

2024-2025 Summer Track and Field Programme

The Patron's trophy, ECAC only, (highlighted events) commences on Thursday 10 October.

Each event is held twice but only the best of each counts

Athletes compete in a minimum of 9 different events.

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)

Thurs	event 1	event 2	event 3	event 4	event 5	Jump	throw 1	throw 2
3-Oct	200	3000	100	800	steeple	long/triple	discus	weight
10-Oct	60	1500	400	5000		long/triple	javelin	shot
17-Oct	200	3000	60	800		long	hammer	weight
24-Oct	100	1 mile	200	5000		long/triple	shot	discus
31-Oct	1500	100	400	3000		high	hammer	javelin
7-Nov	60	800	200	5000		triple	discus	weight
14-Nov	100	3000	60	400		high	shot	weight
21-Nov	300	1500	100	5000		long	weight	discus
28-Nov	60	1500	200	3000		high	hammer	javelin
5-Dec	100	800	200	5000		triple	javelin	shot
12-Dec	100	1500	400	3000		high	hammer	discus
19-Dec	400	1 mile	200	5000		long/triple	javelin	shot
2-Jan	60	1500	400	5000		long/triple	shot	discus
9-Jan	200	800	3000	100	steeple	high	hammer	weight
16-Jan	60	1500	100	s hurdle	3000	long/triple	discus	shot
23-Jan	200	1000	400	5000		high	javelin	hammer
30-Jan	800	l hurdles	200	3000	100	long/triple	discus	weight
6-Feb	100	1500	60	5000		high	hammer	javelin
13-Feb	400	1 mile	200	l hurdles	3000	long/triple	discus	weight
20-Feb	60	800	200	s hurdle	5000	high	hammer	shot
27-Feb	60	400	3000	100	steeple	long/triple	javelin	weight
6-Mar	300	1500	100	3000		high	discus	shot
13-Mar	l hurdles SC	800	200	10,000m State Champ		long/triple	javelin	weight
20-Mar	60	400	100	5000		high	shot	javelin
27-Mar	100	1500	300	Steeples State Champ		long/triple	hammer	shot
3-Apr	200	800	100	3000		high	javelin	weight
10-Apr	60	1500	400	5000		long/triple	discus	shot

**\$8.40 (\$4.20 for senior card holder) entry to WAAS.
TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.50pm**

In addition - visitor fee: \$5 (\$2 under 18, members' children no fee) – pay at sign in table by finish line

Tues	event 1	event 2	event 3	event 4	field 1	field 2
1-Oct	60	1 mile	400	3000	hammer	shot
8-Oct	200	800	100	5000	javelin	discus
15-Oct	1500	60	400	3000	discus	shot
22-Oct	100	1000	400	5000	javelin	hammer
29-Oct	200	800	60	3000	discus	shot
5-Nov	60	1500	300	5000	javelin	shot
12-Nov	100	800	400	3000	hammer	discus
19-Nov	100	1500	200	5000	discus	shot
26-Nov	60	800	200	3000	javelin	hammer
3-Dec	100	1500	400	3000	hammer	discus
10-Dec	200	1 mile	400	5000	javelin	shot
17-Dec	100	800	60	3000	hammer	discus
7-Jan	100	1000	60	3000	javelin	discus
14-Jan	200	1500	100	5000	hammer	shot
21-Jan	60	400	200	3000	javelin	hammer
28-Jan	100	800	60	5000	discus	shot
4-Feb	200	1500	100	3000	javelin	hammer
11-Feb	60	800	300	5000	discus	shot
18-Feb	100	1000	200	3000	javelin	discus
25-Feb	60	1 mile	400	5000	hammer	shot
4-Mar	100	1500	200	3000	javelin	shot
11-Mar	200	800	60	5000	hammer	discus
18-Mar	100	1500	400	3000	javelin	hammer
25-Mar	60	1000	200	5000	discus	shot

Sat/Sun 1/2 February	State Champs hept & dec	(enter via WA athletics)
Friday 14 February	State Champs pole vault	(enter via WA athletics)
Sunday 2 March	State Champs Pentathlons and 5000 + high jump	at ECAC
Thursday 13 March	State Champs 10,000 and long hurdles	at ECAC
Thursday 27 March	State Champs 3000 + 2000 steeplechase	at ECAC
Saturday 29 March	State Champs Day 1	at ECAC
Sunday 30 March	State Champs Day 2	at ECAC