

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

PROGRAM 1	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	Athletic Play - Games & Events				
U6/7 Girls	Shot Put 2 (1kg)	70m	Long Jump 2	200m	60m Mini Hurdles (inside track, U6-20cm; U7-30cm)
U6/7 Boys	Long Jump 2	70m	Shot Put 2 (1kg)	200m	60m Mini Hurdles (inside track, U6-20cm; U7-30cm)
U8/9 Girls	70m	High Jump (Scissor Kick Mat)	200m	Vortex 1	700m walk (U9 ONLY)
U8/9 Boys	70m	Vortex 1	200m	High Jump (Scissor Kick Mat)	700m walk (U9 ONLY)
U10 Mixed	70m	Shot Put 1 (2kg)	200m	Long Jump 2	
U11/12 Boys	800m	Triple Jump	200m	Javelin (400g)	
U11/12/13 Girls	Discus 1 (U11-500g; U12/13-750g)	800m	Triple Jump	200m	
U14-17 Mixed	Javelin (U14G-400g; U14B-600g; U15B-700g)	800m	High Jump (Frosby)	200m	

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>
Tiny Tots	Athletic Play - Games & Events				
U6/7 Girls	Jumps Training	100m	Discus 2 (350g)	50m	
U6/7 Boys	100m	Discus 2 (350g)	Jumps Training	50m	
U8/9 Girls	Shot Put 2 (U8-1.5kg, U9-2kg)	100m	Long Jump 2	400m (U9 ONLY) / Race walk practice (U8)	
U8/9 Boys	Long Jump 2	100m	Shot Put 2 (U8-1.5kg, U9-2kg)	400m (U9 ONLY) / Race walk practice (U8)	
U10 Mixed	100m	High Jump (Scissor Kick Mat)	400m	Discus 2 (500g)	1100m Race Walk
U11/12 Boys	100m	High Jump (Frosby)	400m	Discus 1 (U11-500g/U12-750g)	1100m (U11)/1500m (U12) Race Walk
U11/12/13 Girls	400m	Shot Put 1 (U11/12-2kg; U13-3kg)	100m	High Jump (Frosby)	1100m (U11)/1500m (U12/13) Race Walk
U14-17 Mixed	400m	Triple Jump	100m	Shot Put 1 (U14G/B-3kg, U15B-4kg)	1500m Race Walk

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>
Tiny Tots	Athletic Play - Games & Events				
U6/7 Girls	300m (U6)/500m (U7)	Race Walk Practice	Vortex 1	Long Jump 1	
U6/7 Boys	300m (U6)/500m (U7)	Long Jump 2	Race Walk Practice	Vortex 1	
U8/9 Girls	Discus 2 (500g)	700m (U8)/800m (U9)	High Jump (Scissor Kick Mat)	Hurdles 60m (45cm)	
U8/9 Boys	High Jump (Scissor Kick Mat)	700m (U8)/800m (U9)	Discus 2 (500g)	Hurdles 60m (45cm)	
U10 Mixed	Long Jump 2	800m	Turbo Javelin	Hurdles 60m (60cm)	
U11/12 Boys	Long Jump 1	Hurdles 80m (U11-60cm, U12-68cm)	Shot Put 1 (2kg)	1500m	
U11/12/13 Girls	Javelin (400g)	Hurdles 80m (U11-60cm; U12-68cm; U13G to run with seniors)	Long Jump 2	1500m	Hurdles 200m (U13-68cm)
U14-17 Mixed	Hurdles 80m (U13/14G-76cm), 90m (U14B-76cm), 100m (U15B-76cm)	Long Jump 1	1500m	Discus 1 (1kg)	Hurdles 200m (U14-76cm), 300m (U15-76cm)