

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 AT/TAL Multis	9am 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 HOBART TRACK CLASSIC	1pm
AMA Championships			
Fri-Mon	6-9 March		Canberra
Sat/Sun	7/8 March	LAT State Champs	Hobart
Sat	7 March	AT 5000m, Steeple, 60m, 100y 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 Javelin Triple Jump	3000m Run Shot Put Triple Jump
9.30	100m	
9.40		100m
9.50	1500m Walk Shot Put	1500m Walk Javelin
10.00	Long Hurdles Pole Vault	Long Hurdles Pole Vault
10.10	High Jump (S1)	High Jump (S1)
10.20	200m	
10.30		200m
10.50	800m High Jump (S2)	High Jump (S2)
11.00	Hammer	Hammer 800m
11.30	Mixed 4 x 100m Relay	

**PROGRAMME A
ROUND 9**

Time	Male	Female	
1.00	5000m Run Hammer Throw Long Jump (S1)	5000m Run Hammer Throw Long Jump (S1)	Max 3 Jumps
1.30	100m		
1.45	Shot Put	100m	
2.00	1500m Walk High Jump (S1)	1500m Walk High Jump (S1) 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 Shot Put	
3.30	400m		
3.45		400m	
4.15	Swedish Relay	Swedish Relay	

ATHLETICS SOUTH CLUB MULTI

TIME	MALE	FEMALE
1.00pm		Hammer Throw (WRC)
1.45pm	3000m Steeple (WRC)	
2.00pm	Hammer Throw (WRC)	
2.05pm		3000m Steeple (WRC)
2.00	Long Jump	High Jump
2.15	3000m 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)

PROGRAMME B

ROUND 11 (PM)

Time	Male	Female
1.00pm	3000m Run Pole Vault Javelin Long Jump	3000m Run Pole Vault Shot Put
1.30	3000m Walk	3000m Walk
2.00	Long Hurdles	Long Hurdles Long Jump
2.15	Shot Put	Discus 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 Long Jump (S1) Discus	5000m Run Long Jump (S1) Javelin	
1.30	60m		
1.40		60m	
1.45	High Jump (S1)	High Jump (S1)	
1.55	Sprint Hurdles	Sprint Hurdles	
2.00	Hammer Long Jump (S2)	Hammer 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 Javelin	3000m Walk 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 Javelin Triple Jump	3000m Run Shot Put Triple Jump
1.30	100m	
1.40		100m
1.50	1500m Walk Shot Put	1500m Walk Javelin
2.00	Long Hurdles Pole Vault	Long Hurdles Pole Vault
2.10	High Jump (S1)	High Jump (S1)
2.20	200m	
2.30		200m
2.50	1000m High Jump (S2) Hammer	High Jump (S2) 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.