

## **PROGRAMMES FOR INTERCLUB MEETS for 2018-2019**

**NB: All Grades means from Men and Women U16 to Masters.**

Please note that this programme may be revised depending on numbers competing in the different events.

### **PROGRAMME A: (Women to compete first)**

#### **Field**

1.00pm	Hammer	All Grades Women (6) & Men (6)
1.30pm	Triple Jump	All Grades Women (6) & Men (6)
1.50pm	Shot Put	All Grades Women (3) & Men (3)
2.15pm	Long Jump	All Grades Women (3) & Men (3)
2.30pm	Discus	All Grades Women (6) & Men (6)
2.45pm	High Jump	All Grades Women (6) & Men (6)
3.15pm	Javelin	All Grades Women (3) & Men (3)

#### **Track:**

1.20pm	100m	All Grades Women & Men
1.40pm	1500m	All Grades Women & Men
2.10pm	Short Hurdles	All Grades Women & Men
2.25pm	400m	All Grades Women & Men
2.40pm	5000m*	All Grades Women & Men 15+
2.40pm	Walks	All Grades Women & Men (competes with 5000m)
3.20pm	200m	All Grades Women and Men
End of day	Relays on request*	All Grades Women & Men**

\*Athletes must provide their own lap scorers for 5,000m & 10,000m

\*Relays will be held at the end of the programme when requested.

\*\* Entries to control room by 2.30pm

## **PROGRAMMES FOR INTERCLUB MEETS for 2018-2019**

**NB: All Grades means from Men and Women U16 to Masters.**

Please note that this programme may be revised depending on numbers competing in the different events.

## **PROGRAMME B: (Men to compete first except for steeples)**

### Field

1.00pm	Pole Vault	All Grades Men & Women (on request)
1.00pm	Hammer	All Grades Men (3) & Women (3)
1.40pm	Shot Put	All Grades Men (6) & Women (6)
1.45pm	High Jump	All Grades Men & Women
2.15pm	Discus	All Grades Men (3) & Women (3)
2.45pm	Long Jump	All Grades Men (6) & Women (6)
3.00pm	Javelin	All Grades Men (6) & Women (6)

### Track:

1.20pm	200m	All Grades Me & Women
1.40pm	Long Hurdles	All Grades Men & Women
2.10pm	3000m	All Grades Men & Women
2.35pm	100m	All Grades Men & Women
3.00pm	800m	All Grades Men & Women
3.15pm	Short Hurdles	All Grades Men & Women
3.25pm	60m	On Request Only**
3.30pm	2km / 3km Steeples	All Grades Men & Women **
End of day	Relays on request	All Grades Men & Women***

\*\* On request only. Request to [athleticsotago@xtra.co.nz](mailto:athleticsotago@xtra.co.nz) by Thursday 4pm. You must be prepared to assist put out and bring in Hurdles

\*\*\* Entries to control room by 2.30pm