

## 2011-2012 Summer Track and Field Programme

### Patron's Trophy

The Patron's Trophy commences on 20 October. The contest is age-graded and those events marked \* are points scoring events.

Athletes compete in a maximum of 14 events and points from their best 10 are added to achieve a total score. No event can count twice.

The 10 events must include 3 field events, at least one of which is a jump.

NB As there are no throws on Tuesdays this year, competitors may compete in a throwing event on Friday evenings at WAAS, within 2 Fridays after the Thursday date.

### Age-Graded Throwers Competition

This takes place at ECAC during January and February and the events are marked ^. Points from all 5 throws are totalled and athletes will be presented with a certificate of their performance. Each throw can only count once, and as above throws may be counted if done at WAAS within 2 Fridays, but note there is no weight throw at WAAS.

### Postal Relays

The events for relays are shown as last year. That may change so please look out for further details.

This year, relays are being conducted between mid January and end of February due to the Oceania Masters 5-12 February in New Zealand.

### State Championships

The steeplechases will be conducted at WAAS in conjunction with the athletics WA meetings. Dates to be announced later. The 5km walk and 10km will be held as shown during Thursday evenings in March.

Both pentathlons will be held on Saturday 17 March at ECAC.

### Tuesday Programme at WAAS – 6pm start - \$3 club members, \$5 visitor fee

TUES		event 1	event 2	event 3	event 4	jump	extra event
Oct-11	04	100	1000 r/w	200	3k r/w	LJ	
	11	100	3k r/w	400	1500 r/w	LJ	2000 steeplechase
	18	200	800	60	5k r/w	TJ	
	25	60	1 mile	400	10k*	LJ	
Nov-11	01	100	800	200	3k*	TJ	
	08	60	1500	100	4k r/w	LJ*	
	15	200	60	400*	5k r/w	TJ	
	22	60	800	3k r/w	100*	LJ	
	29	400	1500 r/w	100	5k*	TJ*	
Dec-11	06	200	4k r/w	60	800*	LJ	
	13	300	2k r/w	100	1500*	TJ	
	20	800	100	3k r/w	200*	LJ	
Jan-12	03	60	1 mile	400	1000 r/w	LJ	
	10	60	800	200	3k r/w	TJ	2000 steeplechase
	17	200	1500	60	5k r/w	LJ	
	24	400	1500	100	3k r/w	LJ	
	31	200	800	60	4k r/w	TJ	
Feb-12	07	400	1500	100	5k r/w	LJ	
	14	100	800	60	3k r/w	TJ	
	21	60	1 mile	200	3k r/w	LJ	
	28	100	1000 r/w	400	5k r/w	TJ	
Mar-12	06	60	1500	200	3k r/w	LJ	2000 steeplechase
	13	200	800	100	3k r/w	TJ	
	20	1500	100	400	5k r/w	LJ	
	27	60	4k r/w	300	600	TJ	

See over page for Thursday programme

**Programme for ECAC – Thursday 6pm start - \$3 club members, \$5 visitor fee**

THURS		event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event
Oct-11	06	100	3k r/w	400	1500 r/w	LJ	javelin	wt throw	
	13	200	800	60	5k r/w	TJ	shot	discus	
	20	60	1 mile	400	<b>10k*</b>	LJ	hammer	javelin	
	27	100	800	200	<b>3k*</b>	TJ	<b>discus*</b>	wt throw	
Nov-11	03	60	1500	100	4k r/w	<b>LJ*</b>	shot	<b>hammer*</b>	
	10	200	60	<b>400*</b>	5k r/w	TJ	wt throw	discus	
	17	60	800	3k r/w	<b>100*</b>	LJ	<b>shot*</b>	javelin	
	24	400	1500 r/w	100	<b>5k*</b>	<b>TJ*</b>	javelin	hammer	
Dec-11	01	200	4k r/w	60	<b>800*</b>	LJ	discus	wt throw	
	08	300	2k r/w	100	<b>1500*</b>	TJ	<b>javelin*</b>	shot	
	15	800	100	3k r/w	<b>200*</b>	LJ	wt throw	hammer	
	22	60	1 mile	400	1000 r/w	TJ	shot	discus	
Jan-12	05	60	800	200	3k r/w	TJ	<b>javelin^</b>	<b>wt throw^</b>	
	12	Pentathlon + 200, 1500, 60, 2000				LJ	shot	discus	
	19	400	1500	100	3k r/w	<b>LJ relay</b>	<b>hammer^</b>	javelin	<b>4 x 800 walk relay</b>
	26	200	800	60	4k r/w	TJ	<b>discus relay</b>	wt throw	<b>4 x 100 relay</b>
Feb-12	02	400	1500	100	5k r/w	LJ	<b>shot^</b>	<b>discus^</b>	
	09	100	800	60	3k r/w	TJ	wt throw	javelin	
	16	60	1 mile	200	3k r/w	LJ	<b>hammer relay</b>	shot	<b>4 x 400 relay</b>
	23	100	1000 r/w	400	5k r/w	TJ	<b>shot relay</b>	javelin	<b>4 x 800 relay</b>
Mar-12	01	60	1500	200	3k r/w	LJ	discus	wt throw	
	08	200	800	100	5k r/w	TJ	javelin	hammer	
	15	1500	100	400		LJ	discus	wt throw	<b>State Champs 10km</b>
	22	60	4k	300	600	TJ	hammer	shot	<b>State Champs 5km walk</b>
	29	100	1000 r/w	200	3k r/w	LJ	javelin	discus	