

SOUTH COAST ATHLETICS - SEASON 2024-25 - PROGRAM 2

PROGRAM 2	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	Athletic Play - Games & Events				
U6 Girls	Vortex 1	200m	Discus 2 (350g)	50m	
U6 Boys	Discus 2 (350g)	200m	Vortex 1	50m	
U7 Girls	Long Jump 1	200m	Shot Put 1 (1kg)	50m	
U7 Boys	Vortex 2	200m	Discus 1 (350g)	50m	
U8/9 Girls	Shot Put 2 (U8-1.5kg, U9-2kg)	200m	Long Jump 2	400m (U9 ONLY) / Race walk practice (U8)	
U8/9 Boys	Long Jump 2	200m	Shot Put 2 (U8-1.5kg, U9-2kg)	400m (U9 ONLY) / Race walk practice (U8)	
U10 Girls	200m	High Jump (Scissor Kick Mat)	400m	Discus 2 (500g)	
U10 Boys	200m	Discus 1 (500g)	400m	High Jump (Scissor Kick Mat)	
U11/12 Boys	200m	High Jump (Frosby)	400m	Discus 1 (U11-500g/U12-750g)	1100m (U11)/1500m (U12) Race Walk
U11/12/13 Girls	200m	Shot Put 1 (U11/12-2kg; U13-3kg)	400m	High Jump (Frosby)	1100m (U11)/1500m (U12/13) Race Walk
U14 Girls	200m	Triple Jump	400m	Shot Put 1 (3kg)	1500m Race Walk
U13/14/15 Boys	200m	Shot Put 2 (U13/14B-3kg; U15B-4kg)	400m	Triple Jump	1500m Race Walk