

WINTER PROGRAMME 2021

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 jumps , but please put out and clear away equipment after use.

Date	1st event	2nd event	3rd event	4th event	5th event	throw 1	throw 2
15-Apr	200	1500	100	400	5000	shot	
22-Apr	800	100	1 mile	300	3000		
29-Apr	200	1000	60	400	3000	shot	
06-May	200	1500	100	600	5000		
13-May	100	1500	300	800	3000	shot	
20-May	200	1000	100	400	5000		
27-May	100	1 mile	300	800	3000	shot	
03-Jun	200	1000	60	400	5000		
10-Jun	1500	100	800	200	3000	shot	
17-Jun	200	1000	60	600	5000		
24-Jun	100	400	3000	1200	1500	shot	
01-Jul	100	300	1500	60	5000		
08-Jul	400	100	800	200	3000	shot	
15-Jul	200	1 mile	60	300	5000		
22-Jul	100	1500	200	800	3000	shot	
29-Jul	60	400	1000	200	5000		
05-Aug	300	1 mile	100	3000	800	weight	shot
12-Aug	200	1000	60	600	5000	weight	shot
19-Aug	100	1500	200	800	3000	weight	shot
26-Aug	400	100	1000	200	5000	weight	shot
02-Sep	400	s hurdles	1500	100	3000	weight	shot
09-Sep	100	1 mile	60	600	5000	weight	shot
16-Sep	200	3000	60	300	steeple	weight	shot
23-Sep	200	1000	100	400	5000	weight	shot
30-Sep	200	s hurdles	800	100	3000	weight	shot

s. hurdles = short hurdles

weight starts 5:30