	Nepean & Blair Zone Program 2012-2013								
Date	**Events**	**Where**	**Time**	**Cost**					
05.09.2012	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
12.09.2012	1500m & 5kwalk, Hurdles on request,100m,800m,Relay,200m,3k,L/J, Shot, Javelin.	Blair Oval	6.30pm	$3.00					
19.09.2012	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
26.09.2012	1500m & 10kwalk, 100m,800m,Relay,200m,3k,L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00					
03.10.2012	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
10.10.2012	1500m & 5kwalk, Hurdles on request,100m,800m,Relay,200m,3k,L/J, Shot, Javelin.	Blair Oval	6.30pm	$3.00					
17.10.2012	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
24.10.2012	1500m & 10kwalk, 100m,800m,Relay,200m,3k,L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00					
31.10.2012	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
07.11.2012	1500m & 5kwalk, Hurdles on request,100m,800m,Relay,200m,3k/10run,L/J, Shot, Javelin.	Blair Oval	6.30pm	$3.00					
14.11.2012	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
21.11.2012	1500m & 10kwalk, 100m,800m,Relay,200m,3k,L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00					
28.11.2012	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
05 12 2012	1500m & 5kwalk,Hurdles on request 100m,800m,Relay,200m,3k/10run, L/J, Shot, Javelin.	Blair Oval	6.30pm	$3.00					
12.12.2012	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
19.12.2012	1500m & 5kwalk, 100m,800m,Relay,200m,3k,L/J, Shot, Javelin.	Blair Oval	6.30pm	$3.00					
	Christmas Break 20.12.2012 until 08.01.2013								
09.01.2013	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
16.01.2013	1500m & 10kwalk,Hurdles on request, 100m,800m,Relay,200m,3k,L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00					
23.01.2013	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
30.01.2013	1500m & 5k walk, 100m,800m,Relay,200m 3k/10krun, L/J, Shot, Javelin.	Blair Oval	6.30pm	$3.00					
06.02.2013	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
13.02.2013	1500m & 10kwalk,Hurdles on request, 100m,800m,Relay,200m,3k,L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00					
20.02.2013	1500m & 3kwalk, 60m,400m,1500m,100m,5k/3kr, H/J,T/J,Disc,Hammer, Weight Throw 30yrs & over.	Blair Oval	6.30pm	$3.00					
27.02.2013	1500m & 5k walk, 100m,800m,Relay,200m 3k/10krun, L/J, Shot, Javelin.	Blair Oval	6.30pm	$3.00					
06.03.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00					
13.03.2013	1500m & 5kwalk, 100m,800m,Relay,200m,3k,L/J, Shot, Javelin.	Blair Oval	6.30pm	$3.00					
	Competition open to all ANSW & LAANSW registered athletes								
	Blair Zone Competition is run by Nepean DAC Inc.								
	Parking & Canteen Available.								