

2023-2024 Summer Track and Field Programme

Patron's Trophy - at ECAC ONLY

The Patron's trophy (highlighted events) commences on Thursday 14 October.

Athletes compete in a minimum of 9 events with the best 9 giving the total score.

Thursday at ECAC Wharf Street, Cannington - 6pm

EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN IN TABLE

In addition - visitor fee: \$5 (\$2 under 18, members' children no visitor fee)

Thurs	event 1	event 2	event 3	event 4	event 5	Jump	throw 1	throw 2
05-Oct	200	3000	100	800	steeple	long/triple	discus	weight
12-Oct	60	1500	400	5000		long/triple	javelin	shot
19-Oct	200	800	60	3000		long	hammer	weight
26-Oct	100	1 mile	200	5000		long/triple	discus	shot
02-Nov	100	1500	400	3000		high	javelin	hammer
09-Nov	60	800	200	5000		long/triple	discus	weight
16-Nov	100	400	60	3000		high	weight	shot
23-Nov	300	1500	100	5000		long/triple	javelin	weight
30-Nov	400	1000	60	3000		high	hammer	discus
07-Dec	100	800	200	5000		triple	javelin	shot
14-Dec	100	1500	400	3000		high	hammer	discus
21-Dec	60	1 mile	200	5000		long/triple	javelin	shot
28-Dec	60	1500	400	5000		long/triple	shot	discus
04-Jan	200	800	3000	100	steeple	high	hammer	weight
11-Jan	60	1500	100	s hurdle	3000	long/triple	discus	shot
18-Jan	200	1000	400	5000		high	javelin	hammer
25-Jan	800	l hurdles	200	3000	100	long/triple	discus	weight
01-Feb	100	1500	60	5000		high	hammer	javelin
08-Feb	400	1 mile	200	l hurdles	3000	long/triple	discus	weight
15-Feb	200	800	60	5000		high	hammer	shot
22-Feb	60	400	3000	100	steeple	long/triple	javelin	weight
29-Feb	300	1500	100	10,000m State Champ		high	discus	shot
07-Mar	200	s hurdles	800	60	3000	long/triple	javelin	weight
14-Mar	100	1500	300	steeple SC		long/triple	hammer	weight
21-Mar	60	400	200	5000		high	javelin	shot

**\$8.40 (\$4.20 for senior card holder) entry to WAAS.
TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm**

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	field 1	field 2
03-Oct	60	1 mile	400	3000	long/triple	hammer	shot
10-Oct	200	800	100	5000	high	javelin	discus
17-Oct	400	60	1500	3000	long/triple	discus	shot
24-Oct	100	1000	400	5000	high	javelin	hammer
31-Oct	200	800	60	3000	long/triple	discus	shot
07-Nov	300	1500	200	5000	high	javelin	shot
14-Nov	100	800	400	3000	long/triple	hammer	discus
21-Nov	100	1500	200	5000	high	discus	shot
28-Nov	60	800	200	3000	long/triple	javelin	hammer
05-Dec	400	1500	100	3000	high	hammer	discus
12-Dec	200	1 mile	400	5000	long/triple	javelin	shot
19-Dec	100	60	800	5000	high	hammer	discus
09-Jan	100	800	60	3000	long/triple	javelin	discus
16-Jan	200	1500	100	5000	high	hammer	shot
23-Jan	60	400	200	3000	long/triple	javelin	hammer
30-Jan	100	800	60	5000	high	discus	shot
06-Feb	200	1500	100	3000	long/triple	javelin	hammer
13-Feb	60	800	300	5000	high	discus	shot
20-Feb	100	1000	200	3000	long/triple	javelin	discus
27-Feb	60	1 mile	400	5000	high	hammer	shot
05-Mar	100	1500	200	3000	long/triple	javelin	shot
12-Mar	200	1000	60	5000	high	hammer	discus
19-Mar	400	1500	100	3000	long/triple	javelin	hammer

Saturday 9 March

Saturday 16 March

Sunday 17 March

State Champs Pentathlons and 5000 + high jump

State Champs Day 1

State Champs Day 2