



Townsville North Star Athletics

Sept 8, 2023

Week 18 Program 5

Time	5 yrs	6 yrs	7 yrs	8 yrs	9 yrs	11 yrs	12 yrs	13 yrs	14/15 yrs	16+ to Open	Time	
5.40	<i>Warm Up</i>						5:30 # 80/90/100/110m Age specific Hurdle				5.40	
5.50	<i>Marshalling</i>											5.50
6.00					120m	120m						6.00
6.10	LONG JUMP Pit 3 (Hill end)	SHOT PUT Girls: Shot 6 (Hill end) Boys: Shot 5 (Hill end)	LONG JUMP Boys: Pit 2 Girls: Pit 4 (Strand end)	TURBOJAV Girls: Jav 1 (Strand end) Boys: Jav 2 (Hill end)			120m	120m				6.10
6.20								120m	120m	120m		6.20
6.30					DISCUS Girls: Shot 1 (100m Startline) Boys: Shot 3 (Strand end)	HIGH JUMP Scissor mats Boys: Mat 1 Girls: Mat 2 (Field 1)						6.30
6.40	80m	80m					LONG JUMP Pit 1 (Hill end)	JAVELIN Jav 2 (Hill end)				6.40
6.50			80m	80m					DISCUS Green Cage (Strand end)	HIGH JUMP Blue mat	TRIPLE JUMP Pit 3 (Hill end)	6.50
7.00	100m	100m										7.00
7.10		LONG JUMP Girls: Pit 1 Boys: Pit 3 (Hill end)	100m	100m								7.10
7.20	SHOT PUT Shot 5 (Hill end)				300m							7.20
7.30			DISCUS Boys: Shot 6 (Hill end) Girls: Shot 4 (Outside behind Long Jump)	LONG JUMP Boys: Pit 2 Girls: Pit 4 (Strand end)		300m	300m					7.30
7.40					HIGH JUMP Scissor mats Boys: Mat 1 Girls: Mat 2 (Field 1)			300m	300m	300m	300m	7.40
7.50						SHOT PUT Boys: Shot 2 (Finishline) Girls: Shot 3 (Strand end)	TURBOJAV Jav 2 (Hill end)					7.50
8.00								HIGH JUMP Blue mat	LONG JUMP Pit 3 (Hill end)	SHOT PUT Shot 1 (Strand end)	DISCUS Green Cage (Strand end)	8.00
8.10												8.10
8.20												8.20
8.30						1500m	1500m					8.30
8.40								1500m	1500m	1500m	1500m	8.40
8.50												8.50

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.

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

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



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