

Athletics Otago Interclub Programs 2019/2020

Track 1		Track 2		Track 3	
1.15pm	Short Hurdles	1.15pm	2km/3km steeples	1.15pm	3000m/Walks
1.35pm	1500m	1.45pm	200m	1.45pm	Long Hurdles
1.55pm	100m	2.05pm	800m	1.55pm	100m
2.15pm	400m	2.35pm	Short Hurdles	2.10pm	800m
2.35pm	5000m	2.55pm	3000m	2.30pm	Short Hurdles
2.35pm	Walks	3.15 pm	100m	2.50pm	200m
3.05pm	Long Hurdles	3.30pm	300m	3.10pm	60m
3.20pm	600m	3.40pm	1500m	3.20pm	400m
3.40pm	200m	3.55pm	60m	3.40pm	Steeplechase
4:00pm	Relays	4.00pm	Relays	4.00pm	Relays

Time	Field 1	Field 2	Field 3	Field 4
1:00pm	Pole Vault	Long Jump	High Jump	Triple Jump
1:00pm	Hammer	Shot Put	Discus	Javelin
2:00pm	Long Jump	High Jump (8)	Triple Jump	Pole Vault (8)
2:00pm	Shot Put	Discus	Javelin	Hammer
3:00pm	High Jump	Triple Jump	Pole Vault	Long Jump
3:00pm	Discus	Javelin	Hammer	Shot Put

Each week rotation goes:

19 October 2019	Track 1 + Field 1	18 January 2020	Track 1 + Field 3
02 November 2019	Track 2 + Field 2	25-26 January 2020	Track 2 + Field 4
09 November 2019	Track 3 + Field 3	01 February 2020	Track 3 + Field 1
16 November 2019	Track 1 + Field 4	8 February 2020	Track 1 + Field 2
23 November 2019	Track 2 + Field 1	22 February 2020	Track 2 + Field 3
30 November 2019	Track 3 + Field 2	29 February 2020	Track 3 + Field 4