

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.

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	throw 1	throw 2
07-Apr	200m	1500m	100m	400m	5000m	hammer	weight
14-Apr	100m	800m	300m	1 mile	3000m	javelin	shot
21-Apr	200m	1000m	60m	600m	5000m	discus	weight
28-Apr	100m	1500m	60m	400m	3000m		
05-May	100m	800m	200m	400m	5000m		
12-May	200m	1000m	60m	800m	3000m		
19-May	60m	1 mile	200m	600m	5000m		
26-May	100m	1500m	60m	300m	3000m		
02-Jun	300m	60m	1500m	100m	5000m		
09-Jun	60m	400m	1 mile	100m	3000m		
16-Jun	1500m	100m	800m	200m	5000m		
23-Jun	200m	1500m	100m	800m	3000m		
30-Jun	60m	1000m	200m	400m	5000m		
07-Jul	100m	1500m	60m	800m	3000m		
14-Jul	200m	1000m	60m	400m	5000m		
21-Jul	60m	400m	1500m	100m	3000m		
28-Jul	1 mile	100m	800m	200m	5000m		
04-Aug	200m	800m	100m	400m	3000m		
11-Aug	100m	1500m	60m	10,000m			
18-Aug	300m	1 mile	100m	800m	3000m		
25-Aug	200m	1500m	60m	400m	5000m		
01-Sep	100m	300m	1500m	60m	3000m		
08-Sep	400m	100m	800m	200m	5000m		
15-Sep	200m	3000m	60m	400m	steeple		
22-Sep	800m	100m	1500m	300m	5000m		
29-Sep	200m	1 mile	s hurdles	60m	3000m		