



September 9, 2022

# Townsville North Star Athletics Club

WEEK 17

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												5.40
5.50	Marshalling												5.50
6.00			60m Hurdles	60m Hurdles	HEIGHT CHANGE	Volunteers needed						6.00	
6.10	TURBOJAV	TURBOJAV			60m Hurdles	60m Hurdles	HEIGHT CHANGE	LONG JUMP	JAVELIN	LONG JUMP	LONG JUMP	6.10	
6.20	Jav 1 (Strand end)	Jav 1 (Strand end)					60m Hurdles	Pit 1 (Hill end)	Jav 2 (Hill end)	Pit 3 (Hill end)	Pit 3 (Hill end)	6.20	
6.30			HIGH JUMP	SHOT PUT								6.30	
6.40			Scissor Mats 1 & 2	Shot 1 (Strand end)	LONG JUMP	SWEDISH MEDLY RELAYS	SWEDISH MEDLY RELAYS					6.40	
6.50	100m	100m			Pit 4 (Strand end)							6.50	
7.00								SWEDISH MEDLY RELAYS	SWEDISH MEDLY RELAYS	SWEDISH MEDLY RELAYS	SWEDISH MEDLY RELAYS	7.00	
7.10	LONG JUMP	LONG JUMP	80m	80m	80m	DISCUS	JAVELIN					7.10	
7.20	Pit 1 (Hill end)	Pit 3 (Hill end)	SHUTTLE RELAYS	SHUTTLE RELAYS	SHUTTLE RELAYS	Green Cage (Strand end)	Jav 2 (Hill end)					7.20	
7.30								100m	100m	100m	100m	7.30	
7.40	60m	60m	TURBOJAV	HIGH JUMP	SHOT PUT							7.40	
7.50	SHUTTLE RELAYS	SHUTTLE RELAYS	Jav 1 (Strand end)	Scissor Mats 1 & 2	Shot 2 (Finish line)	LONG JUMP	HIGH JUMP	SHOT PUT	LONG JUMP	DISCUS	JAVELIN	7.50	
8.00						Pit 1 (Hill end)	Blue mats	Shot 1 (Strand end)	Pit 3 (Hill end)	Green cage (Strand end)	Jav 2 (Castle Hill end)	8.00	
8.10			800m Walk									8.10	
8.20	SWEDISH MEDLY RELAY					800m Walk						8.20	
8.30	Starting at the 200m Startline							800m Walk				8.30	
8.40	1st Runner - 100m laned					Parents can be included in all events						8.40	
8.50	2nd Runner - 300m unlaned											8.50	
	3rd Runner - 200m unlaned												
	4th Runner - 400m unlaned												

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



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