

2019-2020 Summer Track and Field Programme

Patron's Trophy

The Patron's trophy (highlighted events) commences on Tuesday 15 October. Athletes compete in a minimum of 9 events with the best 9 giving the total score. The same event from Tuesday and Thursday cannot count twice

TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm

\$8 (\$4 for senior card holder) entry to WAAS.

In addition - visitor fee: \$5 (\$2 under 18, members' children no fee) – pay at sign in table by finish line

Tues	event 1	event 2	event 3	event 4	Jump	field 1	field 2
01-Oct	200	800	100	3000	long/triple	Hammer	Shot
08-Oct	60	1 mile	400	5000	long/triple	Javelin	Discus
15-Oct	100	1000	400	3000	high	Discus	Shot
22-Oct	200	60	1500	5000	long/triple	Javelin	Hammer
29-Oct	60	800	300	3000	long	Hammer	Shot
05-Nov	100	1500	200	3000	high	Javelin	Shot
12-Nov	60	800	100	5000	long/triple	Hammer	Discus
19-Nov	400	1 mile	200	3000	long/triple	Discus	Shot
26-Nov	60	200	800	5000	high	Javelin	Hammer
03-Dec	100	1500	400	3000	triple	Hammer	Discus
10-Dec	60	1000	200	5000	long/triple	Javelin	Shot
17-Dec	100	1500	300	3000	high	Discus	Shot
07-Jan	100	800	60	5000	long/triple	Javelin	Discus
14-Jan	200	1500	100	3000	long/triple	Hammer	Shot
21-Jan	60	400	200	5000	high	Javelin	Hammer
28-Jan	100	800	60	3000	long/triple	Discus	Shot
04-Feb	200	1500	400	5000	long/triple	Javelin	Hammer
11-Feb	60	800	300	3000	high	Discus	Shot
18-Feb	100	1000	200	5000	long/triple	Javelin	Discus
25-Feb	60	1 mile	400	3000	long/triple	Hammer	Shot
03-Mar	100	1500	200	5000	high	Javelin	Shot
10-Mar	60	800	300	3000	long/triple	Hammer	Discus
17-Mar	400	1500	100	5000	long/triple	Javelin	Hammer
24-Mar	200	1000	100	3000	high	Discus	Shot
31-Mar	60	1 mile	200	3000	long/triple	Hammer	Shot

THURSDAY at ECAC STARTING at 6.00pm
Thursday at ECAC Wharf Street, Cannington \$3 entry fee
In addition - visitor fee: \$5 (\$2 under 18, members' children no fee)

Thurs	event 1	event 2	event 3	event 4	event 5	Jump	field 1	field 2
03-Oct	60	1 mile	400	s hurdles	5000	long	Discus	Weight
10-Oct	200	3000	100	800	steeple	high	Javelin	Shot
17-Oct	100	1500	300	3000		triple	Hammer	Weight
24-Oct	100	800	200	5000		long	Discus	Shot
31-Oct	1000	60	400	5000		high	Weight	Javelin
07-Nov	60	1 mile	200	3000		long	Discus	Hammer
14-Nov	60	1500	300	s hurdles	5000	high	Shot	Weight
21-Nov	100	1000	400	3000		triple	Hammer	Weight
28-Nov	60	1500	200	5000		long	Discus	Shot
05-Dec	100	800	200	3000		high	Javelin	Weight
12-Dec	60	200	800	5000		long	Hammer	Weight
19-Dec	1500	400	3000	100	steeple	high	Javelin	Shot
02-Jan	Open for training							
09-Jan	200	800	3000	100	steeple	long	Hammer	Shot
16-Jan	l hurdles	60	1000	200	5000	high	Discus	Weight
23-Jan	60	1 mile	400	3000		triple	Javelin	Shot
30-Jan	400	1500	100	5000		long	Hammer	Weight
06-Feb	200	800	3000	60	steeple	high	Discus	Shot
13-Feb	100	1500	200	s hurdles	3000	long	Hammer	Weight
20-Feb	60	1000	400	5000		high	Javelin	Discus
27-Feb	200	1500	100	l hurdles	3000	triple	Javelin	Weight
05-Mar	800	200	3000	60	steeple	long	Hammer	Weight
12-Mar	300	1500	60	10,000 State Champs		high	Javelin	Shot
19-Mar	100	1 mile	400	3000		long	Weight	Discus
26-Mar	60	800	100	Steeple State Champs		high	Javelin	Weight
02-Apr	100	1500	200	5000		long	Hammer	Shot