



	Combined. 9 yrs 10yrs 11yrs			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										Time
3:00				90m H			80/90m H			3:00
3:10										3:10
3:20				100/110m H			100m H			3:20
3:30										3:30
3:40				200m H			200m H			3:40
3:50				800m			800m			3:50
4:00										4:00
4:10	Athletes warm up									4:10
4:20						DISCUS Green Cage (Strand End)			DISCUS Green Cage (Strand End)	4:20
4:30	100m									4:30
4:40										4:40
4:50	HIGH JUMP Scissor mats Boys: Mat 1 Girls: Mat 2			100m						4:50
5:00							100m			5:00
5:10										5:10
5:20						TRIPLE JUMP Pit 1 (Hill end)	JAVELIN Jav 1 (Strand end)		TRIPLE JUMP Pit 3 (Hill end)	JAVELIN Jav 1 (Strand end)
5:30										5:30
5:40	200m									5:40
5:50										5:50
6:00	SHOT PUT Boys: Shot 4. (Outside) Girls: Shot 2 (Hill end)			200m						6:00
6:10							200m			6:10
6:20										6:20
6:30										6:30
6:40					HIGH JUMP HJ 1 (Blue mats)	SHOT PUT Shot 1 (Strand end)		HIGH JUMP HJ 1 (Blue mats)	SHOT PUT Shot 1 (Strand end)	6:40
6:50	800m									6:50
7:00										7:00
7:10	LONG JUMP Boys: Pit 4 Girls: Pit 2 (Strand end)									7:10
7:20										7:20
7:30						400/400m H		400/400m H		7:30
7:40										7:40
7:50										7:50
8:00	60m				LONG JUMP Pit 1 (Hill end)			LONG JUMP Pit 3 (Hill end)		8:00
8:10										8:10
8:20										8:20
8:30										8:30
8:40				1500m			1500m			8:40
8:50	DRAFT PROGRAM									8:50
9:00										9:00



Townsville North Star Sunset Series All-Comers Permit Meet 2

February 25, 2023

