

2021-2022



Athletics
South Australia



TIMETABLE A

TRACK		LONG	POLE	DISCUS	HAMMER
12:00	2k/3k Steeple-Low	12:00		12:00	U14 Men
12:05	2k - U16/O35 M&W, U18W	12:05	U14 Women	12:05	
12:10	3k - Open W	12:10		12:10	Saints
12:15	2k Steeple-Medium	12:15	Flinders	12:15	
12:20	2k - U18 M	12:20		12:20	
12:25	3k Steeple-High	12:25		12:25	
12:30	3k - Open M	12:30	High Start	12:30	
12:35	AH / Flinders	12:35	All Ages	12:35	
12:40		12:40		12:40	
12:45	3K/1.5km Walk	12:45	Southern	12:45	
12:50	All Ages	12:50		12:50	U16/18 Men
12:55	SARWC	12:55	U16/18 Women	12:55	
13:00		13:00		13:00	Pembroke
13:05		13:05	TTG	13:05	
13:10		13:10		13:10	
13:15	110 Hurdles	13:15		13:15	
13:20	Open & U18 Men	13:20		13:20	
13:25	100 Hurdles	13:25		13:25	
13:30	Op&U18 W, U16/O35 M	13:30		13:30	
13:35	90 Hurdles	13:35		13:35	
13:40	U16/O35W, U14M	13:40		13:40	U14/16 Women
13:45	80 Hurdles	13:45	U14/16 Men	13:45	Open/U18 M&W
13:50	U14W	13:50		13:50	United Collegians
13:55	Saints	13:55	Port	13:55	
					Enfield / Pembroke
14:00	1500m	14:00		14:00	
14:05	All Ages	14:05		14:05	
14:10	Hills	14:10		14:10	
14:15		14:15		14:15	
14:20		14:20		14:20	
14:25		14:25		14:25	O35 Men
14:30	100m - FRAME RUNNING	14:30	U18/Open Men	14:30	
14:35	100m - WOMEN	14:35		14:35	Masters
14:40		14:40	Port	14:40	
14:45		14:45	Western	14:45	
14:50		14:50		14:50	U14/16 M&W
14:55		14:55		14:55	
15:00	100m - MEN	15:00		15:00	
15:05		15:05		15:05	Saints
15:10		15:10		15:10	
15:15		15:15		15:15	U18/Open/O35 W
15:20		15:20	Open Women	15:20	
15:25		15:25		15:25	Northern / Saints
15:30	400m - WOMEN	15:30	Western	15:30	
15:35		15:35		15:35	
15:40		15:40		15:40	
15:45		15:45		15:45	
15:50	400m - MEN	15:50		15:50	
15:55		15:55		15:55	
16:00		16:00		16:00	
16:05		16:05		16:05	Open Men
16:10		16:10	O35 M&W	16:10	
16:15	4x100m Relays	16:15		16:15	Northern / Western
16:20	All Ages	16:20	Western	16:20	
16:25	Entered teams	16:25		16:25	
16:30	provide helpers	16:30		16:30	
16:35		16:35		16:35	
16:40		16:40		16:40	
16:45		16:45		16:45	