



# Townsville North Star Athletics Club

**Program 12 10/08/18**

Time	5 yrs	6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	Seniors		
5.30	Warm Up											400m Hurd		
5.50	Marshalling													
6.00	DISCUS Shot 4 (Behind Long Jump)	DISCUS Shot 1: Boys (100m Startline) Shot 3: Girls (Strand end)	60m Hurdles	60m Hurdles	HEIGHT CHANGE			SHOT PUT Shot 2 (Finish line)	TRIPLE JUMP Pit 3 (Hill end)	DISCUS Green Cage (Strand end)	DISCUS Green Cage Hill end	JAVELIN Jav 2 (Hill end)		
6.10					60m Hurdles	60m Hurdles	HEIGHT CHANGE							
6.20			LONG JUMP Boys: Pit 2 Girls: Pit 4 (Strand end)	HIGH JUMP HJ 2 HJ 3			60m Hurdles							
6.30					4 years 60m									
6.40					70m	70m	70m							
6.50	100m	100m			SHOT PUT Shot 1 (100m Startline) Shot 3 (Strand end)	TURBOJAV Girls: Jav 1 (Strand end) Boys: Jav 2 (Hill end)	HIGH JUMP HJ 1	70m	70m					
7.00	LONG JUMP Pit 2 (Strand end)	LONG JUMP Girls: Pit 1 Boys: Pit 3 (Hill end)												
7.10			70m	70m										
7.20										400m	400m			
7.30					SHOT PUT Boys: Shot 2 (Finishline) Girls: Shot 4 (Behind Long Jump)	SHOT PUT Shot 1 (100m Startline) Shot 3 (Strand end)	LONG JUMP Boys: Pit 2 Girls: Pit 4 (Strand end)							
7.40			400m	400m				LONG JUMP Pit 1 (Hill end)	JAVELIN Jav 2 (Hill end)					
7.50	60m	60m												
8.00	70m	70m												
8.10			200m	200m		LONG JUMP Boys: Pit 2 Girls: Pit 4 (Strand end)	DISCUS Green Cage (Strand end)			TRIPLE JUMP Pit 3 (Hill end)	TRIPLE JUMP Pit 3 (Hill end)	HIGH JUMP HJ 1		
8.20					200m									
8.30								200m	200m					
8.40													200m	200m
8.50														
9.00						1500m	1500m	1500m	1500m	1500m	1500m			

**If you are the last group at a field event area, please stack all the equipment in one neat pile BESIDE THE TRACK to make it easier to collect at the end of the night**

**Event times are only approximate and will be adjusted as necessary to cater for athlete numbers and other circumstances.**

**Seniors choosing to do the Hurdle event at 5:30pm MUST email the club by midnight Thursday night or Facebook message by 3pm. Marshalling at 5:15pm**



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