



Townsville North Star

August 2nd, 2024

Week 13, Program 1

Time	5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14/15yrs	16-Open	Time	
5.40	Warm Up							5.30 80/90/100/110m Age Specific Hurdles				5.40	
5.50	Marshalling											5.50	
6.00	60m	60m					HIGH JUMP	SHOT PUT	DISCUS	SHOT PUT	HIGH JUMP	LONG JUMP	6.00
6.10			60m	60m	60m		Girls: Shot 2	Green Cage	Shot 1				6.10
6.20	100m	100m					Boys: Shot 3	(Strand End)		Blue Mat	Pit 1		6.20
6.30			100m	800m							(Hill End)		6.30
6.40	SHOT PUT	LONG JUMP			800m								6.40
6.50	Boys: Shot 6	Boys: Pit 2	LONG JUMP	DISCUS		60m	60m	60m	60m	60m	60m		6.50
7.00	Girls: Shot 5	Girls: Pit 4	Boys: Pit 1	Girls: Shot 2									7.00
7.10			Boys: Shot 3	DISCUS				4 years invitational 60m				7.10	
7.20	LONG JUMP	SHOT PUT	Girls: Pit 3	Green Cage		300m	300m						7.20
7.30	Pit 4	Boys: Shot 6	DISCUS	(Strand End)				300m	300m	300m	300m		7.30
7.40		Girls: Shot 5	Girls: Shot 2	LONG JUMP									7.40
7.50			Boys: Shot 3	Pit 2									7.50
8.00	70m	70m					HIGH JUMP	DISCUS	LONG JUMP	TRIPLE JUMP	HIGH JUMP	JAVELIN	SHOT PUT
8.10			70m	70m			Scissors Mats	(Strand End)	Pit 1	Pit 3	Blue Mat	Jan 2	Shot 1
8.20					70m	800m			(Hill End)	(Hill End)		(Hill End)	
8.30								800m	800m	800m	800m		8.30
8.40													8.40
8.50													8.50
<p>If you are the last field event, please pack up all the equipment into a neat pile BESIDE THE TRACK to be collected at the end of the night</p> <p>Event times are only approximate and will be adjusted as necessary to cater for athlete numbers and other circumstances</p> <p># Athletes wishing to run a programmed hurdle event MUST Facebook message the club before Friday 12pm to be allocated a lane. Marshalling at 5:20pm</p>													

