



# 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							4:00
4:10	<b>Warm ups - meet at the finishline</b>													4:10
4:20														4:20
4:30	60m	60m						SHOT PUT Shot 1 (Strand end)	SHOT PUT Shot 1 (Strand end)					4:30
4:40			HIGH JUMP Scissor Mats Mat 1 (Field 2)	LONG JUMP Pit 2 (Strand end)	LONG JUMP Pit 4 (Strand end)			100m						4:40
4:50											100m			4:50
5:00	SHOT PUT Shot 2 (Finish line)	SHOT PUT Shot 2 (Finish line)												5:00
5:10								100m						5:10
5:20				100m	100m	100m			LONG JUMP Pit 1 (Hill end)	JAVELIN Jav 1 (Strand end)		LONG JUMP Pit 3 (Hill end)	JAVELIN Jav 1 (Strand end)	5:20
5:30														5:30
5:40	100m	100m												5:40
5:50				HIGH JUMP Scissor Mats Boys Mat 1	HIGH JUMP Scissor Mats Boys Mat 1	LONG JUMP Pit 2 (Strand end)	LONG JUMP Pit 2 (Strand end)							5:50
6:00			SHOT PUT Shot 2 (Hill end)					200m						6:00
6:10	LONG JUMP Pit 4. (Strand end)	LONG JUMP Pit 4. (Strand end)		Girls Mat 2 (Field 2)	Girls Mat 2 (Field 2)						200m			6:10
6:20														6:20
6:30								200m						6:30
6:40				200m	200m				HIGH JUMP HJ 1 (Blue mat)	SHOT PUT Shot 1 (Strand end)		HIGH JUMP HJ 1 (Blue mat)	SHOT PUT Shot 1 (Strand end)	6:40
6:50	200m Unlaned Distance event	200m Unlaned Distance event												6:50
7:00						HIGH JUMP Scissor Mats Boys Mat 1	HIGH JUMP Scissor Mats Boys Mat 1							7:00
7:10														7:10
7:20			LONG JUMP Pit 4 (Strand end)	SHOT PUT Shot 2 (Finish Line)	SHOT PUT Shot 3 (Strand end)	Girls Mat 2 (Field 2)	Girls Mat 2 (Field 2)	400/400mH						7:20
7:30											400/400mH			7:30
7:40						800m	800m							7:40
7:50				800m	800m				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			400m Unlaned Distance event											8:10
8:20								1500m						8:20
8:30											1500m			8:30
8:40														8:40
8:50	<b>FINAL PROGRAM</b>													8:50
9:00														9:00



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