

WINTER PROGRAMME 2023

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 jumps , but please put out and clear away equipment after use.

Date	1st event	2nd event	3rd event	4th event	5th event
06-Apr	200	1500	100	400	3000
13-Apr	800	100	1 mile	300	5000
20-Apr	200	1000	60	400	3000
27-Apr	200	1500	100	600	5000
04-May	100	1500	300	800	3000
11-May	200	1000	100	400	5000
18-May	100	1 mile	300	800	3000
25-May	200	1000	60	400	5000
01-Jun	1500	100	800	200	3000
08-Jun	200	1000	60	600	5000
15-Jun	100	400	3000	200	1500
22-Jun	100	300	1500	60	5000
29-Jun	400	100	800	200	3000
06-Jul	200	1 mile	60	300	5000
13-Jul	100	1500	200	800	3000
20-Jul	60	400	1000	200	5000
27-Jul	300	1 mile	100	3000	800
03-Aug	200	1000	60	600	5000
10-Aug	100	1500	200	800	3000
17-Aug	400	100	1000	200	5000
24-Aug	200	s hurdles	800	100	3000
31-Aug	100	1 mile	60	600	5000
07-Sep	200	3000	60	400	steeple
14-Sep	400	s hurdles	1500	100	3000
21-Sep	200	1000	100	400	5000
28-Sep	60	1500	100	600	3000

s. hurdles = short hurdles