



FINAL PROGRAM



Tiny Tots to Under 17's 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	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	1:15 PM
71	70m	TR2	2:00 PM
89	300m	TR1	3:30 PM

Under 6 Girls

4	Long Jump	LJ1/LJ2	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	1:15 PM
71	70m	TR2	2:00 PM
89	300m	TR1	3:30 PM

Under 7 Boys

1	Discus	DT1/DT2/DT3	8:00 AM
17	50m	TR2	9:12 AM
28	100m	TR2	9:57 AM
32	Long Jump	LJ1/LJ2/LJ3/LJ4	10:35 AM
56	200m	TR1	12:37 PM
70	Shot Put	SP1/SP2/SP3	1:50 PM
81	70m	TR2	2:47 PM
94	500m	TR1	3:15 PM

Under 7 Girls

1	Discus	DT1/DT2/DT3	8:00 AM
17	50m	TR2	9:12 AM
28	100m	TR2	9:57 AM
32	Long Jump	LJ1/LJ2/LJ3/LJ4	10:35 AM
56	200m	TR1	12:37 PM
70	Shot Put	SP1/SP2/SP3	1:50 PM
81	70m	TR2	2:47 PM
94	500m	TR1	3:15 PM

Under 8 Boys

2	High Jump	HJ3/HJ4	8:00 AM
34	100m	TR2	10:36 AM
43	Shot Put	SP1/SP2	11:20 AM
44	60m Hurdles	TR2	11:30 AM
52	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	12:10 PM
63	200m	TR1	1:06 PM
67	Discus	DT1/DT2/DT3	1:50 PM
75	70m	TR2	2:27 PM
90	700m	TR1	3:40 PM

Under 8 Girls

18	High Jump	HJ3/HJ4	9:20 AM
34	100m	TR2	10:36 AM
43	Shot Put	SP1/SP2	11:20 AM
44	60m Hurdles	TR2	11:30 AM
52	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	12:10 PM
63	200m	TR1	1:06 PM
67	Discus	DT1/DT2/DT3	1:50 PM
75	70m	TR2	2:27 PM
90	700m	TR1	3:40 PM

Under 9 Boys

6	700m Walk	TR1	8:30 AM
8	Discus	DT1/DT2/DT3	8:50 AM
29	100m	TR2	10:14 AM

Under 9 Girls

6	700m Walk	TR1	8:30 AM
8	Discus	DT1/DT2/DT3	8:50 AM
29	100m	TR2	10:14 AM

46	60m Hurdles	TR2	11:52 AM
53	Shot Put	SP1/SP2/SP3	12:10 PM
58	200m	TR1	12:49 PM
65	High Jump	HJ3/HJ4/HJ5	1:20 PM
73	70m	TR2	2:10 PM
78	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	2:40 PM
95	800m	TR1	4:05 PM

46	60m Hurdles	TR2	11:52 AM
53	Shot Put	SP1/SP2/SP3	12:10 PM
58	200m	TR1	12:49 PM
73	70m	TR2	2:10 PM
78	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	2:40 PM
91	High Jump	HJ3/HJ4	4:00 PM
95	800m	TR1	4:05 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	12:16 PM
66	200m	TR1	1:23 PM
83	70m	TR2	2:59 PM
98	800m	TR1	4:17 PM
96	Discus	DT1/DT2/DT3	4:20 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	12:00 PM
54	60m Hurdles	TR2	12:16 PM
66	200m	TR1	1:23 PM
83	70m	TR2	2:59 PM
98	800m	TR1	4:17 PM
96	Discus	DT1/DT2/DT3	4:20 PM

Under 11 Boys

3	High Jump	HJ1/HJ2	8:00 AM
7	1100m Walk	TR1	8:40 AM
62	Shot Put	SP1/SP2/SP3/SP4	10:30 AM
39	100m	TR1	10:57 AM
40	Discus	DT1/DT2/DT3	11:15 AM
51	Javelin	JT	12:20 PM
57	80m Hurdles	TR2	12:45 PM
72	200m	TR1	1:50 PM
86	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	3:30 PM
99	800m	TR1	4:33 PM

Under 11 Girls

7	1100m Walk	TR1	8:40 AM
19	High Jump	HJ1/HJ2	9:20 AM
62	Shot Put	SP1/SP2/SP3/SP4	10:30 AM
39	100m	TR1	10:57 AM
40	Discus	DT1/DT2/DT3	11:15 AM
57	80m Hurdles	TR2	12:45 PM
68	Javelin	JT	1:50 PM
72	200m	TR1	1:50 PM
86	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	3:30 PM
99	800m	TR1	4:33 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	10:40 AM
42	Long Jump	LJ1/LJ2/LJ3/LJ4	11:25 AM
64	80m Hurdles	TR2	1:15 PM
74	200m	TR1	2:17 PM
76	Discus	DT1/DT2/DT3	2:40 PM
88	Triple Jump	TJ1/TJ2	3:30 PM
100	800m	TR1	4:49 PM

Under 12 Girls

11	Shot Put	SP1/SP2/SP3	8:50 AM
14	1500m Walk	TR1	9:00 AM
31	Javelin	JT	10:40 AM
38	100m	TR1	10:40 AM
42	Long Jump	LJ1/LJ2/LJ3/LJ4	11:25 AM
64	80m Hurdles	TR2	1:15 PM
74	200m	TR1	2:17 PM
76	Discus	DT1/DT2/DT3	2:40 PM
97	Triple Jump	TJ1/TJ2	4:20 PM
100	800m	TR1	4:49 PM

Under 13 Boys

14	1500m Walk	TR1	9:00 AM
21	Discus	DT1/DT2	9:40 AM
27	200m Hurdles	TR1	9:55 AM

Under 13 Girls

14	1500m Walk	TR1	9:00 AM
21	Discus	DT1/DT2	9:40 AM
27	200m Hurdles	TR1	9:55 AM

36	High Jump	HJ1	10:40 AM	37	High Jump	HJ2	10:40 AM
48	100m	TR1	11:46 AM	48	100m	TR1	11:46 AM
61	Long Jump	LJ1/LJ2/LJ3/LJ4	1:00 PM	61	Long Jump	LJ1/LJ2/LJ3/LJ4	1:00 PM
80	200m	TR1	2:34 PM	80	200m	TR1	2:34 PM
77	Javelin	JT	3:00 PM	77	Javelin	JT	3:00 PM
87	Shot Put	SP1/SP2	4:30 PM	87	Shot Put	SP1/SP2	4:30 PM
101	800m	TR1	5:01 PM	101	800m	TR1	5:01 PM

Under 14 Boys

9	Javelin	JT	8:30 AM
14	1500m Walk	TR1	9:00 AM
25	200m Hurdles	TR1	9:40 AM
23	Long Jump	LJ1/LJ2	9:45 AM
47	100m	TR1	11:36 AM
79	Shot Put	SP1/SP2	2:40 PM
82	200m	TR1	2:51 PM
85	Discus	DT1/DT2	3:30 PM
102	800m	TR1	5:09 PM

Under 14 Girls

9	Javelin	JT	8:30 AM
14	1500m Walk	TR1	9:00 AM
25	200m Hurdles	TR1	9:40 AM
23	Long Jump	LJ1/LJ2	9:45 AM
47	100m	TR1	11:36 AM
79	Shot Put	SP1/SP2	2:40 PM
82	200m	TR1	2:51 PM
85	Discus	DT1/DT2	3:30 PM
102	800m	TR1	5:09 PM

Under 15 Boys

12	Triple Jump	TJ3	8:50 AM
14	1500m Walk	TR1	9:00 AM
20	300m Hurdles	TR1	9:30 AM
45	100m	TR1	11:24 AM
41	Javelin	JT	11:25 AM
50	Discus	DT1/DT2	12:25 PM
33	Shot Put	SP1	1:00 PM
69	Long Jump	LJ1/LJ2/LJ3	1:50 PM
84	200m	TR1	3:01 PM
93	High Jump	HJ1	4:00 PM
103	800m	TR1	5:17 PM

Under 15 Girls

13	Triple Jump	TJ1/TJ2	8:50 AM
14	1500m Walk	TR1	9:00 AM
20	300m Hurdles	TR1	9:30 AM
45	100m	TR1	11:24 AM
41	Javelin	JT	11:25 AM
50	Discus	DT1/DT2	12:25 PM
33	Shot Put	SP1	1:00 PM
69	Long Jump	LJ1/LJ2/LJ3	1:50 PM
84	200m	TR1	3:01 PM
92	High Jump	HJ2	4:00 PM
103	800m	TR1	5:17 PM

Under 16 Boys

12	Triple Jump	TJ3	8:50 AM
14	1500m Walk	TR1	9:00 AM
20	300m Hurdles	TR1	9:30 AM
45	100m	TR1	11:24 AM
41	Javelin	JT	11:25 AM
50	Discus	DT1/DT2	12:25 PM
33	Shot Put	SP1	1:00 PM
69	Long Jump	LJ1/LJ2/LJ3	1:50 PM
84	200m	TR1	3:01 PM
93	High Jump	HJ1	4:00 PM
103	800m	TR1	5:17 PM

Under 16 Girls

13	Triple Jump	TJ1/TJ2	8:50 AM
14	1500m Walk	TR1	9:00 AM
20	300m Hurdles	TR1	9:30 AM
45	100m	TR1	11:24 AM
41	Javelin	JT	11:25 AM
50	Discus	DT1/DT2	12:25 PM
33	Shot Put	SP1	1:00 PM
69	Long Jump	LJ1/LJ2/LJ3	1:50 PM
84	200m	TR1	3:01 PM
92	High Jump	HJ2	4:00 PM
103	800m	TR1	5:17 PM

Under 17 Boys

12	Triple Jump	TJ3	8:50 AM
14	1500m Walk	TR1	9:00 AM

Under 17 Girls

13	Triple Jump	TJ1/TJ2	8:50 AM
14	1500m Walk	TR1	9:00 AM

20	300m Hurdles	TR1	9:30 AM	20	300m Hurdles	TR1	9:30 AM
45	100m	TR1	11:24 AM	45	100m	TR1	11:24 AM
41	Javelin	JT	11:25 AM	41	Javelin	JT	11:25 AM
50	Discus	DT1/DT2	12:25 PM	50	Discus	DT1/DT2	12:25 PM
33	Shot Put	SP1	1:00 PM	33	Shot Put	SP1	1:00 PM
69	Long Jump	LJ1/LJ2/LJ3	1:50 PM	69	Long Jump	LJ1/LJ2/LJ3	1:50 PM
84	200m	TR1	3:01 PM	84	200m	TR1	3:01 PM
93	High Jump	HJ1	4:00 PM	92	High Jump	HJ2	4:00 PM
103	800m	TR1	5:17 PM	103	800m	TR1	5:17 PM