

## 2022-2023 Summer Track and Field Programme

The Patron's trophy (highlighted events) commences on Thursday 13 October.  
Athletes compete in a minimum of 9 events with the best 9 giving the total score.

**Thursday at ECAC Wharf Street, Cannington - 6pm**

**EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN IN TABLE**

**In addition - visitor fee: \$5 (\$2 under 18, members' children no visitor fee)**

<b>Thurs</b>	<b>event 1</b>	<b>event 2</b>	<b>event 3</b>	<b>event 4</b>	<b>event 5</b>	<b>Jump</b>	<b>throw 1</b>	<b>throw 2</b>
13-Oct	60	800	200	5000		long/triple	discus	weight
20-Oct	100	1500	400	3000		long	weight	shot
27-Oct	200	800	60	5000		long/triple	javelin	weight
03-Nov	400	1 mile	s hurdles	100	3000	high	discus	shot
10-Nov	60	400	200	5000		long/triple	shot	javelin
17-Nov	200	1500	3000	100	steeple	high	discus	weight
24-Nov	100	1500	400	5000		long/triple	javelin	shot
01-Dec	60	800	200	3000		high	javelin	weight
08-Dec	100	400	60	5000		triple	weight	discus
15-Dec	100	1000	200	3000		high	shot	javelin
29-Dec	200	800	3000	100	steeple	long	hammer	shot
05-Jan	60	l hurdles	1000	200	5000	high	discus	javelin
12-Jan	60	1 mile	400	3000		triple	hammer	weight
19-Jan	400	1500	100	5000		high	discus	shot
26-Jan	200	800	3000	60	steeple	long/triple	javelin	weight
02-Feb	1500	200	s hurdles	3000	100	high	hammer	shot
09-Feb	60	1000	400	5000		long/triple	discus	javelin
16-Feb	200	1500	100	l hurdles	3000	high	hammer	weight
23-Feb	800	200	3000	60	steeple	long/triple	discus	shot
02-Mar	300	1500	60	10,000 State Champs		high	javelin	weight
09-Mar	100	1 mile	400	3000		long/triple	hammer	shot
16-Mar	100	800	200	5000		high	discus	weight
23-Mar	60	1500	100	steeple SC		long/triple	javelin	shot

Saturday 18 March

Saturday 25 March

Sunday 26 March

State Champs Pentathlons and 5000 + high jump

State Champs Day 1

State Champs Day 2