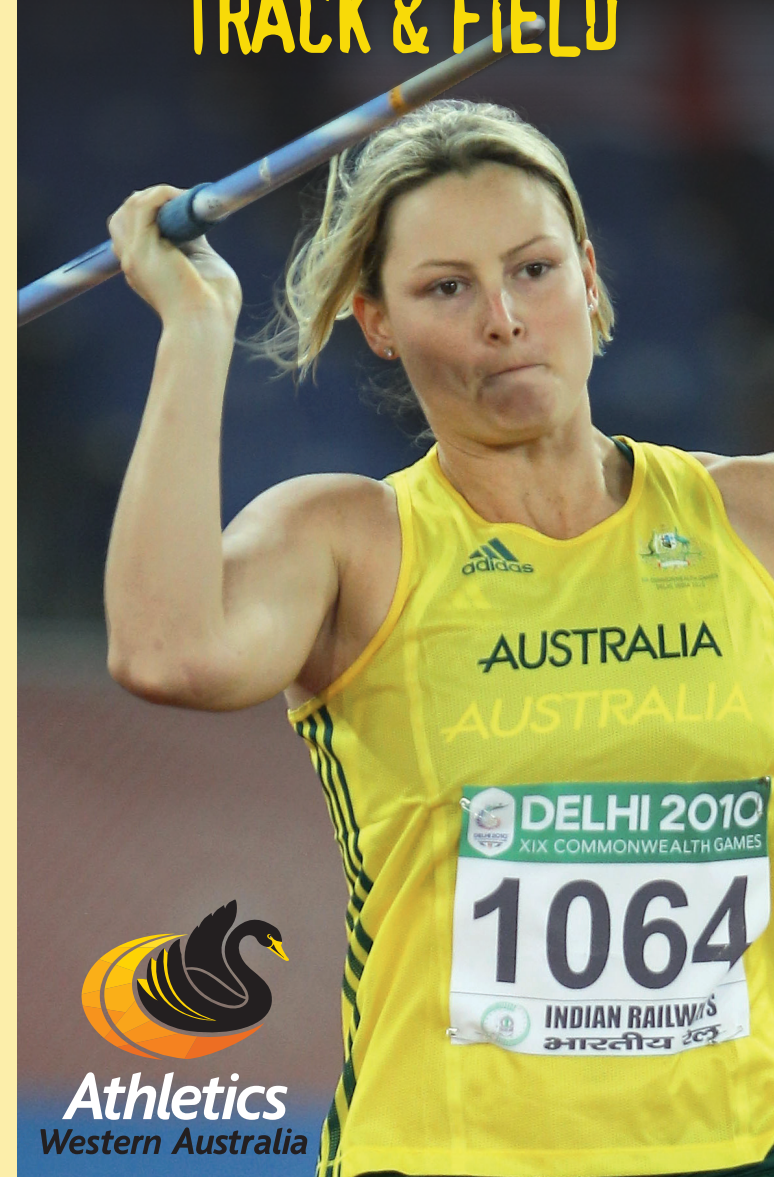


# FIELD PROGRAMS

# ON DAY COMPETITION PROCEDURE

# 2011 - 2012 STRIVE TRACK & FIELD



Program A			Program B		
Friday	Event	Gender	Friday	Event	Gender
6.30pm	Pole Vault	Both	6.30pm	Pole Vault	Both
6.30pm	Long Jump	Men	6.30pm	Long Jump	Women
6.30pm	Triple Jump	Women	6.30pm	Triple Jump	Men
6.30pm	High Jump	Div B	6.30pm	High Jump	Div A
6.30pm	Javelin	Div A	6.30pm	Javelin	Div B
6.30pm	Shot Put	Div B	6.30pm	Shot Put	Div A
7.00pm	Shot Put	Div A	7.00pm	Shot Put	Div B
7.15pm	Javelin	Div B	7.15pm	Javelin	Div A
7.45pm	Discus	Div A	8.00pm	High Jump	Div B
8.00pm	High Jump	Div A	8.00pm	Long Jump	Men
8.00pm	Long Jump	Women	8.00pm	Triple Jump	Women
8.00pm	Triple Jump	Men	8.00pm	Hammer	Both
8.15pm	Discus	Div B			

Program C			Program D		
Friday	Event	Gender	Friday	Event	Gender
6.30pm	Pole Vault	Both	6.15pm	Hammer	Both
6.30pm	Long Jump	Men	6.30pm	Pole Vault	Both
6.30pm	Triple Jump	Women	6.30pm	Long Jump	Women
6.30pm	High Jump	Div B	6.30pm	Triple Jump	Men
6.30pm	Discus	Div A	6.30pm	High Jump	Div A
6.30pm	Shot Put	Div B	6.45pm	Javelin	Div B
7.00pm	Shot Put	Div A	7.15pm	Discus	Div B
7.20pm	Discus	Div B	7.45pm	Javelin	Div A
8.00pm	High Jump	Div A	8.00pm	High Jump	Div B
8.00pm	Long Jump	Women	8.00pm	Long Jump	Men
8.00pm	Triple Jump	Men	8.00pm	Triple Jump	Women
8.00pm	Hammer	Both	8.15pm	Discus	Div A

### Registration:

Athletes must nominate for their track events 45 minutes prior to the scheduled event start time at the Registration Desk. Registration for events may be recorded at the AWA Office prior to 5pm the day before competition (Confirmed by payment prior to competing.)

### Competition Fees:

**Registered Athletic WA club members = \$10.00**  
(Regardless of number of events)

**WALA & MAWA = \$10.00**  
(Regardless of number of events)

### Independent AWA Members

18 years and above = \$15.00  
(Regardless of number of events)

Below 18 years = \$10.00  
(Regardless of number of events)

### Uniforms:

Club uniforms (including WALA and MAWA) and AWA competition number/s must be worn.

Non club members are advised to wear white competition shirt / singlet and AWA competition number/s.

## ATHLETICS WA SPONSORS



**Athletics  
Western Australia**

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Website: [www.waathletics.org.au](http://www.waathletics.org.au)



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NB: Starting Heights for HJ: Div A = 1.55m, Div B = 1.20m

Athletes who can throw in excess of the following distance should compete in the 'A' Div for that throw:  
Discus-29m, Javelin-33m, Shot-10m. Please note these are subject to change

# 2011-12 ATHLETICS WA CALENDAR

Date	Day	Event	Venue
2-Sep-11	Fri	Schools Knock Out	WAAS
3-Sep	Sat	Be Active Mullewa Gift	Mullewa
12-16 Sep	Mon-Fri	ACC Carnivals	WAAS
15-16 Sep	Thu-Fri	PSA Carnivals	WAAS/Ern Clarke
20-Sep	Tue	IGSSA Carnival	WAAS
19, 21-23 Sep	Mon-Fri	ACC Carnivals	WAAS
2-Oct	Sun	Women's Only Fun Run	Mt Claremont
15-Oct	Sat	Dardanup Gift	Dardanup
20-21, 24-27 Oct	Thu-Thu	School Sport WA Carnivals	WAAS
4-Nov	Fri	Strive T & F Program A	WAAS
11-13 Nov	Fri-Sun	WA All Schools Championships	WAAS
18-Nov	Fri	Strive T & F Program B	WAAS
23-Nov	Wed	Strive T & F Program C (condensed) / U18 4x400m state relays	WAAS
2-Dec	Fri	Strive T & F Reduced Program TBA	WAAS
3-4 Dec	Sat-Sun	Australian All Schools Championships	Brisbane
9-Dec	Fri	Strive T & F Program D (condensed)	WAAS
10-Dec	Sat	Zatopek:10	Melbourne
11-Dec	Sun	WALA State Relays	WAAS
16-Dec	Fri	Strive T & F Program A/Bankwest LA Challenge/U18 4x100m state relays	WAAS
6-Jan-12	Fri	Strive T & F Program B	WAAS
13-Jan	Fri	Strive T & F Program C	WAAS
14-Jan	Sat	Brisbane Track Classic	Brisbane
18-Jan	Wed	Strive T & F Program D	WAAS
21-Jan	Sat	Hunter Track Classic	Newcastle
27-Jan	Fri	Strive T & F Program A/Open 4x400m relays	WAAS
28-Jan	Sat	Adelaide Track Classic	Adelaide
28-29 Jan	Sat/Sun	WA State Combined Events	WAAS
3-Feb	Fri	Strive T & F Program B/Open 4x100m relays	WAAS
4-Feb	Sat	Domain Track Classic	Hobart
11-Feb	Sat (AM)	WALA State Multis	WAAS
11-Feb	Sat	Perth Track Classic (AA Tour)	WAAS
17-Feb	Fri	WA Junior Champs Day 1/Strive T & F*	WAAS
18-Feb	Sat	Sydney Track Classic (AA Tour)	Sydney
24-Feb	Fri	WA Junior Champs Day 2/Strive T & F*	WAAS
2-Mar	Fri	WA Junior Champs Day 3/Strive T & F*	WAAS
3-4 Mar	Sat-Sun	Melb Track Classic (AA Tour)/Olympic Trials	Melbourne
3-4 Mar	Sat-Sun	WALA Zones	WAAS
9 Mar	Fri	Strive T and F	WAAS
16 Mar	Fri	WA Open T & F Chams Day 1/Strive T & F*	WAAS
14-18 Mar	Wed-Sun	Australian Junior Championships	Sydney

# 2011-12 ATHLETICS WA CALENDAR

Date	Day	Event	Venue
17-18 Mar	Sat-Sun	WALA State Championships	WAAS
23 Mar	Fri	WA Open T & F Champs Day 2/Strive T & F*	WAAS
24-25 Mar	Sat-Sun	MAWA State Championships	WAAS
1-Apr	Sun	WA Open T & F Champs Day 3/Strive T & F*	WAAS
13-15 Apr	Fri-Sun	Australian T & F Championships	Melbourne
22-Apr	Sun	Bankwest Gallipoli Run	Kings Park

\*NB: Both Junior and Open State Champs to be held in conjunction with Strive T & F Interclub Program

## TRACK PROGRAMS

Program A		
Friday	Event	Gender
6.30pm	60m	Women
6.30pm	3000m	Women
6.45pm	60m	Men
6.45pm	3000m	Men
7.00pm	200m Hurdles	Both
7.15pm	400m Hurdles	Both
7.30pm	1500m Walk	Both
7.45pm	800m	Women
8.00pm	800m	Men
8.20pm	200m	Women
8.40pm	200m	Men

Program B		
Friday	Event	Gender
6.30pm	3000m Walk	Both
6.30pm	100m	Women
6.50pm	100m	Men
7.10pm	1500m	Women
7.25pm	1500m	Men
7.40pm	400m	Women
7.55pm	400m	Men
8:10pm	3km Steeplechase	Both
8.25pm	80/90m Hurdles	Both
8:35pm	100m Hurdles	Both
8:45pm	110m Hurdles	Men

## TRACK PROGRAMS

Program C		
Friday	Event	Gender
6.30pm	200m	Women
6.45pm	200m	Men
7.00pm	1500m Walk	Both
7.15pm	800m	Women
7.30pm	800m	Men
7.50pm	5000m	Both
8.00pm	100m	Women
8.15pm	100m	Men
8.30pm	200m Hurdles	Both
8:45pm	400m Hurdles	Both

Program D		
Friday	Event	Gender
6.15pm	5000m Walk	Both
6.30pm	80/90m Hurdles	Both
6.40pm	100m Hurdles	Both
6.50pm	110m Hurdles	Men
7.00pm	2km Steeplechase	Both
7.20pm	100m	Women
7.40pm	100m	Men
8.00pm	1500m	Women
8.15pm	1500m	Men
8.30pm	400m	Women
8.45pm	400m	Men

## CLUB SUMMER CONTACTS

Club	Contact	Phone	Email
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