

## WINTER PROGRAMME 2020

**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 BYO mug only. **Hand sanitiser to be used first.**

**Please adhere to Government social distancing rules and use hand santiser before signing in.**

Date	1st event	2nd event	3rd event	4th event	5th event
18-Jun	400m	100m	800m	300m	3000m
25-Jun	200m	1000m	60m	600m	5000m
02-Jul	100m	1 mile	300m	800m	3000m
09-Jul	60m	1000m	200m	400m	5000m
16-Jul	100m	1500m	300m	800m	3000m
23-Jul	100m	3000m	200m	400m	1500m
30-Jul	300m	1 mile	100m	5000m	800m
06-Aug	400m	s. hurdles	1500m	100m	3000m
13-Aug	200m	1000m	100m	600m	3000m
20-Aug	400m	100m	800m	200m	5000m
27-Aug	100m	300m	3000m	60m	1500m
03-Sep	400m	100m	800m	200m	5000m
10-Sep	600m	200m	1500m	100m	3000m
17-Sep	200m	1 mile	60m	300m	5000m
24-Sep	1500m	s. hurdles	800m	100m	3000m

s. hurdles = short hurdles