

Interclub Programs - Season 2023 / 2024

Program A				
Time			Track	Field
Morning	Afternoon	Twilight		
10.00	1.00	6.30	60m	
10.15	1.15	6.45		Long Jump
10.30	1.30	7.00	1500m	
10.45	1.45	7.15	100m	
11.00	2.00	7.30		Discus
11.15	2.15	7.45		
11.30	2.30	8.00	400m	
11.45	2.45	8.15		Javelin
10,000m, Steeple, High Jump by prior request				

Program B				
Time			Track	Field
Morning	Afternoon	Twilight		
10.00	1.00	6.30	100m	
10.15	1.15	6.45		Triple Jump
10.30	1.30	7.00	800m	
10.45	1.45	7.15	200m	
11.00	2.00	7.30		Shotput
11.15	2.15	7.45		
11.30	2.30	8.00	3000/5000m	
11.45	2.45	8.15		Discus
Hurdles & Relay by prior request				

Program C				
Time			Track	Field
Morning	Afternoon	Twilight		
10.00	1.00	6.30	400m	
10.15	1.15	6.45		Shotput
10.30	1.30	7.00	1500m	
10.45	1.45	7.15	200m	
11.00	2.00	7.30		Javelin
11.15	2.15	7.45		
11.30	2.30	8.00	100m	
11.45	2.45	8.15		Long Jump
10,000m, High Jump & Steeple by prior request				

Program D				
Time			Track	Field
Morning	Afternoon	Twilight		
10.00	1.00	6.30	100m	
10.15	1.15	6.45		Triple Jump
10.30	1.30	7.00	3000/5000m	
10.45	1.45	7.15	200m	
11.00	2.00	7.30		Discus
11.15	2.15	7.45		
11.30	2.30	8.00	800m	
11.45	2.45	8.15		Shotput
Hurdles by prior request				

*Changes to programs will be advertised on our Facebook page and emailed to current registered members of NWAC

*Requests for optional events must be received by the club 24 hours before the start of competition via Facebook message or email – nwtasathletics@gmail.com