

NORTH STAR - 20 October 2011

First of all, a warm welcome to everybody who has joined our club for the first time. We hope you find what you are looking for, both competitively and socially, at UTS Northern Suburbs.

2011 Club Premiership

As you know, UTS Norths are the defending club premiers. Our title defence begins this Saturday (22th October) with the split round at Narrabeen and Campbelltown. The top 20 places in each event score points for the club, so you can contribute simply by participating. The cost of entry is \$5, and you may enter as many events as you want for the day.

Sydney Academy of Sport – Wakehurst Parkway, Narrabeen

2:00pm 3000m/5000m Walk
2:00pm Javelin Throw – 400g and 500g
2:00pm Shot Put – 7.26kg
2:45pm 100m
3:15pm Shot Put - 5kg and 6kg
3:20pm Javelin Throw – 600g and 700g
3:35pm 400m
4:20pm Shot Put – 3kg and 4kg
4:25pm 4 x 100m
4:30pm Javelin Throw – 800g
4:40pm 1500m

Campbelltown Sports Centre – Pembroke Road, Leumeah

1:30pm Hammer - 7.26kg
2:00pm 200m Hurdles
2:00pm Pole Vault - 3.30m start
2:00pm Triple Jump – 11m and 13m boards
2:40pm 100m
2:40pm Hammer - 4kg
3:20pm Triple Jump – 7m and 9m boards (male)
3:35pm 400m
3:50pm Pole Vault – 2m start
4:05pm Hammer - 3kg
4:25pm 4 x 100m Relay
4:25pm Triple Jump – 7m and 9m boards (female)
4:45pm 1500m
5:15pm 400m Hurdles

State Relays

The State Relays is the biggest event on the NSW Athletics calendar. This year's championships will be held on the weekend of 19-20th November at Olympic Park. Please make a note of this date in your diary. An email will soon be sent around regarding the formation of teams.

Northern Zone

This Saturday will be round 7 of Northern Zone, and will be following the Series 1 timetable.

12:45 – 1:00pm – General Warm-up

1:00pm - Men's Shot Put & Women's Javelin Throw

1:00pm - 1500m

1:30pm - Women's Shot Put & Men's Javelin Throw

2:15pm - 100m

3:00pm - Women's Hammer Throw and Men's Long Jump

3:00pm - 400m

3:30pm - Men's Hammer Throw & Women's Long Jump

3:45pm - 3000m Walk

Note: these times are a guide only. Events will not start before the listed time.

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