

WINTER PROGRAMME 2024

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
11-Apr	200	1500	100	600	3000
18-Apr	800	100	1 mile	300	5000
25-Apr	100	1500	60	400	3000
02-May	200	1000	300	800	5000
09-May	100	600	1 mile	200	3000
16-May	100	800	200	400	5000
23-May	100	1500	60	300	3000
30-May	60	400	1 mile	100	5000
06-Jun	200	1500	100	800	3000
13-Jun	1000	100	600	200	5000
20-Jun	200	1500	100	800	3000
27-Jun	60	1000	200	400	5000
04-Jul	100	l. hurdles	1500	200	3000
11-Jul	200	1000	60	400	steeple
18-Jul	s. hurdles	1 mile	200	800	5000
25-Jul	60	400	1500	100	3000
01-Aug	200	1000	60	600	5000
08-Aug	100	400	1500	60	3000
15-Aug	200	1 mile	60	600	5000
22-Aug	100	300	1500	60	3000
29-Aug	400	100	800	200	5000
05-Sep	300	1 mile	100	800	3000
12-Sep	100	1500	60	400	5000
19-Sep	200	1000	60	600	3000
26-Sep	400	100	800	200	5000

s. hurdles = short hurdles

l hurdles = long hurdles