              | High Jump (S2)                              | Start 1.45m |
| 3.00 | Discus                                      | Mile<br>Shot Put                            |             |
| 3.30 | 400m                                        |                                             |             |
| 3.45 |                                             | 400m                                        |             |
| 4.15 | Swedish Relay                               | Swedish Relay                               |             |

**ATHLETICS SOUTH  
CLUB MULTI**

| <b>TIME</b> | <b>MALE</b>                | <b>FEMALE</b>              |
|-------------|----------------------------|----------------------------|
| 1.00pm      |                            | <i>Hammer Throw (WRC)</i>  |
| 1.45pm      | <i>3000m Steeple (WRC)</i> |                            |
| 2.00pm      | <i>Hammer Throw (WRC)</i>  |                            |
| 2.05pm      |                            | <i>3000m Steeple (WRC)</i> |
| 2.00        | Long Jump                  | High Jump                  |
| 2.15        | 3000m<br>Shot Put          | 3000m                      |
| 2.35        | 1000m                      | Discus (Time TBC)          |
| 2.50        |                            | 1000m                      |
| 3.00        | High Jump                  | Long Jump                  |
| 3.10        | 400m                       |                            |
| 3.15        |                            | Shot Put                   |
| 3.25        | Discus (Time TBC)          | 400m                       |
| 3.45        | 100m                       |                            |
| 4.00        |                            | 100m                       |
| 4.20        | Mixed 4 x 100m Relay       |                            |

Notes; All Field events (except High Jump and WRC Hammer) will be limited to 3 trials per athlete.

High Jump will be a maximum of 6 trials per person (or 3 successive fails if that occurs first)

WRC Events will be by nomination to the Athletics South Track & Field Director  
([jg2464@bigpond.net.au](mailto:jg2464@bigpond.net.au))

# PROGRAMME B

## ROUND 11 (PM)

| Time   | Male                                            | Female                              |
|--------|-------------------------------------------------|-------------------------------------|
| 1.00pm | 3000m Run<br>Pole Vault<br>Javelin<br>Long Jump | 3000m Run<br>Pole Vault<br>Shot Put |
| 1.30   | 3000m Walk                                      | 3000m Walk                          |
| 2.00   | Long Hurdles                                    | Long Hurdles<br>Long Jump           |
| 2.15   | Shot Put                                        | Discus<br>100m                      |
| 2.25   | 100m                                            |                                     |
| 2.35   |                                                 | 800m                                |
| 2.50   | 800m                                            |                                     |
| 3.00   | Triple Jump                                     | Triple Jump                         |
| 3.10   | Discus                                          | Javelin                             |
| 3.15   |                                                 | 200m                                |
| 3.25   | 200m                                            |                                     |
| 3.45   | 4x 400m Relay                                   | 4 x 400m Relay                      |

PROGRAMME C  
ROUND 12

***Subject to change once Hobart Track Classic timetable confirmed***

| Time | Male                                  | Female                                 |             |
|------|---------------------------------------|----------------------------------------|-------------|
| 1.00 | 5000m Run<br>Long Jump (S1)<br>Discus | 5000m Run<br>Long Jump (S1)<br>Javelin |             |
| 1.30 | 60m                                   |                                        |             |
| 1.40 |                                       | 60m                                    |             |
| 1.45 | High Jump (S1)                        | High Jump (S1)                         |             |
| 1.55 | Sprint Hurdles                        | Sprint Hurdles                         |             |
| 2.00 | Hammer<br>Long Jump (S2)              | Hammer<br>Long Jump (S2)               |             |
| 2.10 | 1500m                                 |                                        |             |
| 2.25 |                                       | 1500m                                  |             |
| 2.30 | High Jump (S2)                        | High Jump (S2)                         | 1.50m Start |
| 2.40 | 200m                                  |                                        |             |
| 2.50 |                                       | 200m                                   |             |
| 3.00 | 3000m Walk<br>Javelin                 | 3000m Walk<br>Discus                   |             |
| 3.25 | 400m                                  |                                        |             |
| 3.35 |                                       | 400m                                   |             |
| 4.00 | 4 x 100m Relay                        | 4 x 100m Relay                         |             |

##All throws will be limited to 3 trials each, except each athlete may nominate one throw (at time of entry) which they will be permitted extra throws if qualifying distances are achieved.

Long Jump (S1) maximum of 3 jumps

High Jump (S2) starting height 1.50m

PROGRAMME D (PM)  
Rd 13

| Time   | Male                                | Female                               |
|--------|-------------------------------------|--------------------------------------|
| 1.00pm | 3000m Run<br>Javelin<br>Triple Jump | 3000m Run<br>Shot Put<br>Triple Jump |
| 1.30   | 100m                                |                                      |
| 1.40   |                                     | 100m                                 |
| 1.50   | 1500m Walk<br>Shot Put              | 1500m Walk<br>Javelin                |
| 2.00   | Long Hurdles<br>Pole Vault          | Long Hurdles<br>Pole Vault           |
| 2.10   | High Jump (S1)                      | High Jump (S1)                       |
| 2.20   | 200m                                |                                      |
| 2.30   |                                     | 200m                                 |
| 2.50   | 1000m<br>High Jump (S2)<br>Hammer   | High Jump (S2)<br>Hammer             |
| 3.00   | 1000m                               |                                      |
| 3.30   | Relay                               | Relay                                |

High Jump (S2) starting height 1.50m

### WEDNESDAY EVENING DISTANCE EVENTS

|       |             |       |
|-------|-------------|-------|
| Rd 3  | 5 November  | 3000m |
| Rd 4  | 12 November | 5000m |
| Rd 5  | 19 November | 3000m |
| Rd 6  | 10 December | 5000m |
| Rd 8  | 14 January  | 5000m |
| Rd 11 | 18 February | 3000m |
| Rd 12 | 25 February | 3000m |

These events will be held in conjunction with the Tasmanian Masters competitions at the Domain on a Wednesday evening at 6.20pm.

Any registered athlete (meeting the age requirement) who wears Club uniform and number, will have their result registered as a part of the Premiership results for the following Saturday.

Athletes who are not TMA Members will be required to pay the normal TMA entry fee to compete.