



# SOUTH-EAST COUNTRY CHAMPIONSHIPS 2025/26 PROGRAM

Hosted by Naracoorte Little Athletics Centre, Sunday, 7 December.  
Naracoorte High School, Stewart Terrace, Naracoorte.

Check in at 9:30am Group Warm Up at 9:50am First Event at 10:00am



**\*\*Please choose up to 5 events from your age group when entering this championship\*\***

**\*\*\*Relays will be run at the end of the day while officials do the final age group and team scoring. Athletes can enter the Relay events in addition to their 5 events. Relays teams will be determined with you club\*\*\***

Priority will be given at each event to those groups who have completed the least number of events.

**NOTE:** Event start times are approximate only and will depend on the number of athletes entered in each age group.

Time	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15-17B	15-17G
10:00	VT	LJ							LJ		1500m		1500m				1500m		1500m	
10:10											1500m		1500m				1500m			1500m
10:20	LJ	VT	60mH						LJ				HJ							
10:30						HJ				60mH	60mH	80mH	80mH				SP	DT		
10:40				VT	LJ							LJ	80mH	80mH						
10:50						HJ	SP	DT	SP	DT	HJ				80mH	80mH		80mH		
11:00			LJ	VT											LJ	90mH		100mH	90mH	
11:10	MiniH	MiniH					HJ					HJ	SP	DT						
11:20			200m	200m	200m	200m					JT				LJ		TJ			
11:30							200m	200m	200m	200m					SP	DT	DT	SP	HJ	
11:40	200m	200m				VT	LJ		HJ		LJ	200m	200m	200m	200m					
11:50											DT	SP			200m	200m	200m	200m	200m	
12:00	50m	50m	50m	50m	LJ	VT			HJ				HJ				LJ	SP	DT	
12:10								DT	SP											
12:20										HJ		JT		HJ	800m	800m	800m	800m	800m	
12:30							DT	SP	800m	800m	800m	800m	800m	800m	800m	JT				
13:00	<b>LUNCH BREAK</b>																			
13:10							LJ	LJ	DT	SP										
13:20											JT			100m	100m	100m	100m	100m	100m	
13:30	100m	100m	100m	100m						LJ			LJ	HJ				DT	SP	
13:40					100m	100m	100m	100m							JT					
13:50	SP	DT								100m	100m	100m	100m	100m						
14:00														JT	400m	400m	400m	400m	400m	
14:10			SP	DT										HJ			LJ	LJ		
14:20										400m	400m	400m				JT				
14:30						SP	DT					400m	400m	400m						
14:40													LJ							
14:50	70m	70m	70m	70m	70m	70m					SP	DT	DT	SP		HJ	JT		TJ	
15:00								70m	70m	70m	70m									
15:10	300m	300m	500m	500m								TJ	TJ	TJ		HJ	JT			
15:20						700m	700m													
15:30	DT	SP			DT	SP								DT	SP	TJ	TJ		JT	
15:50											TJ	TJ								
16:00	<b>RELAYS FOR ALL (SEE NOTES ABOVE REGARDING ENTRY)</b>																			
END	<b>PRESENTATIONS</b>																			

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