



Townsville North Star Athletics Club

April 4th 2025

Program 3, Week 3

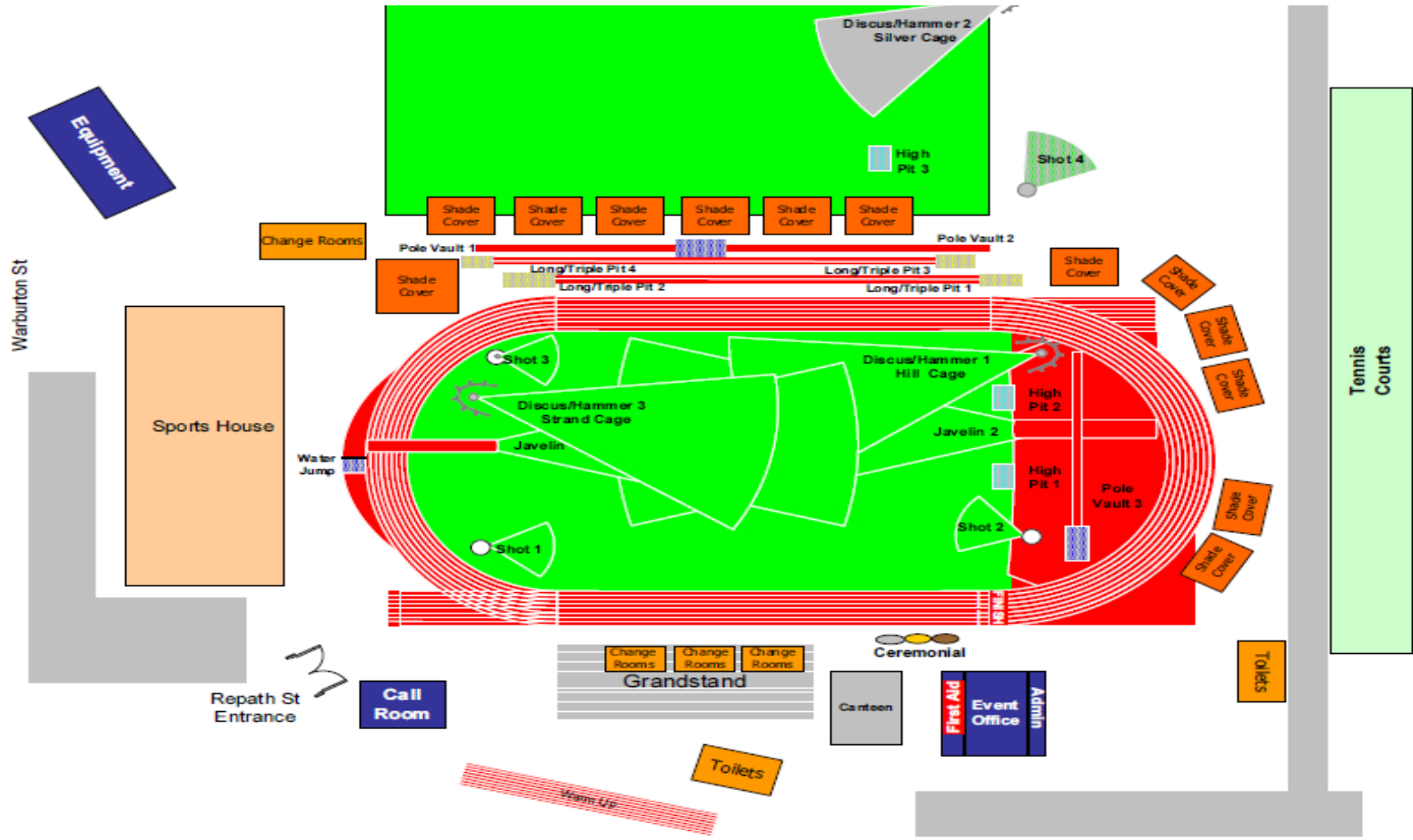
Time	4/5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14/15yrs	16-Open	Time
5.40	Warm Up							5.30 400m Age Specific Hurdles				5.40
5.50	Marshalling											5.50
6.00	SHOT PUT	SHOT PUT	60m hurdles	60m hurdles	Height Change	Volunteers needed		LONG JUMP	JAVELIN	TRIPLE JUMP	HIGH JUMP	6.00
6.10	Shot 4 (Outside)	Shot 4 (Outside)			60m hurdles	60m hurdles	Height Change	Pit 1 (Hill End)	Jav 2 (Hill End)	Pit 3 (Hill End)	Blue Mats	6.10
6.20			DISCUS	LONG JUMP		HIGH JUMP	60m hurdles					6.20
6.30			Shot 2 (Finish Line)	Boys: Pit 2 Girls: Pit 4	SHOT PUT Shot 4 (Outside)	Scissor Mats Mat 1: Boys Mat 2: Girls	DISCUS Green Cage (Hill End)	60m	60m			6.30
6.40	60m	60m										6.40
6.50												6.50
7.00	LONG JUMP	LONG JUMP	LONG JUMP	DISCUS						60m	60m	7.00
7.10	Pit 1 (Hill End)	Pit 3 (Hill End)	Boys: Pit 4 Girls: Pit 2	Shot 2 (Finish Line)	HIGH JUMP	SHOT PUT	400m					7.10
7.20					Scissor Mats	Shot 4 (Outside)		400m	400m			7.20
7.30	100m	100m			Mat 1: Boys Mat 2: Girls					400m	400m	7.30
7.40			120m	120m			LONG JUMP		HIGH JUMP	DISCUS	JAVELIN	7.40
7.50					120m		Boys: Pit 4 Girls: Pit 2	SHOT PUT	Blue Mats	Green Cage (Hill End)	Jav 2 (Hill End)	7.50
8.00								Shot 4 (Outside)				8.00
8.10						400m						8.10
8.20												8.20
8.30												8.30
8.40						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



Burke St Entrance





Equipment

Warburton St

Sports House

Change Rooms

Shade Cover

Water Jump

Repath St Entrance

Call Room

Change Rooms Change Rooms Change Rooms
Grandstand

Warm Up

Toilets

Canteen

First Aid
Event Office
Admin

Toilets

Tennis Courts

Discus/Hammer 2
Silver Cage

High Pit 3

Shot 4

Shade Cover

Shade Cover

Shade Cover

Shade Cover

Shade Cover

Shade Cover

Pole Vault 1

Pole Vault 2

Shade Cover

Long/Triple Pit 4

Long/Triple Pit 3

Long/Triple Pit 2

Long/Triple Pit 1

Shade Cover

Shade Cover

Shade Cover

Shade Cover

Shade Cover

Shade Cover

Shade Cover

Shade Cover

Shot 3

Shot 1

Shot 2

Discus/Hammer 1
Hill Cage

Discus/Hammer 3
Strand Cage

Javelin

Javelin 2

High Pit 2

High Pit 1

Pole Vault 3

Ceremonial