

COUNTRY CLUB PREMIERSHIP

Below are the events to be held in each round.

ROUND ONE	ROUND TWO
EVENTS	
100m	200m
400m	800m
1500m	3000m or 60m
Shot Put	Discus
Long Jump	Triple Jump
Medley (2,2,4,8)	4 x 100m Relay
High Jump	Javelin

Round 1 Commences Wednesday 19 October through to Monday 21 November 2011

Round 2 Commences Wednesday 23 November 2011 through to Monday 23 January 2012

Final Round Conducted at the NSW Country Championships, Newcastle

This may require change of club rounds on those days to ANSW events.

SPECIAL EVENTS

Saturday 05 November 2011 ANSW Club Premiership
 U/8, U/10 & U12 to commence at 12.30 pm
 U/14 and up to commence at 2.00 pm

TRACK		FIELD	
2.15 pm	1500m	2.00 pm	Shot Put – 7.26kg
3.00 pm	100m	2.00 pm	Javelin Throw – 400g and 500g
3.45 pm	400m	2.00 pm	Triple Jump – 11m and 13m boards
4.30 pm	4 x 100m	3.15 pm	Shot Put – 5kg and 6kg
		3.20 pm	Triple Jump – 7m and 9m boards (male)
		3.20 pm	Javelin Throw – 600g and 700g
		4.20 pm	Shot Put – 3kg and 4kg
		4.25 pm	Triple Jump – 7m and 9m boards (female)
		4.30 pm	Javelin Throw – 800g

Sunday 18 December 2011 Christmas Handicap Events
 Steeplechase
 Christmas barbecue and Skins

Sunday 18 March 2012 Open Masters Day

All events are open to all registered members of the club and are conducted at the Kerryn McCann Athletic Track, Beaton Park