

DRAFT PROGRAM



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Datacord
PRINTING AND DOCUMENT SOLUTIONS

SUNDAY 18 JANUARY 2026

SA Athletics Stadium

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coles



Datacord
PRINTING AND DOCUMENT SOLUTIONS

Tiny Tots

3	Tiny Tots	TT	9:00 AM
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Under 6 Boys

2	Long Jump	LJ1/LJ2	9:00 AM
13	100m	TR2	9:45 AM
19	Shot Put	SP1/SP2	10:00 AM
29	50m	TR2	10:55 AM
42	Discus	DT3	12:00 PM
51	200m	TR1	12:53 PM
74	300m	TR1	2:40 PM

Under 7 Boys

14	Long Jump	LJ1/LJ2/LJ3/LJ4	9:50 AM
24	100m	TR2	10:31 AM
31	50m	TR2	11:05 AM
39	Discus	DT1/DT2	12:00 PM
53	200m	TR1	1:00 PM
73	500m	TR1	2:30 PM
83	Shot Put	SP1/SP2	3:40 PM

Under 8 Boys

7	Discus	DT1/DT2	9:00 AM
17	100m	TR2	9:57 AM
37	60m Hurdles	TR2	11:45 AM
45	Long Jump	LJ1/LJ2/LJ3/LJ4	12:20 PM
55	Shot Put	SP1/SP2	1:10 PM
62	200m	TR1	1:47 PM
75	700m	TR1	2:45 PM
78	High Jump	HJ3/HJ4	3:00 PM

Under 9 Boys

18	Discus	DT1/DT2	10:00 AM
20	100m	TR2	10:14 AM
41	60m Hurdles	TR2	12:00 PM
47	High Jump	HJ3/HJ4	12:20 PM
59	200m	TR1	1:30 PM
76	Shot Put	SP1/SP2	2:50 PM
81	Long Jump	LJ1/LJ2/LJ3/LJ4	3:25 PM
86	400m	TR1	4:06 PM
93	700m Walk	TR1	5:00 PM

Under 10 Boys

5	High Jump	HJ3/HJ4	9:00 AM
16	100m	TR1	9:57 AM
43	Shot Put	SP1/SP2	12:10 PM
46	60m Hurdles	TR2	12:20 PM
57	Long Jump	LJ1/LJ2/LJ3/LJ4	1:20 PM
68	200m	TR1	2:02 PM
82	400m	TR1	3:33 PM
84	Discus	DT1/DT2/DT3	3:50 PM
95	1100m Walk	TR1	5:10 PM

Under 6 Girls

2	Long Jump	LJ1/LJ2	9:00 AM
13	100m	TR2	9:45 AM
19	Shot Put	SP1/SP2	10:00 AM
29	50m	TR2	10:55 AM
42	Discus	DT3	12:00 PM
51	200m	TR1	12:53 PM
74	300m	TR1	2:40 PM

Under 7 Girls

14	Long Jump	LJ1/LJ2/LJ3/LJ4	9:50 AM
24	100m	TR2	10:31 AM
31	50m	TR2	11:05 AM
39	Discus	DT1/DT2	12:00 PM
53	200m	TR1	1:00 PM
73	500m	TR1	2:30 PM
83	Shot Put	SP1/SP2	3:40 PM

Under 8 Girls

7	Discus	DT1/DT2	9:00 AM
17	100m	TR2	9:57 AM
37	60m Hurdles	TR2	11:45 AM
45	Long Jump	LJ1/LJ2/LJ3/LJ4	12:20 PM
55	Shot Put	SP1/SP2	1:10 PM
62	200m	TR1	1:47 PM
75	700m	TR1	2:45 PM
87	High Jump	HJ3/HJ4	4:10 PM

Under 9 Girls

18	Discus	DT1/DT2	10:00 AM
20	100m	TR2	10:14 AM
41	60m Hurdles	TR2	12:00 PM
59	200m	TR1	1:30 PM
61	High Jump	HJ3/HJ4	1:40 PM
76	Shot Put	SP1/SP2	2:50 PM
81	Long Jump	LJ1/LJ2/LJ3/LJ4	3:25 PM
86	400m	TR1	4:06 PM
93	700m Walk	TR1	5:00 PM

Under 10 Girls

16	100m	TR1	9:57 AM
27	High Jump	HJ3/HJ4	10:45 AM
43	Shot Put	SP1/SP2	12:10 PM
46	60m Hurdles	TR2	12:20 PM
57	Long Jump	LJ1/LJ2/LJ3/LJ4	1:20 PM
68	200m	TR1	2:02 PM
82	400m	TR1	3:33 PM
84	Discus	DT1/DT2/DT3	3:50 PM
95	1100m Walk	TR1	5:10 PM

Under 11 Boys

1	1500m	TR1	8:30 AM
15	Triple Jump	TJ1/TJ2	9:50 AM
21	100m	TR1	10:14 AM
26	Long Jump	LJ1/LJ4/LJ5/LJ2/LJ3	10:40 AM
33	200m	TR1	11:30 AM
50	80m Hurdles	TR2	12:45 PM
54	Javelin	JT	1:10 PM
64	Discus	DT1/DT2/DT3	1:50 PM
80	400m	TR1	3:15 PM
95	1100m Walk	TR1	5:10 PM

Under 12 Boys

1	1500m	TR1	8:30 AM
6	Shot Put	SP1/SP2/SP3	9:00 AM
12	100m	TR1	9:40 AM
22	High Jump	HJ1/HJ2	10:30 AM
48	200m	TR1	12:24 PM
56	80m Hurdles	TR2	1:12 PM
77	Discus	DT1/DT2/DT3	2:50 PM
85	400m	TR1	3:51 PM
88	Long Jump	LJ1/LJ4/LJ5/LJ2	4:15 PM
96	1500m Walk	TR1	5:35 PM

Under 13 Boys

1	1500m	TR1	8:30 AM
10	Javelin	JT	9:20 AM
25	100m	TR1	10:39 AM
30	Discus	DT1/DT2	11:00 AM
38	200m	TR1	11:57 AM
58	80m Hurdles	TR2	1:29 PM
71	Triple Jump	TJ1/TJ2	2:15 PM
89	400m	TR1	4:21 PM
94	Long Jump	LJ1/LJ4/LJ5/LJ2	5:05 PM
96	1500m Walk	TR1	5:35 PM

Under 14 Boys

1	1500m	TR1	8:30 AM
11	100m	TR1	9:30 AM
23	Javelin	JT	10:30 AM
34	Triple Jump	TJ1	11:30 AM
44	200m	TR1	12:14 PM
63	90m Hurdles	TR2	1:49 PM
72	Long Jump	LJ1/LJ4	2:20 PM
90	400m	TR1	4:33 PM
92	Discus	DT1/DT2	4:45 PM
96	1500m Walk	TR1	5:35 PM

Under 11 Girls

1	1500m	TR1	8:30 AM
4	Triple Jump	TJ1/TJ2/TJ3	9:00 AM
21	100m	TR1	10:14 AM
26	Long Jump	LJ1/LJ4/LJ5/LJ2/LJ3	10:40 AM
33	200m	TR1	11:30 AM
40	Javelin	JT	12:00 PM
50	80m Hurdles	TR2	12:45 PM
64	Discus	DT1/DT2/DT3	1:50 PM
80	400m	TR1	3:15 PM
95	1100m Walk	TR1	5:10 PM

Under 12 Girls

1	1500m	TR1	8:30 AM
6	Shot Put	SP1/SP2/SP3	9:00 AM
12	100m	TR1	9:40 AM
36	High Jump	HJ1/HJ2	11:45 AM
48	200m	TR1	12:24 PM
56	80m Hurdles	TR2	1:12 PM
77	Discus	DT1/DT2/DT3	2:50 PM
85	400m	TR1	3:51 PM
88	Long Jump	LJ1/LJ4/LJ5/LJ2	4:15 PM
96	1500m Walk	TR1	5:35 PM

Under 13 Girls

1	1500m	TR1	8:30 AM
10	Javelin	JT	9:20 AM
25	100m	TR1	10:39 AM
30	Discus	DT1/DT2	11:00 AM
38	200m	TR1	11:57 AM
58	80m Hurdles	TR2	1:29 PM
79	Triple Jump	TJ1/TJ2	3:00 PM
89	400m	TR1	4:21 PM
94	Long Jump	LJ1/LJ4/LJ5/LJ2	5:05 PM
96	1500m Walk	TR1	5:35 PM

Under 14 Girls

1	1500m	TR1	8:30 AM
11	100m	TR1	9:30 AM
23	Javelin	JT	10:30 AM
35	Triple Jump	TJ2	11:30 AM
44	200m	TR1	12:14 PM
60	80m Hurdles	TR2	1:39 PM
72	Long Jump	LJ1/LJ4	2:20 PM
90	400m	TR1	4:33 PM
92	Discus	DT1/DT2	4:45 PM
96	1500m Walk	TR1	5:35 PM

Under 15 Boys

1	1500m	TR1	8:30 AM
8	High Jump	HJ1	9:15 AM
28	100m	TR1	10:51 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
49	200m	TR1	12:41 PM
52	Discus	DT1	1:00 PM
66	100m Hurdles	TR2	1:58 PM
70	Shot Put	SP1/SP2	2:10 PM
91	400m	TR1	4:42 PM
96	1500m Walk	TR1	5:35 PM

Under 16 Boys

1	1500m	TR1	8:30 AM
8	High Jump	HJ1	9:15 AM
28	100m	TR1	10:51 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
49	200m	TR1	12:41 PM
52	Discus	DT1	1:00 PM
66	100m Hurdles	TR2	1:58 PM
70	Shot Put	SP1/SP2	2:10 PM
91	400m	TR1	4:42 PM
96	1500m Walk	TR1	5:35 PM

Under 17 Boys

1	1500m	TR1	8:30 AM
8	High Jump	HJ1	9:15 AM
28	100m	TR1	10:51 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
49	200m	TR1	12:41 PM
52	Discus	DT1	1:00 PM
69	110m Hurdles	TR2	2:07 PM
70	Shot Put	SP1/SP2	2:10 PM
91	400m	TR1	4:42 PM
96	1500m Walk	TR1	5:35 PM

Under 15 Girls

1	1500m	TR1	8:30 AM
9	High Jump	HJ2	9:15 AM
28	100m	TR1	10:51 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
49	200m	TR1	12:41 PM
52	Discus	DT1	1:00 PM
65	90m Hurdles	TR2	1:51 PM
70	Shot Put	SP1/SP2	2:10 PM
91	400m	TR1	4:42 PM
96	1500m Walk	TR1	5:35 PM

Under 16 Girls

1	1500m	TR1	8:30 AM
9	High Jump	HJ2	9:15 AM
28	100m	TR1	10:51 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
49	200m	TR1	12:41 PM
52	Discus	DT1	1:00 PM
65	90m Hurdles	TR2	1:51 PM
70	Shot Put	SP1/SP2	2:10 PM
91	400m	TR1	4:42 PM
96	1500m Walk	TR1	5:35 PM

Under 17 Girls

1	1500m	TR1	8:30 AM
9	High Jump	HJ2	9:15 AM
28	100m	TR1	10:51 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
49	200m	TR1	12:41 PM
52	Discus	DT1	1:00 PM
67	100m Hurdles	TR2	2:00 PM
70	Shot Put	SP1/SP2	2:10 PM
91	400m	TR1	4:42 PM
96	1500m Walk	TR1	5:35 PM