

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

<a href="#">PROGRAM 1</a>	Event 1	Event 2	Event 3	Event 4	Event 5
<b>Tiny Tots</b>	Athletic Play - Games & Events				
<b>U6/7 Girls</b>	Shot Put 2 (1kg)	70m	Long Jump 2	100m	60m Mini Hurdles (inside track, U6-20cm; U7-30cm)
<b>U6/7 Boys</b>	Long Jump 2	70m	Shot Put 2 (1kg)	100m	60m Mini Hurdles (inside track, U6-20cm; U7-30cm)
<b>U8/9 Girls</b>	70m	High Jump (Scissor Kick Mat)	100m	Vortex 1	700m Race Walk (U9 ONLY)
<b>U8/9 Boys</b>	70m	Vortex 1	100m	High Jump (Scissor Kick Mat)	700m Race Walk (U9 ONLY)
<b>U10 Mixed</b>	70m	Shot Put 1 (2kg)	100m	Long Jump 2	1100m Race Walk
<b>U11/12 Boys</b>	100m	Triple Jump	1500m	Javelin (400g)	
<b>U11/12/13 Girls</b>	Discus 1 (U11-500g; U12/13-750g)	100m	Triple Jump	1500m	
<b>U14 Girls</b>	Javelin (400g)	100m	High Jump (Frosby)	1500m	
<b>U13/14/15 Boys</b>	High Jump (Frosby)	100m	Javelin (U13/14B-600g; U15B-700g)	1500m	

# SOUTH COAST ATHLETICS - SEASON 2024-25 - PROGRAM 2

<u>PROGRAM 2</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>U6/7 Girls</b>	Jumps Training	200m	Discus 2 (350g)	50m	
<b>U6/7 Boys</b>	Discus 2 (350g)	200m	Jumps Training	50m	
<b>U8/9 Girls</b>	Shot Put 2 (U8-1.5kg, U9-2kg)	200m	Long Jump 2	400m (U9 ONLY) / Race walk practice (U8)	
<b>U8/9 Boys</b>	Long Jump 2	200m	Shot Put 2 (U8-1.5kg, U9-2kg)	400m (U9 ONLY) / Race walk practice (U8)	
<b>U10 Mixed</b>	200m	High Jump (Scissor Kick Mat)	400m	Discus 2 (500g)	
<b>U11/12 Boys</b>	200m	High Jump (Frosby)	400m	Discus 1 (U11-500g/U12-750g)	1100m (U11)/1500m (U12) Race Walk
<b>U11/12/13 Girls</b>	200m	Shot Put 1 (U11/12-2kg; U13-3kg)	400m	High Jump (Frosby)	1100m (U11)/1500m (U12/13) Race Walk
<b>U14 Girls</b>	200m	Triple Jump	400m	Shot Put 1 (3kg)	1500m Race Walk
<b>U13/14/15 Boys</b>	200m	Shot Put 2 (U13/14B-3kg; U15B-4kg)	400m	Triple Jump	1500m Race Walk

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

<u>PROGRAM 3</u>	Event 1	Event 2	Event 3	Event 4	Event 5
<b>Tiny Tots</b>	Athletic Play - Games & Events				
<b>U6/7 Girls</b>	300m (U6)/500m (U7)	Race Walk Practice	Vortex 1	Long Jump 1	
<b>U6/7 Boys</b>	300m (U6)/500m (U7)	Long Jump 2	Race Walk Practice	Vortex 1	
<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 Mixed</b>	Long Jump 2	800m	Turbo Javelin	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 U14): inside track	Long Jump 2	800m	
<b>U14 Girls</b>	Hurdles <b>80m</b> (U13/14-76cm): inside track	Hurdles <b>200m</b> (U13-68cm, U14-76cm): U13 to run with U14	Long Jump 1	800m	Discus 1 (1kg)
<b>U13/14/15 Boys</b>	Hurdles <b>80m</b> (U13-76cm) <b>90m</b> (U14-76cm), <b>100m</b> (U15-76cm): inside track	Hurdles <b>200m</b> (U13-68cm, U14-76cm), <b>300m</b> (U15-76cm)	Discus 1 (U13-750g, U14/15-1kg)	800m	Long Jump 1