

2011 - 2012 SUMMER TRACK & FIELD PROGRAM

Calendar		Domain Athletic Centre - Hobart			St Leonards Centre -Launceston					
Date	Day	Program	Start Time	Programs	Event	Event	Event	Field Events	Start Time	
5 Oct 11	Wed	Season Launch	6.15pm	A 6.10pm 100m/Short Hurdles						
12 Oct 11	Wed	Come & Try 100m, 5k, Sprint Coaching	6.10pm	6.15pm Shot Put	600m	100m	5000m	Long Jump	5.45pm	
19 Oct 11	Wed	Come & Try 200m, 3k, Distance Coaching	6.10pm	6.20pm 3000m R/W	800m	200m	4000m	Shot Put	5.45pm	
26 Oct 11	Wed	A & High Jump Coaching	6.10pm	6.30pm Long Jump	1000m	300m	3000m	Triple Jump	5.45pm	
2 Nov 11	Wed	B	6.10pm	6.45pm Steeplechase	1500m	400m	3000m/6k Rd	Javelin	5.45pm	
9 Nov 11	Wed	C	6.10pm	6.50pm Discus	600m	60m	5000	High Jump	5.45pm	
16 Nov 11	Wed	D	6.10pm	7.10pm 400m or	800m	300m	4000	Discus	5.45pm	
23 Nov 11	Wed	A & Steeplechase Coaching	6.10pm	B 6.10pm 200m	1000m	300m	3000	Long Jump	5.45pm	
30 Nov 11	Wed	B	6.10pm	6.15pm Javelin	1 Mile	400m	3000	Shot Put	5.45pm	
7 Dec 11	Wed	D	6.10pm	6.20pm 5000m	600m	100m	5000	Triple Jump	5.45pm	
14 Dec 11	Wed	A	6.10pm	6.30pm High Jump	800m	200m	4000	Javelin	5.45pm	
21 Dec 11	Wed	B	6.10pm	6.45 300m/300m	6k Road Run				5.45pm	
4 Jan 12	Wed			6.50pm Hammer	1500m	400m	3000	Discus	5.45pm	
11 Jan 12	Wed	D	6.10pm	7.00pm 800m					5.45pm	
12 Jan 12	Thurs			7.05pm 4x100m Relay	600m	100m	5000m	Long Jump	5.45pm	
14 Jan 12	Sat	AT Multi Events/TMA Pentathlon		C 6.10pm 400m/400m Hurdles						
18 Jan 12	Wed	A & Postal Relays	6.10pm	6.15pm Shot Put	800m	200m	4000	Shot Put	5.45pm	
25 Jan 12	Wed	B & Postal Relays	6.10pm	6.20pm 10000m R/W	1000m	300m	3000m	Triple Jump	5.45pm	
1 Feb 12	Wed	C & Postal Relays	6.10pm	6.30pm Long or High Jump	1 Mile	400m	3000m/6k Rd	Javelin	5.45pm	
4 Feb 12	Sat	Briggs Match - Postal Relays 4x800m		6.45pm 60m						
8 Feb 12	Wed	D & Postal Relays	6.10pm	6.50pm Discus	600m	60m	5000	High Jump	5.45pm	
15 Feb 12	Wed	A & Postal Relays	6.10pm	7.00pm 4x200m Relay	800m	200m	4000m	Discus	5.45pm	
22 Feb 12	Wed	B & Postal Relays	6.10pm	D 6.10pm 100m	1000m	300m	3000	Long Jump	5.45pm	
25 Feb 12	Sat	AT/TMA 10000m Champs		6.15pm Javelin						
29 Feb 12	Wed	D & Postal Relays	6.10pm	6.20pm 5000m R/W	1500m	400m	3000m/6k Rd	Shot Put	5.45pm	
7 Mar 12	Wed	A & Postal Relays	6.10pm	6.30pm Long or High Jump	600m	100m	5000m	Triple Jump	5.45pm	
14 Mar 12	Wed	C & Postal Relays	6.10pm	6.40pm 200m	800m	200m	4000m	Javelin	5.45pm	
21 Mar 12	Wed	B	6.10pm	6.50pm Hammer	1000m	300m	3000m	High Jump	5.45pm	
23-25 Mar 12	Fri/Sat/Sun	TMA/AT State Championships		7.00pm 1500m	TMA/AT State Championships					
28 Mar 12	Wed	Modified Program & Refreshments	6.10pm	Note: Starting Times (Approx) Entry Fee: \$3.00 Members \$5.00 Non Members Track Usage Fee: \$25.00 (Season - Levied by Athletic Centre Board) Contact: Jim Claxton Phone: 6344 1025						Field Event 5.45pm
6-9 Apr 12	Fri/Sat/Sun/Mon	AMA National Championships - Melbourne								Middle Distance 6.15pm
Note: Volunteers will be requires for timekeeping Entry Fee: \$3.00 Contact : Sue Hanek Phone: 6247 9465										