

MAWA TRACK AND FIELD PROGRAMME 2009/2010

TUESDAY 6pm UWA (grass) THURSDAY 6pm COKER PARK (mondo)

The Patron's Trophy commences on 15 October 2009. Those events marked * are points scoring events. Athletes compete in a **maximum of 15 events** and points from their **best 10** are added to achieve a total score. No event can count twice
 eg. if you compete in the 100m for points at both venues only your best points score for 100m counts. The contest is age-graded and favours athletes who enter everything. The walk will be judged by accredited judges. **The 10 events must include 3 field events, at least one of which is a jump.**
 Events will be in order shown below in two sections; track/jumps and throws. r/w = run or walk
 There is a fee payable each night of \$3 for club members, \$5 for visitors.
 There will be a 5k judged walk at ECAC on 11 March.
 Age-graded throwing competition 7 Jan to 2 Feb.

	THURS	TUES	event 1	event 2	event 3	event 4	jump	field 1	field 2
<u>Oct-09</u>	1	6	100	1500 r/w	400	5k r/w	LJ	discus	shot
	8	13	200	3k r/w	300	800	TJ	hammer	discus
	15	20	100	600	60	10k*	LJ	shot	javelin
	22	27	60	400	200	3k*	TJ	discus*	weight throw
	29		1000	100	3k r/w	400*	LJ	shot*	javelin
<u>Nov-09</u>		3	1000	100	3k r/w	400*	LJ	shot*	javelin
	5	10	300	800	200	3k + 3k walk*	TJ	javelin	discus
	12	17	100*	1500 r/w	600	5k r/w	LJ	discus	hammer*
	19	24	200	3k r/w	60	800*	TJ*	shot	javelin
	26		1500 r/w	100	400	5k*	LJ	discus	weight throw
<u>Dec-09</u>		1	1500 r/w	100	400	5k*	LJ	discus	weight throw
	3	8	1500*	100	300	3k r/w	TJ	shot	javelin*
	10	15	800	60	3k r/w	200*	LJ*	hammer	javelin
	17		400	1 mile	60	5k r/w	TJ	shot	weight throw
<u>Jan-10</u>		5	400	1 mile	60	5k r/w	TJ	shot	weight throw
	7	12	100	800	200	3k r/w	LJ	weight throw	javelin
	14	19	600	100	400	5k r/w	TJ	hammer	shot
	21		Pentathlon + 60, 2000 also 200, 800, 1500 r/w and LJ, javelin, discus						
	28		1 mile	100	600	5k r/w	TJ	discus	weight throw
<u>Feb-10</u>		2	1 mile	100	600	5k r/w	TJ	discus	weight throw
	4	9	4 x 100 relay	1000	400	3k r/w	LJ	javelin	shot
	11	16	60	600	200	3k r/w	TJ	discus relay	weight throw
	18	23	400	100	3k r/w	4 x 800 relay	LJ relay	hammer relay	javelin
	25		200	1500 r/w	60	3k r/w	TJ	shot relay	discus
<u>Mar-10</u>		2	200	1500 r/w	60	3k r/w	TJ	shot	discus
	4	9	60	800	300	5k r/w	LJ	hammer	discus
	11	16	1000	60	200	3k r / 5k w	TJ	javelin	shot
	18		1500	100	400	10k	LJ	weight throw	shot
		23	1500	100	400	5k	LJ	weight throw	discus
	25	30	300	600	100	2k r/w	TJ	javelin	hammer