

2023 Summer Track and Field Programme
TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm

\$8 (\$4 for senior card holder) entry to WAAS.

In addition - visitor fee: \$5 (\$2 under 18, members' children no fee) – pay at sign in table by finish line

Tues	event 1	event 2	event 3	event 4	Jump	throw 1	throw 2
10-Jan	100	800	60	5000	high	Javelin	Discus
17-Jan	100	1 mile	200	3000	long/triple	Hammer	Shot
24-Jan	60	400	200	5000	high	Javelin	Hammer
31-Jan	100	1500	60	3000	long/triple	Discus	Shot
07-Feb	100	800	200	5000	high	Javelin	Hammer
14-Feb	60	1500	400	3000	long/triple	Discus	Shot
21-Feb	100	1000	200	5000	high	Javelin	Discus
28-Feb	60	800	400	3000	long/triple	Hammer	Shot
07-Mar	100	1500	200	5000	high	Javelin	Shot
14-Mar	60	800	200	3000	long/triple	Hammer	Discus
21-Mar	100	1000	400	5000	high	Shot	Hammer

Thursday 2 March **State Champs 10,000m**
Saturday 18 March **State Champs Pentathlons and 5000 + high jump**
Thursday 23 March **State Champs Steeplechase**
Saturday 25 March **State Champs Day 1**
Sunday 26 March **State Champs Day 2**

All State Championship events at ECAC, Cannington