

## APRIL 2018 TRACK AND FIELD PROGRAMME

### TUESDAY at WAAS STARTING at 6.30pm. JUMPS START AT 5.30pm

<i>Apr-18</i>	<i>event 1</i>	<i>event 2</i>	<i>event 3</i>	<i>event 4</i>	<i>Jump</i>	<i>field 1</i>	<i>field 2</i>
3rd	100	800	200	5k r/w	HJ	discus	shot
10th	200	1500	60	3k r/w	LJ/TJ	javelin	hammer
17th	60	400	100	5k r/w	HJ	javelin	shot

### THURSDAY at ECAC STARTING at 6.00pm. THROWS START AT 5.30pm

<i>Apr-18</i>	<i>event 1</i>	<i>event 2</i>	<i>event 3</i>	<i>event 4</i>	<i>event 5</i>	<i>field 1</i>	<i>field 2</i>
5th	60	1500	400	100	5k r/w	hammer	shot
12th	100	800	short hurdles	1 mile	200	discus	weight
19th	200	1500	60	300	3k r/w	weight	shot

Long and Triple jump equipment available for practice on Thursdays