

WINTER PROGRAMME 2017

TUESDAY at WAAS

6.30pm start

Cost: \$6.90 entry to WAAS (\$4 for senior card holder). \$5 visitor fee – pay at sign in table by finish line (\$2 visitor fee for under 18's)

Note: Jumps coaching with Dave Wyatt will start at 5.30pm with the event for that week.

An extra event may be fitted in depending on time and numbers.

DATE	1st event	2nd event	3rd event	4th event	jump	throw 1	throw 2
18-Apr	200m	1500m	100m	5000m	Long/Triple	javelin	discus
2-May	60m	800m	200m	3000m	High	hammer	javelin
9-May	100m	1500m	400m	5000m	Long/Triple	shot	discus
16-May	60m	1 mile	100m	2k st	High	javelin	discus
23-May	100m	800m	200m	5000m	Long/Triple	shot	hammer
30-May	400m	1500m	100m	3000m	High	hammer	discus

Note: On 'hammer' nights, there may also be a discus competition, time permitting.

THURSDAY at ECAC

6.00pm start

Cost: \$3 for members and \$8 for visitors - pay at the sign in table.
(\$5 for under 18's)

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
20-Apr	100m	1500m	300m	800m	3000m
27-Apr	1 mile	200m	400m	100m	5000m
4-May	60m	1500m	200m	3000m	800m
11-May	100m	1000m	400m	60m	5000m
18-May	100m	3000m	800m	200m	1500m
25-May	100m	1500m	60m	800m	5000m
1-Jun	600m	200m	1500m	60m	3000m
15-Jun	100m	1500m	60m	300m	3000m
22-Jun	1500m	60m	800m	200m	5000m
29-Jun	100m	1 mile	60m	400m	3000m
6-Jul	1500m	100m	1000m	200m	2k st
13-Jul	60m	800m	200m	400m	5000m
20-Jul	1000m	60m	400m	200m	3000m
27-Jul	100m	3000m	200m	800m	1500m
3-Aug	400m	100m	1500m	60m	5000m
10-Aug	200m	1500m	100m	600m	3000m
17-Aug	60m	1 mile	200m	5000m	400m
24-Aug	60m	5000m	100m	800m	300m
31-Aug	200m	1000m	60m	400m	2k st
7-Sep	100m	3000m	200m	400m	1500m
14-Sep	200m	1500m	100m	800m	5000m
21-Sep	100m	1 mile	300m	800m	3000m
28-Sep	200m	1500m	100m	400m	5000m