



Townsville North Star Athletics Club

Program 8 - 29/6/18

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						#100m age specific HURDLES										
5.50	Marshalling						MUST be preregistered										
6.00	DISCUS Shot 3	LONG JUMP BOYS:Pit 1 GIRLS:Pit 3 (Hill end)	LONG JUMP BOYS:Pit 2 GIRLS:Pit 4 (Strand end)	TURBOJAV Jav 1 BOYS & Half GIRLS Jav 2 Half GIRLS (Hill end)	DISCUS BOYS Green Cage (Strand end) GIRLS Green cage (Hill end)	1000m											
6.10																	
6.20																	
6.30																	
6.40	60m	60m				SHOT PUT BOYS:Shot 1 (100m startline) GIRLS:Shot 2 (Finish)	TURBOJAV Jav 2 (Hill end)	HIGH JUMP HJ 1	DISCUS Green Cage (Hill end)	LONG JUMP Pit 1 (Hill end)	LONG JUMP Pit 1 (Hill end)	TRIPLE JUMP Pit 3 (Hill end)					
6.50			60m	60m													
7.00					60m												
7.10	100m	100m															
7.20			100m	100m	100m												
7.30	LONG JUMP Pit 2 (Strand end)	DISCUS BOYS:Shot 1 (100m startline) GIRLS:Shot 3 (Strand end)	SHOT PUT BOYS:Shot 4 (outside) GIRLS:Shot 2 (Finish)	HIGH JUMP Scissor mats 1 Half GIRLS & Boys Scissor mats 2 Half GIRLS	LONG JUMP BOYS:Pit 1 GIRLS:Pit 3 (Hill end)	60m	60m	60m									
7.40												60m	60m	60m	60m		
7.50											100m	100m	100m				
8.00														100m	100m	100m	100m
8.10						LONG JUMP BOYS:Pit 2 GIRLS:Pit 4 (Strand end)	HIGH JUMP HJ 1	JAVELIN Jav 2 (Hill end)	LONG JUMP Pit 1 (Hill end)	SHOT PUT Shot 1 (Strand end)	SHOT PUT Shot 1 (Strand end)	DISCUS Green cage (Strand end)					
8.20	80m	80m															
8.30			200m														
8.40				200m	200m												
8.50																	
9.00						300m	300m	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



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