

What do we offer?

Athletics SA (ASA) offers a diverse range of events throughout the entire year. During the summer season, events include weekly athletics competitions in which all participants can compete in all traditional athletics track and field events. During the winter seasons, ASA offers road running, cross country, and road walking competitions, fun runs and team relay races.

Athletics is a fun way to keep fit, meet new people and learn new skills...why not join today!

How do I join in?

ASA offers a variety of membership types to suit all levels of participation. All participants are required to take out an ASA membership as well as an affiliated club membership. Each member who joins with Athletics SA will be allocated a bib number.

The prices below exclude any applicable club fees.

2017/18 ATHLETICS SA MEMBERSHIP TYPES

Basic Membership	\$15
Bronze Membership	\$85
Silver Membership	\$190
Gold Membership	\$260
Running SA Winter Membership	\$140
First Year Membership	\$80
Under 14 Membership	\$80

More information about what is included in each membership type can be found at <http://www.athleticssa.com.au/MembershipHub>. Registrations can also be completed at this link.

Please note that once you select a club, an additional fee will be added to your ASA membership. Club prices can be found on the attached document. [Click here for a full list.](#)

Which membership type with ASA should I select?

Athletics SA offers multiple membership options which cater for individuals of all ages, abilities and interests. With prices starting at just \$15 (plus club fee), there is really something for everyone.

For new members, the First Year Membership is a great entry point into athletics. The membership is a heavily discounted membership (effectively equivalent to Gold Membership), which gives members access to all events (excludes SA All Schools Games and ASA Schools Cross Country Events). A full breakdown of what is included within each membership type can be found on the website <http://www.athleticssa.com.au/MembershipHub>.

What clubs can I join?

Athletics SA has 17 affiliated clubs; 14 clubs are located throughout metropolitan Adelaide and 3 are located in regional areas. Each club is unique and offers a range of facilities and services. A full list of the Athletics SA affiliated clubs can be found on the website: <http://www.athleticssa.com.au/ClubsHub>

The track and field season is club based and we recommend finding the club that meets your needs as an athlete.

Where can I receive training and coaching?

All athletics clubs have contacts to various coaches and trainings available to all members. Please ask your club for more information about what they can offer. From achieving great personal results, improving basic fundamental skills to competing in events, athletics provides a great inclusive sporting opportunity to anyone.

What ages can compete at Athletics SA events?

Membership with Athletics SA is for people aged from 11 years and above. For the 2017-18 season, athletes must be 11 turning 12 by the 31st of December 2018. The tables below show what age group members will be in. Note that age groups change after the end of each calendar year.

Age as of December 31st 2017

U14		U15	U16	U17	U18	U20		OPEN		O35		O50
2005	2004	2003	2002	2001	2000	1999	1998	1997	1983	1982	1968	1967
12	13	14	15	16	17	18	19	20	34	35	49	50+

What competitions and events are offered?

Athletics SA hosts a large number of competitions throughout the athletic year. These range from track and field events, through to out of stadia half marathons, fun runs, cross country and race walks. Some key events happening this summer are listed below:

Interclub

- Interclub is a weekly club event for Athletics SA members that offers all track and field events across a 2 week program. Interclub runs from 12:30pm to approximately 5pm every Saturday of the season unless there is a State or National event being held.
- Interclub can be entered by anyone who is a member of Athletics SA and an affiliated club, offering events for people of all skill levels. All entries are completed online and close at 9am on the day of each Interclub.

State Track & Field Championships

- State Track and Field Championship events are going to be held on the 2nd, 3rd and 4th of February 2018. This date is earlier than our usual State Track and Field Championships date due to Open Nationals being held earlier as a Commonwealth Games trial event.

A full calendar of all events can be found [HERE](#).

How do I join competitions and events?

All competition and event registrations are to be completed online. All Interclub registrations close at 9am on the day of competition. Closing dates will vary for other events. Please see the EVENTS tab on the Athletics SA website for further information.

General Rules of Competition

Uniform and bib requirements: All athletes who compete at ASA events must be dressed in the correct club uniform with their current registration bib numbers firmly attached to the front and back of their singlet/top by the four corners.

Event Check In:

All track and some field events require participants to check in 45 minutes before their event. Please check [event rules](#) for more information.