

WINTER PROGRAMME 2019

THURSDAY at ECAC STARTING at 6.00pm

Wharf Street, Cannington \$3 entry fee

In addition - visitor fee: \$5 (\$2 under 18, members' children no fee)

Tea, coffee, biscuits provided at end of evening - no extra cost, but please BYO mug.

Practice long & triple jumps , but please put out and clear away equipment after use.

Date	1st event	2nd event	3rd event	4th event	5th event
16-May	200m	1500m	100m	400m	5000m
23-May	400m	100m	800m	300m	3000m
30-May	200m	1000m	60m	600m	5000m
06-Jun	100m	800m	300m	1 mile	3000m
13-Jun	200m	1500m	100m	400m	5000m
20-Jun	60m	1000m	200m	600m	3000m
27-Jun	200m	1000m	100m	400m	5000m
04-Jul	100m	1500m	300m	800m	3000m
11-Jul	60m	1 mile	200m	600m	5000m
18-Jul	100m	3000m	200m	400m	1500m
25-Jul	300m	1 mile	100m	5000m	800m
01-Aug	1500m	s. hurdles	800m	200m	3000m
08-Aug	100m	1 mile	60m	400m	5000m
15-Aug	60m	1000m	200m	l. hurdles	3000m
22-Aug	400m	s. hurdles	1500m	100m	5000m
29-Aug	200m	1000m	60m	800m	3000m
05-Sep	600m	200m	1500m	60m	3000m
12-Sep	400m	100m	800m	200m	5000m
19-Sep	100m	300m	3000m	60m	1500m
26-Sep	200m	1000m	60m	400m	5000m

s. hurdles = short hurdles

l. hurdles = long hurdles