



# Townsville North Star Athletics Club

July 12th 2024

Program 4, Week 10

Time	5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14/15yrs	16-Open	Time
5.40	Warm Up							5.30 Age specific 80/90/100 hurdles				5.40
5.50	Marshalling											5.50
6.00	60m	60m				<b>LONG JUMP</b> Boys: Pit 4 Girls: Pit 2	<b>SHOT PUT</b> Girls: Shot 3 Boys: Shot 1	<b>DISCUS</b> Green Cage (Strand End)	<b>HIGH JUMP</b> Blue Mats	<b>LONG JUMP</b> Pit 3	<b>LONG JUMP</b> Pit 1	6.00
6.10			60m	60m	60m							6.10
6.20	100m	100m										6.20
6.30	<b>DISCUS</b> Girls: Shot 5 Boys: Shot 6		100m	800m								6.30
6.40		<b>LONG JUMP</b> Boys: Pit 4 Girls: Pit 2	<b>HIGH JUMP</b> Scissors Mats		800m							6.40
6.50				<b>DISCUS</b> Girls: Shot 3 Boys: Shot 4		100m	100m	100m				6.50
7.00					<b>SHOT PUT</b> Shot 2 Finish line end				100m	100m	100m	7.00
7.10												7.10
7.20	80m											7.20
7.30	<b>LONG JUMP</b> Boys: Pit 1 Girls: Pit 3	80m	80m			200m	200m	200m				7.30
7.40		<b>DISCUS</b> Girls: Shot 5 Boys: Shot 6	<b>SHOT PUT</b> Girls: Shot 3 Boys: Shot 4	80m	80m				200m	200m	200m	7.40
7.50				<b>HIGH JUMP</b> Scissors Mats	<b>LONG JUMP</b> Boys: Pit 4 Girls: Pit 2	<b>DISCUS</b> Green Cage (Strand End)	<b>HIGH JUMP</b> Blue Mats	<b>TRIPLE JUMP</b> Pit 1 (Hill End)				7.50
8.00									<b>SHOT PUT</b> Shot 1 Finish line end	<b>JAVELIN</b> Jav 2 (Hill End)	<b>SHOT PUT</b> Shot 3	8.00
8.10												8.10
8.20												8.20
8.30												8.30
8.40						1000	1000	1000	1000	1000	1000	8.40
8.50												8.50
<p>If you are the last field event, please pack up all the equipment into a neat pile <b>BESIDE THE TRACK</b> to be collected at the end of the night</p> <p>Event times are only approximate and will be adjusted as necessary to cater for athlete numbers and other circumstances</p> <p># Athletes wishing to run a programmed hurdle event <b>MUST</b> Facebook message the club before Friday 12pm to be allocated a lane. Marshalling at 5:20pm</p>												

