



Townsville North Star Athletics Club

June 17, 2022

Program 2 WEEK 8

Time	5 yrs	6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14/15 yrs	16-Seniors	Time	
5.40	Warm Up							5:30 # 200m Age specific hurdles					5.40
5.50	Marshalling												5.50
6.00					100m	100m						6.00	
6.10	DISCUS Girls: Shot 6 (Hill end) Boys: Shot 5 (Hill end)	LONG JUMP Boys: Pit 1 Girls: Pit 3 (Hill end)	HIGH JUMP Scissor mats Boys: Mat 1 Girls: Mat 2	TURBOJAV Girls: Jav 1 (Strand end) Boys: Jav 2 (Hill end)								6.10	
6.20													
6.30					DISCUS Boys: Shot 1 (100m startline) Girls: Shot 3 (Strand end)	LONG JUMP Boys: Pit 2 Girls: Pit 4 (Strand end)						6.30	
6.40	70m	70m											
6.50			70m	100m			HIGH JUMP Blue mat	JAVELIN Jav 2 (Hill end)	DISCUS Green Cage (Strand end)	LONG JUMP Pit 1 (Hill end)	TRIPLE JUMP Pit 3 (Hill end)	6.50	
7.00	100m	100m											
7.10			200m	200m								7.10	
7.20					200m	200m						7.20	
7.30	LONG JUMP Pit 1 (Hill end)	DISCUS Boys: Shot 1 (Strand end) Girls: Shot 4 (Outside)										7.30	
7.40													7.40
7.50			SHOT PUT Girls: Shot 6 (Hill end) Boys: Shot 5 (Hill end)	HIGH JUMP Scissor mats Boys: Mat 1 Girls: Mat 2	LONG JUMP Boys: Pit 2 Girls: Pit 4 (Strand end)	SHOT PUT Girls: Shot 2 (Finish line) Boys: Shot 3 (Strand end)	TURBOJAV Jav 2 (Hill end)	HIGH JUMP Blue mat	LONG JUMP Pit 3 (Hill end)	SHOT PUT Shot 1 (Strand end)	DISCUS Green Cage (Strand end)	7.50	
8.00													
8.10												8.10	
8.20						1500m						8.20	
8.30							1500m					8.30	
8.40								1500m				8.40	
8.50												8.50	

Athletes wishing to run a hurdle event MUST Facebook message the club before Friday 3pm to be allocated a lane. Marshalling at 5:20pm

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

If you are the last group at a field event area, please pack up all the equipment into a neat pile BESIDE THE TRACK



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