	Nepean & Blair Zone program for 2013/2014									
Date	**Events**	**Where**	**Time**	**Cost**						
04.09.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
11.09.2013	1500m & 5km walk, hurdles, 100m, 800m, Relay, 200m, 3krun, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
18.09.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
25.09.2013	1500m & 5k walk, 100m, 800m, Relay, 200m, 3k, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
02.10.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
09.10.2013	1500m & 5km walk, hurdles, 100m, 800m, Relay, 200m, 3krun, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
16.10.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
23.10.2013	1500m & 5kwalk, 100m, 800m, Relay, 200m, 3kr, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
30.10.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
06.11.2013	1500m & 5km walk, hurdles, 100m, 800m, Relay, 200m, 3krun, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
13.11.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
20.11.2013	1500m & 5kwalk, 100m, 800m, Relay, 200m, 3kr, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
27.11.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
04.12.2013	1500m & 5km walk, hurdles, 100m, 800m, Relay, 200m, 3krun, L/J, Shot, Javelin	Blair Oval	6.30.p	$3.00						
11.12.2013	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
18.12.2013	1500m & 5kwalk, 100m, 800m, Relay, 200m, 3kr, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
	Christmas Break 19th December 2013 until 7th January 2014									
08.01.2014	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
15.01.2014	1500m & 5km walk, hurdles, 100m, 800m, Relay, 200m, 3krun, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
22.01.2014	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
29.01.2014	1500m & 5kwalk, 100m, 800m, Relay, 200m, 3kr, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
05.02.2014	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
12.02.2014	1500m & 5km walk, hurdles, 100m, 800m, Relay, 200m, 3krun, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
19.02.2014	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
26.02.2014	1500m & 5kwalk, 100m, 800m, Relay, 200m, 3kr, L/J, Shot, Javelin	Blair Oval	6.30pm	$3.00						
05.03.2014	1500 & 3kwalk, 1500mr ,60m ,400m ,100 ,5k/3kr ,H/J ,T/J ,Disc, Ham ,Weight Throw30yrs	Blair Oval	6.30pm	$3.00						
12.03.2014	1500m & 5kwalk, 100m, 800m, Relay, 200m, 3kr, 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.									