

WINTER PROGRAMME 2026

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
09-Apr	400	100	1500	60	5000
16-Apr	60	1 mile	200	800	3000
23-Apr	100	1000	200	400	5000
30-Apr	1500	100	800	200	3000
07-May	600	60	1 mile	300	5000
14-May	300	1500	60	800	3000
21-May	200	1000	60	400	5000
28-May	s hurdles	1500	200	800	3000
04-Jun	60	1000	200	600	5000
11-Jun	400	100	1500	l hurdles	3000
18-Jun	100	800	1500	60	steeplechase
25-Jun	200	1000	60	400	5000
02-Jul	300	1 mile	100	800	3000
09-Jul	200	1500	100	600	5000
16-Jul	100	1500	60	400	3000
23-Jul	800	200	1 mile	300	5000
30-Jul	l hurdles	400	1500	100	3000
06-Aug	800	60	1500	100	steeplechase
13-Aug	100	1500	200	s hurdles	3000
20-Aug	200	1000	60	600	5000
27-Aug	800	100	1 mile	300	3000
03-Sep	200	1500	60	400	5000
10-Sep	200	1500	100	800	3000
17-Sep	60	1000	100	400	5000
24-Sep	200	1500	60	800	3000