

# SOUTH COAST ATHLETICS - SEASON 2024-25 - PROGRAM 3

<u>PROGRAM 3</u>	<u>Event 1</u>	<u>Event 2</u>	<u>Event 3</u>	<u>Event 4</u>	<u>Event 5</u>
<b>Tiny Tots</b>	Athletic Play - Games & Events				
<b>U6 Girls</b>	300m	Race Walk Practice	Vortex 1	Shop Put 2 (1kg)	
<b>U6 Boys</b>	300m	Shop Put 2 (1kg)	Race Walk Practice	Vortex 1	
<b>U7 Girls</b>	500m	Long Jump 2	Race Walk Practice	Vortex 2	
<b>U7 Boys</b>	Vortex 1	500m	Race Walk Practice	Long Jump 2	
<b>U8/9 Girls</b>	Discus 2 (500g)	700m (U8)/800m (U9)	High Jump (Scissor Kick Mat)	Hurdles <b>60m</b> (45cm): inside track	
<b>U8/9 Boys</b>	High Jump (Scissor Kick Mat)	700m (U8)/800m (U9)	Discus 2 (500g)	Hurdles <b>60m</b> (45cm): inside track	
<b>U10 Girls</b>	Long Jump 2	800m	Turbo Javelin	Hurdles <b>60m</b> (60cm): inside track	
<b>U10 Boys</b>	800m	High Jump (Scissor Kick Mat)	Shot Put 2 (2kg)	Hurdles <b>60m</b> (60cm): inside track	
<b>U11/12 Boys</b>	Long Jump 1	Hurdles <b>80m</b> (U11-60cm, U12-68cm): inside track	Shot Put 1 (2kg)	800m	
<b>U11/12/13 Girls</b>	Javelin (400g)	Hurdles <b>80m</b> (U11-60cm; U12-68cm; U13-76cm, to run with U14G): inside track	Long Jump 2	800m	Hurdles <b>200m</b> (U13-68cm): U13G to run with U14G
<b>U14 Girls</b>	Hurdles <b>80m</b> (76cm): inside track	Discus 1 (1kg)	Long Jump 1	800m	Hurdles <b>200m</b> (76cm): U13G to run with U14G
<b>U13/14/15 Boys</b>	Hurdles <b>80m</b> (U13-76cm), <b>90m</b> (U14-76cm), <b>100m</b> (U15B-76cm): inside track	Long Jump 1	Discus 1 (1kg)	800m	Hurdles <b>200m</b> (U13-68cm, U14-76cm), <b>300m</b> (U15-76cm)