

# DRAFT PROGRAM

## Tiny Tots to Under 17's DRAFT Program Sunday, 24 November 2024

### Tiny Tots

The Tiny Tots session is a fun one-hour fundamental coaching session, taken by some of the best Tiny Tots coaches and coordinators in the State.

Session	Start Time	Finish Time
Tiny Tots	9:00AM	10:00AM

#### Under 6 Boys

4	Long Jump	LJ1/LJ2/LJ3	8:00 AM
15	50m	TR2	9:00 AM
24	Shot Put	SP1/SP2	9:40 AM
26	100m	TR2	9:45 AM
55	200m	TR1	12:30 PM
59	Discus	DT1/DT2	1:00 PM
71	70m	TR2	2:00 PM
89	300m	TR1	3:40 PM

#### Under 6 Girls

4	Long Jump	LJ1/LJ2/LJ3	8:00 AM
15	50m	TR2	9:00 AM
24	Shot Put	SP1/SP2	9:40 AM
26	100m	TR2	9:45 AM
55	200m	TR1	12:30 PM
59	Discus	DT1/DT2	1:00 PM
71	70m	TR2	2:00 PM
89	300m	TR1	3:40 PM

#### Under 7 Boys

1	Discus	DT1/DT2/DT3	8:00 AM
17	50m	TR2	9:10 AM
28	100m	TR2	9:52 AM
32	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	10:30 AM
56	200m	TR1	12:37 PM
70	Shot Put	SP1/SP2/SP3/SP4	1:50 PM
81	70m	TR2	2:54 PM
94	500m	TR1	4:00 PM

#### Under 7 Girls

1	Discus	DT1/DT2/DT3	8:00 AM
17	50m	TR2	9:10 AM
28	100m	TR2	9:52 AM
32	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	10:30 AM
56	200m	TR1	12:37 PM
70	Shot Put	SP1/SP2/SP3/SP4	1:50 PM
81	70m	TR2	2:54 PM
94	500m	TR1	4:00 PM

#### Under 8 Boys

2	High Jump	HJ3/HJ4/HJ5	8:00 AM
34	100m	TR2	10:39 AM
43	Shot Put	SP1/SP2/SP3/SP4	11:20 AM
44	60m Hurdles	TR2	11:30 AM
52	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	12:10 PM
63	200m	TR1	1:12 PM
67	Discus	DT1/DT2/DT3	1:50 PM
75	70m	TR2	2:37 PM
90	700m	TR1	3:45 PM

#### Under 8 Girls

18	High Jump	HJ3/HJ4	9:20 AM
34	100m	TR2	10:39 AM
43	Shot Put	SP1/SP2/SP3/SP4	11:20 AM
44	60m Hurdles	TR2	11:30 AM
52	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	12:10 PM
63	200m	TR1	1:12 PM
67	Discus	DT1/DT2/DT3	1:50 PM
75	70m	TR2	2:37 PM
90	700m	TR1	3:45 PM

**Under 9 Boys**

6	700m Walk	TR1	8:30 AM
8	Discus	DT1/DT2/DT3	8:50 AM
29	100m	TR2	10:12 AM
46	60m Hurdles	TR2	11:47 AM
53	Shot Put	SP1/SP2	12:10 PM
58	200m	TR1	12:52 PM
65	High Jump	HJ3/HJ4/HJ5	1:20 PM
73	70m	TR2	2:12 PM
78	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	2:40 PM
95	800m	TR1	4:15 PM

**Under 10 Boys**

5	Shot Put	SP1/SP2/SP3	8:00 AM
7	1100m Walk	TR1	8:40 AM
10	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	8:50 AM
30	100m	TR1	10:15 AM
35	High Jump	HJ3/HJ4/HJ5	10:40 AM
54	60m Hurdles	TR2	12:14 PM
66	200m	TR1	1:34 PM
83	70m	TR2	3:14 PM
96	Discus	DT1/DT2/DT3	4:20 PM
98	800m	TR1	4:27 PM

**Under 11 Boys**

3	High Jump	HJ1/HJ2	8:00 AM
7	1100m Walk	TR1	8:40 AM
39	100m	TR1	11:04 AM
40	Discus	DT1/DT2/DT3	11:20 AM
51	Javelin	JT	12:10 PM
57	80m Hurdles	TR2	12:45 PM
62	Shot Put	SP1/SP2	1:00 PM
72	200m	TR1	2:01 PM
86	Long Jump	LJ1/LJ2/LJ3/LJ4	3:30 PM
99	800m	TR1	4:39 PM

**Under 12 Boys**

11	Shot Put	SP1/SP2/SP3	8:50 AM
14	1500m Walk	TR1	9:00 AM
22	Javelin	JT	9:40 AM
38	100m	TR1	10:42 AM
42	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	11:20 AM
64	80m Hurdles	TR2	1:15 PM
74	200m	TR1	2:26 PM
76	Discus	DT1/DT2/DT3	2:40 PM
88	Triple Jump	TJ1	3:30 PM

**Under 9 Girls**

6	700m Walk	TR1	8:30 AM
8	Discus	DT1/DT2/DT3	8:50 AM
29	100m	TR2	10:12 AM
46	60m Hurdles	TR2	11:47 AM
53	Shot Put	SP1/SP2	12:10 PM
58	200m	TR1	12:52 PM
73	70m	TR2	2:12 PM
78	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	2:40 PM
91	High Jump	HJ3/HJ4	4:00 PM
95	800m	TR1	4:15 PM

**Under 10 Girls**

5	Shot Put	SP1/SP2/SP3	8:00 AM
7	1100m Walk	TR1	8:40 AM
10	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	8:50 AM
30	100m	TR1	10:15 AM
49	High Jump	HJ3/HJ4/HJ5	12:00 PM
54	60m Hurdles	TR2	12:14 PM
66	200m	TR1	1:34 PM
83	70m	TR2	3:14 PM
96	Discus	DT1/DT2/DT3	4:20 PM
98	800m	TR1	4:27 PM

**Under 11 Girls**

7	1100m Walk	TR1	8:40 AM
19	High Jump	HJ1/HJ2	9:20 AM
39	100m	TR1	11:04 AM
40	Discus	DT1/DT2/DT3	11:20 AM
57	80m Hurdles	TR2	12:45 PM
62	Shot Put	SP1/SP2	1:00 PM
68	Javelin	JT	1:50 PM
72	200m	TR1	2:01 PM
86	Long Jump	LJ1/LJ2/LJ3/LJ4	3:30 PM
99	800m	TR1	4:39 PM

**Under 12 Girls**

11	Shot Put	SP1/SP2/SP3	8:50 AM
14	1500m Walk	TR1	9:00 AM
31	Javelin	JT	10:30 AM
38	100m	TR1	10:42 AM
42	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	11:20 AM
64	80m Hurdles	TR2	1:15 PM
74	200m	TR1	2:26 PM
76	Discus	DT1/DT2/DT3	2:40 PM
97	Triple Jump	TJ1/TJ2	4:20 PM

100 800m TR1 4:51 PM

#### Under 13 Boys

14 1500m Walk TR1 9:00 AM  
21 Discus DT1/DT2/DT3 9:40 AM  
27 200m Hurdles TR1 9:50 AM  
36 High Jump HJ1 10:40 AM  
48 100m TR1 11:58 AM  
61 Long Jump LJ1/LJ2/LJ3 1:00 PM  
77 Javelin JT 2:40 PM  
80 200m TR1 2:48 PM  
87 Shot Put SP1/SP2 3:30 PM  
101 800m TR1 5:03 PM

#### Under 14 Boys

9 Javelin JT 8:50 AM  
14 1500m Walk TR1 9:00 AM  
23 Long Jump LJ1/LJ2/LJ3 9:40 AM  
25 200m Hurdles TR1 9:40 AM  
47 100m TR1 11:48 AM  
79 Shot Put SP1/SP2 2:40 PM  
82 200m TR1 3:08 PM  
85 Discus DT1/DT2 3:30 PM  
102 800m TR1 5:11 PM

#### Under 15 Boys

12 Triple Jump TJ1 8:50 AM  
14 1500m Walk TR1 9:00 AM  
20 300m Hurdles TR1 9:30 AM  
33 Shot Put SP1/SP2 10:30 AM  
41 Javelin JT 11:20 AM  
45 100m TR1 11:31 AM  
50 Discus DT1/DT2 12:10 PM  
69 Long Jump LJ1/LJ2/LJ3 1:50 PM  
84 200m TR1 3:20 PM  
93 High Jump HJ1 4:00 PM  
103 800m TR1 5:15 PM

#### Under 16 Boys

12 Triple Jump TJ1 8:50 AM  
14 1500m Walk TR1 9:00 AM  
20 300m Hurdles TR1 9:30 AM  
33 Shot Put SP1/SP2 10:30 AM  
41 Javelin JT 11:20 AM  
45 100m TR1 11:31 AM  
50 Discus DT1/DT2 12:10 PM  
69 Long Jump LJ1/LJ2/LJ3 1:50 PM

100 800m TR1 4:51 PM

#### Under 13 Girls

14 1500m Walk TR1 9:00 AM  
21 Discus DT1/DT2/DT3 9:40 AM  
27 200m Hurdles TR1 9:50 AM  
37 High Jump HJ2 10:40 AM  
48 100m TR1 11:58 AM  
61 Long Jump LJ1/LJ2/LJ3 1:00 PM  
77 Javelin JT 2:40 PM  
80 200m TR1 2:48 PM  
87 Shot Put SP1/SP2 3:30 PM  
101 800m TR1 5:03 PM

#### Under 14 Girls

9 Javelin JT 8:50 AM  
14 1500m Walk TR1 9:00 AM  
23 Long Jump LJ1/LJ2/LJ3 9:40 AM  
25 200m Hurdles TR1 9:40 AM  
47 100m TR1 11:48 AM  
79 Shot Put SP1/SP2 2:40 PM  
82 200m TR1 3:08 PM  
85 Discus DT1/DT2 3:30 PM  
102 800m TR1 5:11 PM

#### Under 15 Girls

13 Triple Jump TJ2 8:50 AM  
14 1500m Walk TR1 9:00 AM  
20 300m Hurdles TR1 9:30 AM  
33 Shot Put SP1/SP2 10:30 AM  
45 100m TR1 11:31 AM  
50 Discus DT1/DT2 12:10 PM  
60 Javelin JT 1:00 PM  
69 Long Jump LJ1/LJ2/LJ3 1:50 PM  
84 200m TR1 3:20 PM  
92 High Jump HJ2 4:00 PM  
103 800m TR1 5:15 PM

#### Under 16 Girls

13 Triple Jump TJ2 8:50 AM  
14 1500m Walk TR1 9:00 AM  
20 300m Hurdles TR1 9:30 AM  
33 Shot Put SP1/SP2 10:30 AM  
45 100m TR1 11:31 AM  
50 Discus DT1/DT2 12:10 PM  
60 Javelin JT 1:00 PM  
69 Long Jump LJ1/LJ2/LJ3 1:50 PM

84	200m	TR1	3:20 PM
93	High Jump	HJ1	4:00 PM
103	800m	TR1	5:15 PM

84	200m	TR1	3:20 PM
92	High Jump	HJ2	4:00 PM
103	800m	TR1	5:15 PM

**Under 17 Boys**

12	Triple Jump	TJ1	8:50 AM
14	1500m Walk	TR1	9:00 AM
20	300m Hurdles	TR1	9:30 AM
33	Shot Put	SP1/SP2	10:30 AM
41	Javelin	JT	11:20 AM
45	100m	TR1	11:31 AM
50	Discus	DT1/DT2	12:10 PM
69	Long Jump	LJ1/LJ2/LJ3	1:50 PM
84	200m	TR1	3:20 PM
93	High Jump	HJ1	4:00 PM
103	800m	TR1	5:15 PM

**Under 17 Girls**

13	Triple Jump	TJ2	8:50 AM
14	1500m Walk	TR1	9:00 AM
20	300m Hurdles	TR1	9:30 AM
33	Shot Put	SP1/SP2	10:30 AM
45	100m	TR1	11:31 AM
50	Discus	DT1/DT2	12:10 PM
60	Javelin	JT	1:00 PM
69	Long Jump	LJ1/LJ2/LJ3	1:50 PM
84	200m	TR1	3:20 PM
92	High Jump	HJ2	4:00 PM
103	800m	TR1	5:15 PM