

## 2012-2013 Summer Track and Field Programme

### Patron's Trophy

The Patron's Trophy commences on 18 October. The contest is age-graded and those events marked \* are points scoring events. Athletes compete in a minimum of 10 events and maximum of 14 and points from their best 10 are added to achieve a total score. No event can count twice. The 10 events must include 3 field events, at least one of which is a jump.

**Thursday 6pm start - \$3 club members, \$5 visitor fee – at ECAC Wharf Street, Cannington**

THURS	event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event	
Oct-12	04	100	3k r/w	400	1500 r/w	LJ	javelin	weight throw	
	11	200	800	60	5k r/w	TJ	discus	shot	
	18	60	1 mile	400	<b>10k*</b>	LJ	hammer	javelin	
	25	100	800	200	<b>3k*</b>	TJ	<b>discus*</b>	weight throw	
Nov-12	01	60	1500	100	4k r/w	<b>LJ*</b>	shot	<b>hammer*</b>	
	08	200	60	<b>400*</b>	5k r/w	TJ	weight throw	discus	
	15	60	800	3k r/w	<b>100*</b>	LJ	<b>shot*</b>	javelin	
	22	400	1500 r/w	100	<b>5k*</b>	<b>TJ*</b>	javelin	hammer	
	29	200	4k r/w	60	<b>800*</b>	LJ	discus	weight throw	
Dec-12	06	300	2k r/w	100	<b>1500*</b>	TJ	<b>javelin*</b>	shot	
	13	800	100	3k r/w	<b>200*</b>	LJ	weight throw	hammer	
	20	60	1 mile	400	1000 r/w	TJ	shot	discus	
Jan-13	03	60	600	200	4k r/w	LJ	javelin	weight throw	
	10	400	1500	100	5k r/w	TJ	hammer	javelin	
	17	Pentathlon + 200, 1500, 60, 2000				LJ	shot	discus	
	24	100	800	60	3k r/w	TJ	javelin	weight throw	
	31	60	1 mile	200	3k r/w	LJ	shot	hammer	
Feb-13	07	200	800	100	4k r/w	TJ	<b>discus relay</b>	weight throw	<b>4 x 800 walk relay</b>
	14	100	1000 r/w	300	60	LJ	<b>shot relay</b>	javelin	<b>4 x 1500 relay</b>
	21	60	1500	200	3k r/w	TJ	<b>javelin relay</b>	hammer	<b>4 x 400 relay</b>
	28	100	2k r/w	400		<b>LJ relay</b>	discus	weight throw	<b>State Championships 10k</b>
Mar-13	07	200	800	100	3k r/w	TJ	hammer	shot	
	14	60	1500	300	4k r/w	LJ	javelin	weight throw	
	21	100	1000 r/w	200	3k r/w	TJ	discus	shot	

See over page for Tuesday programme

**Tuesday - \$3 club members, \$5 visitor fee – at WA Athletics stadium, Mount Claremount**

*Please note starting times*

		WAAS STARTING AT 6.30pm						STARTING AT 7.30pm	
TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event
Oct-12	02	60	1 mile	300	1000 r/w	TJ	weight throw	discus	2k steeplechase
	09	100	3k r/w	400	1500 r/w	LJ	shot	hammer	
	16	200	800	60	5k r/w	TJ	weight throw	javelin	
	23	60	1 mile	400	10k*	LJ	shot	discus	
	30	100	800	200	3k*	TJ	weight throw	discus*	
Nov-12	06	60	1500	100	4k r/w	LJ*	shot	hammer*	
	13	200	60	400*	5k r/w	TJ	weight throw	javelin	
	20	60	800	3k r/w	100*	LJ	shot*	discus	
	27	400	1500 r/w	100	5k*	TJ*	weight throw	hammer	
Dec-12	04	200	4k r/w	60	800*	LJ	shot	javelin	
	11	300	2k r/w	100	1500*	TJ	weight throw	javelin*	
	18	800	100	3k r/w	200*	LJ	shot	discus	2k steeplechase
Jan-13	08	60	600	200	4k r/w	LJ	weight throw	hammer	
	15	400	1500	100	5k r/w	TJ	shot	discus	
	22	200	1 mile	60	4 k r/w	LJ	weight throw	javelin	
	29	100	800	60	3k r/w	TJ	shot	hammer	2k steeplechase
Feb-13	05	60	400	200	3k r/w	LJ	weight throw	discus relay	4 x 100 relay
	12	60	1500	200	3k r/w	TJ	shot relay	hammer	4 x 400 relay
	19	100	1000 r/w	300	60	LJ	weight throw	javelin relay	4 x 1500 relay
	26	200	800	4k r/w		LJ relay	shot	discus	State Champs 5k walk
Mar-13	05	100	1500	400		TJ	weight throw	hammer	State Champs 2k/3k steeples
	12	200	800	100	3k r/w	LJ	shot	javelin	
	19	60	1500	300	4k r/w	TJ	weight throw	hammer	
	26	100	1000 r/w	200	3k r/w	LJ	shot	javelin	