



Townsville North Star Athletics Club

WEEK 12 PROGRAM 6

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								5:30pm 16years-Seniors only 400m Hurdles				5.40
5.50	Marshalling												5.50
6.00		DISCUS	60m Hurdles	60m Hurdles	HEIGHT CHANGE	Parents needed						6.00	
6.10	DISCUS	Boys: Shot 2 (Finish line)			60m Hurdles	60m Hurdles	HEIGHT CHANGE	LONG JUMP Pit 1 (Hill end)	JAVELIN Jav 2 (Hill end)	DISCUS Green cage (Strand end)	HIGH JUMP Blue mats	6.10	
6.20	Shot 5 (Hill end)	Girls: Shot 4 (Outside)					60m Hurdles					6.20	
6.30			HIGH JUMP Scissor Mats Boys: Mat 1 Girls: Mat 2	SHOT PUT	LONG JUMP Boys: Pit 4 Girls: Pit 2 (Strand end)	400m						6.30	
6.40				Boys: Shot 3 (Strand end)		Girls: Shot 1 (100m Startline)	400m						6.40
6.50	60m	60m										6.50	
7.00						TURBOJAV		100m	100m	100m	100m	7.00	
7.10							Girls: Jav 1 (Strand end)	HIGH JUMP Blue mats					7.10
7.20	LONG JUMP	LONG JUMP	SHOT PUT	HIGH JUMP	SHOT PUT	Boys: Jav 2 (Hill end)	4 Years 60m Invitational				7.20		
7.30	Pit 4 (Strand end)	Boys: Pit 1 Girls: Pit 3 (Hill end)	Boys: Shot 3 (Strand end)	Scissor Mats Boys: Mat 1 Girls: Mat 2	Boys: Shot 2 (Finish line)							7.30	
7.40			Girls: Shot 1 (100m Startline)		Girls: Shot 4 (Outside)			400m	400m	400m	400m	7.40	
7.50	100m	100m				LONG JUMP	DISCUS Green cage (Strand end)					7.50	
8.00			200m	200m		Boys: Pit 4 Girls: Pit 2 (Strand end)		SHOT PUT	TRIPLE JUMP	TRIPLE JUMP	JAVELIN		8.00
8.10						200m	Shot 1 (100m Startline)	Pit 1 (Hill end)	Pit 3 (Hill end)	Jav 2 (Castle Hill end)		8.10	
8.20							Please pack up when finished	Please pack up when finished	Please pack up when finished	Please pack up when finished		8.20	
8.30							1 MILE	1 MILE				8.30	
8.40									1 MILE	1 MILE	1 MILE	8.40	
8.50												8.50	

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

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



5 August, 2022

Townsville North Star Athletics Club

WEEK 12 PROGRAM 6

