



Townsville North Star Athletics Club

Sept 20, 2019

FAREWELL TO PURPLE

Time	5 yrs	6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14/15 yrs	Sen/Mast	Time
5.40	Warm Up											5.40
5.50	Marshalling											5.50
6.00	60m MIXED AGES SHUTTLE RELAYS (inc Parents)	60m MIXED AGES SHUTTLE RELAYS (inc Parents)				VORTEX Jav 1 (Strand end)	JAVELIN Jav 2 (Hill end)	LONG & TRIPLE JUMP Pit 2 & 4 (Hill end)	LONG & TRIPLE JUMP Pit 2 & 4 (Hill end)	LONG & TRIPLE JUMP Pit 1 & 3 (Hill end)	LONG & TRIPLE JUMP Pit 1 & 3 (Hill end)	6.00
6.10			80m MIXED AGES SHUTTLE RELAYS (inc Parents team)	80m MIXED AGES SHUTTLE RELAYS (inc Parents team)	80m MIXED AGES SHUTTLE RELAYS (inc Parents team)							6.10
6.20												6.20
6.30												6.30
6.40	VORTEX Shot 2 (Strand end)	HIGH JUMP Scissor mat				1000m SWEDISH MEDLY RELAYS (inc Parents team)	1000m SWEDISH MEDLY RELAYS (inc Parents team)	1000m SWEDISH MEDLY RELAYS (inc Parents team)	1000m SWEDISH MEDLY RELAYS (inc Parents team)	1000m SWEDISH MEDLY RELAYS (inc Parents team)	1000m SWEDISH MEDLY RELAYS (inc Parents team)	6.40
6.50			TURBOJAV Jav 2 (Hill end)	VORTEX Shot 1 (Strand end)	VORTEX Jav 1 (Strand end)							6.50
7.00												7.00
7.10												7.10
7.20	60m HURDLES (30cm)	60m HURDLES (30cm)										7.20
7.30						LONG & TRIPLE JUMP Pit 2 & 4 (Hill end)	LONG & TRIPLE JUMP Pit 1 & 3 (Hill end)	VORTEX Jav 1 (Strand end)	VORTEX Jav 1 (Strand end)	VORTEX Jav 2 (Hill end)	VORTEX Jav 2 (Hill end)	7.30
7.40			120m	120m	120m							7.40
7.50												7.50
8.00	800m WALK (Parents included)											8.00
8.10												8.10
8.20	FAREWELL TO PURPLE											8.20
8.30												8.30
8.40												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

#Those athletes wishing to run a hurdle event **MUST** Facebook message the club before Friday 3pm to be allocated a lane. Marshalling at 5:20pm



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