

WINTER PROGRAMME 2018

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
17-May	200m	1500m	100m	400m	5000m
24-May	100m	800m	300m	1 mile	3000m
31-May	200m	1000m	60m	600m	5000m
7-Jun	s. hurdles	1500m	300m	800m	3000m
14-Jun	100m	3000	200m	400m	1500m
21-Jun	200m	1000m	60m	800m	2000m s/c
28-Jun	100m	1 mile	60m	400m	5000m
5-Jul	1500m	s. hurdles	800m	200m	3000m
12-Jul	60m	1000m	200m	l. hurdles	3000m
19-Jul	400m	100m	800m	300m	5000m
26-Jul	60m	1 mile	200m	600m	2000m s/c
2-Aug	200m	1500m	100m	400m	5000m
9-Aug	s. hurdles	800m	100m	5000m	300m
16-Aug	200m	1500m	60m	600m	3000m
23-Aug	200m	1000m	100m	400m	2000m s/c
30-Aug	300m	1 mile	100m	5000m	800m
6-Sep	600m	200m	1500m	60m	3000m
13-Sep	400m	100m	800m	200m	5000m
20-Sep	100m	300m	3000m	60m	1500m
27-Sep	200m	1000m	60m	400m	5000m

s. hurdles = short hurdles

l. hurdles = long hurdles