

2016-2017 Summer Track and Field Programme

Tuesday at WA Athletics stadium, Mount Claremount
\$6.90 (\$3.70 for senior card holder) entry to WAAS.
\$5 visitor fee (\$2 under 18) – pay at sign in table by finish line

TUES		WAAS STARTING AT 6.30pm					STARTING AT 7.15pm		
		event 1	event 2	event 3	event 4	Jump	field 1	field 2	steeples
Nov 16	29	100	800	60	5k r/w	LJ	javelin	discus	
Dec 16	06	400	1500	200	3k r/w	TJ	shot	hammer	2k steeplechase
	13	60	1 mile	400	5k r/w	LJ	discus	javelin	
	20	200	800	100	3k r/w	TJ	shot	discus	
Jan 17	10	100	1000	400	5k r/w	LJ	javelin	hammer	
	17	200	800	100	3k r/w	HJ	shot	javelin	
	24	400	1000	100	5k r/w	TJ	hammer	discus	
	31	300	1500	60	3k r/w	LJ	shot	hammer	
Feb 17	07	200	800	100	5k r/w	HJ	discus	javelin	
	14	400	1500	60	3k r/w	TJ	shot	discus	2k steeplechase
	21	60	800	200	5k r/w	LJ	javelin	hammer	
	28	100	1 mile	200	3k r/w	HJ	shot	javelin	
Mar 17	07	400	1500	60	5k r/w	TJ	hammer	discus	
	14	60	800	100	3k r/w	LJ	shot	hammer	
	21	200	1500	400	5k r/w	HJ	discus	javelin	
	28	100	800	60	3k r/w	TJ	shot	discus	
Apr 17	04	200	1000	60	5k r/w	LJ	shot	hammer	

Note: The weight throw is no longer permitted at WAAS and so has been removed from the Tuesday programme.

Thursday at ECAC Wharf Street, Cannington
\$3 entry plus \$5 visitor fee (\$2 under 18)

ECAC STARTING AT 6pm

THURS		event 1	event 2	event 3	event 4	jump	field 1	field 2	steeplechase
Dec 16	01	400	1500	200	3k r/w	LJ	javelin	weight throw	
	08	60	1 mile	400	5k r/w	LJ	discus	shot	
	15	200	800	100	3k r/w	TJ	hammer	javelin	
	22	100	1000	400	5k r/w	LJ	discus	weight throw	
Jan 17	05	200	800	100	3k r/w	LJ	shot	hammer	
	12	400	1000	100	5k r/w	TJ	weight throw	discus	
	19	300	1500	60	3k r/w	LJ	shot	javelin	2k steeplechase
	26	200	800	100	5k r/w	LJ	javelin	hammer	
Feb 17	02	400	1500	60	3k r/w	TJ	discus	weight throw	
	09	60	800	200	5k r/w	LJ	javelin	shot	
	16	100	1 mile	200	3k r/w	LJ	weight throw	hammer	
	23	400	1500	60	5k r/w	TJ	shot	discus	
Mar 17	02	60	800	100	3k r/w	LJ	javelin	weight throw	
	09	200	1500	400	5k r/w	LJ	hammer	javelin	
	16	100	800	60	3k r/w	TJ	shot	discus	2k steeplechase
	23	200	1000	60	5k r/w	LJ	discus	weight throw	
	30	100	800	60	10k*	LJ	shot	hammer	

Note: March 30 – 10,000m State Championships – start time tba after entries close

Other dates for State Championships:

Saturday April 1 – both pentathlons
Thursday April 6 – steeplechases
Sat/Sun April 8/9 – main weekend

All events take place at Ern Clark Athletic Centre