

## WINTER PROGRAMME 2022

**THURSDAY at ECAC STARTING at 6.00pm**

**Wharf Street, Cannington \$3 entry fee for everyone including children**

**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.

**Note: Throws start at 5.30pm**

Date	1st event	2nd event	3rd event	4th event	5th event	jump		
04-Aug	200m	800m	100m	400m	3000m	long / triple		
11-Aug	100m	1500m	60m	10,000m		long / triple		
18-Aug	300m	1 mile	100m	800m	3000m	long / triple		
25-Aug	200m	1500m	60m	400m	5000m	long / triple		
01-Sep	100m	300m	1500m	60m	3000m	long / triple	<b>throw 1</b>	<b>throw 2</b>
08-Sep	400m	100m	800m	200m	5000m	long / triple	weight	shot
15-Sep	200m	3000m	60m	400m	steeple	long / triple	weight	shot
22-Sep	800m	100m	1500m	300m/300m hurdles	5000m	long / triple		
29-Sep	200m	1 mile	s hurdles	60m	3000m	long / triple		