



Townsville North Star Athletics Club

Program 11 3/8/18

Time	5 yrs	6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	Seniors				
5.40	Warm Up							5.30 Age specific hurdles (80m, 90m, 100m, 110m)								
5.50	Marshalling															
6.00	SHOT PUT Shot 2: Girls (Finish) Shot 4: Boys (Outside)	LONG JUMP Pit 2: Boys Pit 4: Girls (Cage end)	LONG JUMP Boys: Pit 1 Girls: Pit 3 (Hill end)	TURBOJAV Half Boys & Girls Jav 2 (Hill end) Half Boys & Girls: Jav 1 (Cage end)	DISCUS Boys: Shot 1 (Beside 100m start) Girls: Shot 3 (Strand end)	1000m	1000m									
6.10											1000m	1000m	1000m	1000m	1000m	
6.20																
6.30											60m	60m	60m			
6.40									60m	60m	60m	60m				
6.50	60m	60m														
7.00			60m	60m	60m	HIGH JUMP HJ 2 HJ 3	LONG JUMP Boys: Pit 2 Girls: Pit 4 (Cage end)	JAVELIN Jav 2 (Hill end)								
7.10	80m	80m														
7.20			200m	200m	200m				DISCUS Green cage (Strand end)	SHOT PUT Shot 1 (Cage end)	SHOT PUT Shot 1 (Cage end)	TRIPLE JUMP Pit 3 (Castle Hill end)				
7.30																
7.40	LONG JUMP Pit 3 (Hill end)	SHOT PUT Shot 2: Girls (Finish) Shot 4: Boys (Outside)	DISCUS Girls: Shot 3 (Cage end) Boys: Shot 1 (Beside 100m start)	LONG JUMP Half Boys & Girls Pit 2 Half Boys & Girls Pit 4 (Cage end)	HIGH JUMP HJ 2 HJ 3	100m	100m	100m								
7.50													100m	100m	100m	100m
8.00											300m	300m				
8.10																
8.20	100m	100m						HIGH JUMP HJ 1	LONG JUMP Pit 1 (Hill end)	LONG JUMP Pit 3 (Hill end)	LONG JUMP Pit 3 (Hill end)	DISCUS Green cage (Strand end)				
8.30			100m	100m			SHOT PUT Girls: Shot 2 (Finish line) Boys: Shot 1 (100m start)						TURBOJAV Jav 2 (Hill end)			
8.40					100m											
8.50																
9.00								300m	300m	300m	300m	300m				

If you are the last group at a field event area, please stack all the equipment into 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.

12 years to 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

ATTENTION VOLUNTEERS !!! New Clubhouse **WORKING BEE** 9 - 11AM Saturday 25th August at 2A Rowland Street, North Ward



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