

SOUTH COAST ATHLETICS - [SEASON 2024-25](#) - PROGRAM 1

PROGRAM 1	<u>Event 1</u>	<u>Event 2</u>	<u>Event 3</u>	<u>Event 4</u>	<u>Event 5</u>
Tiny Tots	Athletic Play - Games & Events				
U6 Girls	Shot Put 2 (1kg)	70m	Long Jump 2	100m	60m Mini Hurdles (inside track, 20cm)
U6 Boys	Long Jump 2	70m	Shot Put 2 (1kg)	100m	60m Mini Hurdles (inside track, 20cm)
U7 Girls	Discus 2 (350g)	70m	Vortex 1	100m	60m Mini Hurdles (inside track, 30cm)
U7 Boys	Long Jump 1	70m	Shot Put 1 (1kg)	100m	60m Mini Hurdles (inside track, 30cm)
U8/9 Girls	70m	High Jump (Scissor Kick Mat)	100m	Vortex 1	700m Race Walk (U9 ONLY)
U8/9 Boys	70m	Vortex 1	100m	High Jump (Scissor Kick Mat)	700m Race Walk (U9 ONLY)
U10 Girls	70m	Shot Put 1 (2kg)	100m	Long Jump 2	1100m Race Walk
U10 Boys	70m	Turbo Javelin	100m	Long Jump 1	1100m Race Walk
U11/12 Boys	100m	Triple Jump	1500m	Javelin (400g)	
U11/12/13 Girls	Discus 1 (U11-500g; U12/13-750g)	100m	Triple Jump	1500m	
U14 Girls	Javelin (400g)	1500m	High Jump (Frosby)	100m	
U13/14/15 Boys	High Jump (Frosby)	1500m	Javelin (U13/14B-600g; U15B-700g)	100m	