



Townsville North Star Sunset Series All-Comers Meet

January 28, 2023

Time	5 yrs	6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 - Open Men TRACK	12 - Open Men JUMPS	12 - Open Men THROWS	12 - Open Women TRACK	12 - Open Women JUMPS	12 - Open Women THROWS	Time	
3:00								80/90m H			80/90m H			3:00	
3:10								100/110m H			100m H			3:10	
3:20														3:20	
3:30								200m H						3:30	
3:40											200m H			3:40	
3:50														3:50	
4:00						60m Hurdles	60m Hurdles		B Group LONG JUMP Pit 1 (Hill end)	A Group SHOT PUT Shot 1 (Strand end)		B Group LONG JUMP Pit 3 (Hill end)	A Group SHOT PUT Shot 3 (Strand end)	4:00	
4:10	Warm ups - meet at the finishline														4:10
4:20														4:20	
4:30	60m	60m	HIGH JUMP Scissor Mats Boys Mat 1 Girls Mat 2 (Field 2)	LONG JUMP Pit 2 (Strand end)	LONG JUMP Pit 4 (Strand end)	SHOT PUT Shot 4 (Hill end outside)	SHOT PUT Shot 2 (Hill end)							4:30	
4:40								100m						4:40	
4:50	SHOT PUT Shot 5 (Strand end)	SHOT PUT Shot 6 (Strand end)									100m			4:50	
5:00														5:00	
5:10														5:10	
5:20									A Group LONG JUMP Pit 1 (Hill end)	JAVELIN Jav 1 (Strand end)		A Group LONG JUMP Pit 3 (Hill end)	JAVELIN Jav 2 (Hill end)	5:20	
5:30														5:30	
5:40	100m	100m												5:40	
5:50														5:50	
6:00								200m						6:00	
6:10	LONG JUMP Pit 3 (Hill end)	LONG JUMP Pit 1 (Hill end)	SHOT PUT Shot 2 (Hill end)	Scissor Mats Boys Mat 1 Girls Mat 2 (Field 2)	Scissor Mats Boys Mat 3 Girls Mat 4 (Field 2)	LONG JUMP Pit 2 (Strand end)	LONG JUMP Pit 4 (Strand end)				200m			6:10	
6:20														6:20	
6:30														6:30	
6:40									HIGH JUMP HJ 1 (Blue mat)	B Group SHOT PUT Shot 1 (Strand end)		HIGH JUMP HJ 2 (Orange mat)	B Group SHOT PUT Shot 3 (Strand end)	6:40	
6:50														6:50	
7:00	200m Unlanned Distance event	200m Unlanned Distance event												7:00	
7:10														7:10	
7:20														7:20	
7:30														7:30	
7:40														7:40	
7:50									TRIPLE JUMP Pit 3 (Hill end)	DISCUS Green Cage (Strand End)		TRIPLE JUMP Pit 1 (Hill end)	DISCUS Green Cage (Strand End)	7:50	
8:00														8:00	
8:10														8:10	
8:20														8:20	
8:30								1500m						8:30	
8:40											1500m			8:40	
8:50	DRAFT PROGRAM													8:50	
9:00														9:00	



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