

FINAL PROGRAM



SUNDAY 23 NOVEMBER 2025

SA Athletics Stadium

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coles



Datacord

Tiny Tots

9	Tiny Tots	TT	9:00 AM
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Under 6 Boys

6	Long Jump	LJ1/LJ2	9:00 AM
17	50m	TR1	10:10 AM
23	Shot Put	SP1/SP2	10:40 AM
44	200m	TR1	12:50 PM
56	70m	TR2	2:00 PM
58	Discus	DT1/DT2	3:05 PM
71	300m	TR1	4:12 PM

Under 6 Girls

6	Long Jump	LJ1/LJ2	9:00 AM
17	50m	TR1	10:10 AM
23	Shot Put	SP1/SP2	10:40 AM
44	200m	TR1	12:50 PM
56	70m	TR2	2:00 PM
58	Discus	DT1/DT2	3:05 PM
71	300m	TR1	4:12 PM

Under 7 Boys

3	Discus	DT1/DT2/DT3	9:00 AM
18	50m	TR1	10:20 AM
32	Long Jump	LJ1/LJ2/LJ3/LJ4	11:35 AM
46	200m	TR1	1:00 PM
63	70m	TR2	2:44 PM
66	Shot Put	SP1/SP2/SP3	3:10 PM
70	500m	TR1	4:00 PM

Under 7 Girls

3	Discus	DT1/DT2/DT3	9:00 AM
18	50m	TR1	10:20 AM
32	Long Jump	LJ1/LJ2/LJ3/LJ4	11:35 AM
46	200m	TR1	1:00 PM
63	70m	TR2	2:44 PM
66	Shot Put	SP1/SP2/SP3	3:10 PM
70	500m	TR1	4:00 PM

Under 8 Boys

4	High Jump	HJ3/HJ4	9:00 AM
26	60m Hurdles	TR2	11:10 AM
50	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	12:25 PM
41	Shot Put	SP1/SP2/SP3	1:15 PM
64	Discus	DT1/DT2/DT3	2:15 PM
61	70m	TR2	3:04 PM
49	200m	TR1	3:31 PM
75	700m	TR1	4:20 PM

Under 8 Girls

19	High Jump	HJ3/HJ4	10:20 AM
26	60m Hurdles	TR2	11:10 AM
50	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	12:25 PM
41	Shot Put	SP1/SP2/SP3	1:15 PM
64	Discus	DT1/DT2/DT3	2:15 PM
61	70m	TR2	3:04 PM
49	200m	TR1	3:31 PM
75	700m	TR1	4:20 PM

Under 9 Boys

1	700m Walk	TR1	8:30 AM
12	Discus	DT1/DT2/DT3	9:50 AM
28	60m Hurdles	TR2	10:45 AM
51	Shot Put	SP1/SP2/SP3	12:20 PM
47	200m	TR1	1:15 PM
57	70m	TR2	2:12 PM
60	High Jump	HJ3/HJ4/HJ5	2:50 PM
73	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5/LJ6	4:05 PM
76	800m	TR1	4:40 PM

Under 9 Girls

1	700m Walk	TR1	8:30 AM
12	Discus	DT1/DT2/DT3	9:50 AM
28	60m Hurdles	TR2	10:45 AM
51	Shot Put	SP1/SP2/SP3	12:20 PM
47	200m	TR1	1:15 PM
57	70m	TR2	2:12 PM
73	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5/LJ6	4:05 PM
76	800m	TR1	4:40 PM
83	High Jump	HJ3/HJ4	4:55 PM

Under 10 Boys

2	1100m Walk	TR1	8:40 AM
7	Shot Put	SP1/SP2/SP3	9:00 AM
13	Long Jump	LJ1/LJ2/LJ4/LJ5/LJ6	9:50 AM
31	60m Hurdles	TR2	11:35 AM
35	High Jump	HJ3/HJ4/HJ5	12:00 PM

Under 10 Girls

2	1100m Walk	TR1	8:40 AM
7	Shot Put	SP1/SP2/SP3	9:00 AM
13	Long Jump	LJ1/LJ2/LJ4/LJ5/LJ6	9:50 AM
31	60m Hurdles	TR2	11:35 AM
48	High Jump	HJ3/HJ4	1:20 PM

52	200m	TR1	2:30 PM	52	200m	TR1	2:30 PM
68	70m	TR2	3:29 PM	68	70m	TR2	3:29 PM
77	800m	TR1	4:52 PM	77	800m	TR1	4:52 PM
89	Discus	DT1/DT2/DT3	5:25 PM	89	Discus	DT1/DT2/DT3	5:25 PM

Under 11 Boys

2	1100m Walk	TR1	8:40 AM
5	High Jump	HJ1/HJ2	9:00 AM
27	100m	TR1	11:02 AM
30	Shot Put	SP1/SP2/SP3/SP4	11:35 AM
39	80m Hurdles	TR2	12:00 PM
40	Discus	DT1/DT2/DT3	12:25 PM
54	200m	TR1	1:40 PM
79	Long Jump	LJ1/LJ4/LJ5/LJ6/LJ3	4:40 PM
81	800m	TR1	5:04 PM

Under 11 Girls

2	1100m Walk	TR1	8:40 AM
20	High Jump	HJ1/HJ2	10:20 AM
27	100m	TR1	11:02 AM
30	Shot Put	SP1/SP2/SP3/SP4	11:35 AM
39	80m Hurdles	TR2	12:00 PM
40	Discus	DT1/DT2/DT3	12:25 PM
54	200m	TR1	1:40 PM
79	Long Jump	LJ1/LJ4/LJ5/LJ6/LJ3	4:40 PM
81	800m	TR1	5:04 PM

Under 12 Boys

8	1500m Walk	TR1	9:00 AM
22	Javelin	JT	10:00 AM
24	100m	TR1	10:40 AM
45	80m Hurdles	TR2	12:30 PM
43	Long Jump	LJ1/LJ4/LJ5/LJ6/LJ2/LJ3	1:10 PM
59	200m	TR1	2:05 PM
72	Discus	DT1/DT2/DT3	3:40 PM
80	Triple Jump	TJ1/TJ2	4:45 PM
82	800m	TR1	5:16 PM

Under 12 Girls

8	1500m Walk	TR1	9:00 AM
24	100m	TR1	10:40 AM
34	Javelin	JT	11:20 AM
45	80m Hurdles	TR2	12:30 PM
43	Long Jump	LJ1/LJ4/LJ5/LJ6/LJ2/LJ3	1:10 PM
59	200m	TR1	2:05 PM
72	Discus	DT1/DT2/DT3	3:40 PM
82	800m	TR1	5:16 PM
90	Triple Jump	TJ1/TJ2	5:25 PM

Under 13 Boys

8	1500m Walk	TR1	9:00 AM
16	200m Hurdles	TR1	9:55 AM
21	Discus	DT1/DT2	10:40 AM
36	High Jump	HJ1	11:40 AM
38	100m	TR1	11:53 AM
55	Long Jump	LJ1/LJ4/LJ5	2:00 PM
62	200m	TR1	2:52 PM
86	800m	TR1	5:28 PM
91	Shot Put	SP1/SP2	5:30 PM

Under 13 Girls

8	1500m Walk	TR1	9:00 AM
16	200m Hurdles	TR1	9:55 AM
21	Discus	DT1/DT2	10:40 AM
37	High Jump	HJ2	11:40 AM
38	100m	TR1	11:53 AM
55	Long Jump	LJ1/LJ4/LJ5	2:00 PM
62	200m	TR1	2:52 PM
86	800m	TR1	5:28 PM
91	Shot Put	SP1/SP2	5:30 PM

Under 14 Boys

8	1500m Walk	TR1	9:00 AM
11	200m Hurdles	TR1	9:45 AM
25	Long Jump	LJ1/LJ4/LJ5	10:45 AM
33	100m	TR1	11:41 AM
67	200m	TR1	3:04 PM
74	Shot Put	SP1/SP2	3:50 PM
78	Discus	DT1/DT2	4:50 PM
85	High Jump	HJ1	5:20 PM
87	800m	TR1	5:36 PM

Under 14 Girls

8	1500m Walk	TR1	9:00 AM
11	200m Hurdles	TR1	9:45 AM
25	Long Jump	LJ1/LJ4/LJ5	10:45 AM
33	100m	TR1	11:41 AM
67	200m	TR1	3:04 PM
74	Shot Put	SP1/SP2	3:50 PM
78	Discus	DT1/DT2	4:50 PM
84	High Jump	HJ2	5:20 PM
87	800m	TR1	5:36 PM

Under 15 Boys

8	1500m Walk	TR1	9:00 AM
10	300m Hurdles	TR1	9:30 AM
14	Triple Jump	LJ3	9:50 AM
29	100m	TR1	11:29 AM
42	Javelin	JT	12:25 PM
53	Discus	DT1/DT2	1:25 PM
65	Long Jump	LJ1/LJ4/LJ5	2:50 PM
69	200m	TR1	3:16 PM
88	800m	TR1	5:40 PM

Under 15 Girls

8	1500m Walk	TR1	9:00 AM
10	300m Hurdles	TR1	9:30 AM
15	Triple Jump	TJ1/TJ2	9:50 AM
29	100m	TR1	11:29 AM
42	Javelin	JT	12:25 PM
53	Discus	DT1/DT2	1:25 PM
65	Long Jump	LJ1/LJ4/LJ5	2:50 PM
69	200m	TR1	3:16 PM
88	800m	TR1	5:40 PM

Under 16 Boys

8	1500m Walk	TR1	9:00 AM
10	300m Hurdles	TR1	9:30 AM
14	Triple Jump	LJ3	9:50 AM
29	100m	TR1	11:29 AM
42	Javelin	JT	12:25 PM
53	Discus	DT1/DT2	1:25 PM
65	Long Jump	LJ1/LJ4/LJ5	2:50 PM
69	200m	TR1	3:16 PM
88	800m	TR1	5:40 PM

Under 16 Girls

8	1500m Walk	TR1	9:00 AM
10	300m Hurdles	TR1	9:30 AM
15	Triple Jump	TJ1/TJ2	9:50 AM
29	100m	TR1	11:29 AM
42	Javelin	JT	12:25 PM
53	Discus	DT1/DT2	1:25 PM
65	Long Jump	LJ1/LJ4/LJ5	2:50 PM
69	200m	TR1	3:16 PM
88	800m	TR1	5:40 PM

Under 17 Boys

8	1500m Walk	TR1	9:00 AM
10	300m Hurdles	TR1	9:30 AM
14	Triple Jump	LJ3	9:50 AM
29	100m	TR1	11:29 AM
42	Javelin	JT	12:25 PM
53	Discus	DT1/DT2	1:25 PM
65	Long Jump	LJ1/LJ4/LJ5	2:50 PM
69	200m	TR1	3:16 PM
88	800m	TR1	5:40 PM

Under 17 Girls

8	1500m Walk	TR1	9:00 AM
10	300m Hurdles	TR1	9:30 AM
15	Triple Jump	TJ1/TJ2	9:50 AM
29	100m	TR1	11:29 AM
42	Javelin	JT	12:25 PM
53	Discus	DT1/DT2	1:25 PM
65	Long Jump	LJ1/LJ4/LJ5	2:50 PM
69	200m	TR1	3:16 PM
88	800m	TR1	5:40 PM