



# Townsville North Star Athletics Club

April 26 2024

Program 3, Week 3

Time	5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14/15yrs	16-Open	Time	
5.40	Warm Up							5.30 Age specific 3000m 13yrs+				5.40	
5.50	Marshalling											5.50	
6.00	<b>SHOT PUT</b>	<b>SHOT PUT</b>	60m hurdles	60m hurdles	<b>Height change</b>	<b>Volunteers needed</b>		<b>LONG JUMP</b>	<b>JAVELIN</b>	<b>TRIPLE JUMP</b>	<b>HIGH JUMP</b>	6.00	
6.10	Shot 5	Boys: Shot 2			60m hurdles	60m hurdles	<b>Height change</b>	Pit 1 (Hill End)	Jav 2 (Hill End)	Pit 3 (Hill End)	Blue Mats	6.10	
6.20	Hill end	Girls: Shot 6				60m hurdles						6.20	
6.30			<b>DISCUS</b>	<b>LONG JUMP</b>	<b>HIGH JUMP</b>	400m	400m					6.30	
6.40	60m	60m	Girls: Shot 4	Boys: Pit 4	Scissors Mats							6.40	
6.50			Boys: Shot 3	Girls: Pit 2	Mat 1: Boys	<b>SHOT PUT</b>	<b>DISCUS</b>	60m	60m			6.50	
7.00	<b>LONG JUMP</b>	<b>LONG JUMP</b>	<b>LONG JUMP</b>	<b>DISCUS</b>	Mat 2: Girls	Shot 2	Green Cage			60m	60m	7.00	
7.10	Pit 1	Pit 3	Boys: Pit 4	Girls: Shot 4		(200m start)	(Strand End)	<b>Father's Day 60m Invitational</b>				7.10	
7.20	(Hill End)		Girls: Pit 2	Boys: Shot 3		Boys: Shot 5		400m	400m			7.20	
7.30						Girls: Shot 6				400m	400m	7.30	
7.40	100m	100m					<b>HIGH JUMP</b>	<b>LONG JUMP</b>	<b>DISCUS</b>	<b>TRIPLE JUMP</b>	<b>DISCUS</b>	<b>JAVELIN</b>	7.40
7.50			120m	120m			Scissors Mats	Boys: Pit 4	Green Cage	Pit 1	Green Cage	Jav 2	7.50
8.00					120m		Mat 1: Boys	Girls: Pit 2	(Strand End)	(Hill End)	(Strand End)	(Hill End)	8.00
8.10							Mat 2: Girls						8.10
8.20													8.20
8.30													8.30
8.40						800m	800m	800m	800m	800m	800m	800m	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

# Athletes wishing to run a programmed hurdle event **MUST** Facebook message the club before Friday 12pm to be allocated a lane. Marshalling at 5:20pm

