



Townsville North Star Sunset Series All-Comers Permit Meet 1

February 11, 2023

Time	9 yrs	10 yrs	11 yrs	12 - Open Men TRACK	12 - Open Men JUMPS	12 - Open Men THROWS	12 - Open Women TRACK	12 - Open Women JUMPS	12 - Open Women THROWS	Time
3:00				90m H			80/90m H			3:00
3:10										3:10
3:20				100/110m H			100m H			3:20
3:30										3:30
3:40							200m H			3:40
3:50				200m H						3:50
4:00										4:00
4:10	<i>Athletes warm up</i>				B Group LONG JUMP Pit 3 (Hill end)			B GROUP LONG JUMP Pit 1 (Hill end)		4:10
4:20										4:20
4:30	100m	100m	100m							4:30
4:40										4:40
4:50	HIGH JUMP	HIGH JUMP	HIGH JUMP	100m						4:50
5:00	Scissor mats Boys: Mat 1	Scissor mats Boys: Mat 1	Scissor mats Boys: Mat 1				100m			5:00
5:10	Girls: Mat 2 (Field 2)	Girls: Mat 2 (Field 2)	Girls: Mat 2 (Field 2)		A Group LONG JUMP Pit 3 (Hill end)	JAVELIN Jav 2 (Hill end)		A Group LONG JUMP Pit 1 (Hill end)	JAVELIN Jav 1 (Strand end)	5:10
5:20										5:20
5:30										5:30
5:40	200m	200m	200m							5:40
5:50										5:50
6:00				200m						6:00
6:10	DISCUS Boys: Field 1 Girls: Field 2	DISCUS Boys: Field 1 Girls: Field 2	DISCUS Boys: Field 1 Girls: Field 2				200m			6:10
6:20					HIGH JUMP HJ 1 (Blue mats)	SHOT PUT Shot 1 (Strand end)		HIGH JUMP HJ 2 (Orange mats)	SHOT PUT Shot 3 (Strand end)	6:20
6:30										6:30
6:40										6:40
6:50	400m	400m	400m							6:50
7:00										7:00
7:10	LONG JUMP	LONG JUMP	LONG JUMP							7:10
7:20	Boys: Pit 4 Girls: Pit 2 (Strand end)	Boys: Pit 4 Girls: Pit 2 (Strand end)	Boys: Pit 4 Girls: Pit 2 (Strand end)	400m						7:20
7:30							400m			7:30
7:40					TRIPLE JUMP Pit 1 (Hill end)	DISCUS Green Cage (Strand End)		TRIPLE JUMP Pit 3 (Hill end)	DISCUS Green Cage (Strand End)	7:40
7:50										7:50
8:00	1500m	1500m	1500m							8:00
8:10										8:10
8:20				1500m						8:20
8:30							1500m			8:30
8:40										8:40
8:50	DRAFT PROGRAM									8:50
9:00	DRAFT PROGRAM									9:00



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