

Townsville North Star Athletics Club

Program 13 17/08/18
800m Team Challenge

Time	5 yrs	6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	Sen/Mast
5.40	Warm Up					Warm Up at Field event area						
5.50	Marshalling									5:40pm	2000m STEEPLECHASE	
6.00	80m	80m				HIGH JUMP Scissor mats	LONG JUMP Pit 2: Boys Pit 4: Girls (Cage end)	TRIPLE JUMP Pit 3 (Castle Hill end)	SHOT PUT Shot 1 (Beside 100m start)	HIGH JUMP Flop mats	HIGH JUMP Flop mats	LONG JUMP Pit 1 (Castle Hill end)
6.10			80m	80m								
6.20					80m							
6.30	70m	70m										
6.40			70m	800m								
6.50	LONG JUMP 5 & 6 Girls: Pit 2 5 & 6 Boys: Pit 4 (Cage end)	LONG JUMP 5 & 6 Girls: Pit 2 5 & 6 Boys: Pit 4 (Cage end)	DISCUS Shot 2 (Beside finish)	DISCUS Shot 3 (Beside green cage) Shot 1 (Beside 100m start)	800m							
7.00					TURBOJAV Boys: Jav 1 (Cage end)	800m	800m	800m	800m	800m	800m	800m
7.10												
7.20					Girls: Jav 2 (Hill end)							
7.30	SHOT PUT 5 & 6 Girls: Shot 4 (Outside) 5 & 6 Boys: Shot 2 (Finishline)	SHOT PUT 5 & 6 Girls: Shot 4 (Outside) 5 & 6 Boys: Shot 2 (Finishline)	LONG JUMP Pit 4 (Cage end)	LONG JUMP Pit 1 Pit 3 (Hill end)	HIGH JUMP Scissor mats	100m	100m	100m	100m	100m	100m	100m
7.40												
7.50												
8.00						DISCUS Shot 3 (Cage end)	SHOT PUT Shot 1 (Beside 100m start)	DISCUS Green cage (Strand end)	HIGH JUMP Flop mats			
8.10	100m	100m										
8.20			100m	100m						JAVELIN Jav 2 (Hill end)	JAVELIN Jav 2 (Hill end)	SHOT PUT Shot 2 (Finishline)
8.30					100m							
8.40						200m	200m					
8.50								200m Sprint OR 200m age specific hurdles				
9.00												
9.10						1500m		1 MILE (1609m) or 3000m				

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

14 years to Seniors choosing to do the Steeplechase event at 5:40pm MUST email the club by midnight Thursday night or Facebook message by 3pm. Marshalling at 5:25pm

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

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