

WINTER PROGRAMME 2025

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
01-May	400	100	800	200	5000
08-May	600	100	1500	300	3000
15-May	60	1000	200	400	5000
22-May	1500	100	800	200	3000
29-May	100	1000	60	300	5000
05-Jun	800	100	1 mile	200	3000
12-Jun	200	1500	60	600	5000
19-Jun	100	800	300	1 mile	3000
26-Jun	1000	400	60	200	5000
03-Jul	1500	60	800	200	3000
10-Jul	400	1 mile	60	300	5000
17-Jul	600	100	1500	200	3000
24-Jul	100	1000	60	800	3000
31-Jul	200	1500	100	400	5000
07-Aug	300	1 mile	60	3000	800
14-Aug	400	100	800	200	5000
21-Aug	100	1500	60	800	3000
28-Aug	60	1000	200	600	5000
04-Sep	400	100	1500	200	3000
11-Sep	300	1 mile	60	600	5000
18-Sep	100	400	1500	60	steeple
25-Sep	800	200	1000	60	5000