

FINAL 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/LJ3	9:00 AM
13	100m	TR2	9:45 AM
19	Shot Put	SP1/SP2	10:00 AM
29	50m	TR2	10:55 AM
49	200m	TR1	12:47 PM
73	300m	TR1	2:40 PM
91	Discus	DT2/DT3	4:45 PM

Under 6 Girls

2	Long Jump	LJ1/LJ2/LJ3	9:00 AM
13	100m	TR2	9:45 AM
19	Shot Put	SP1/SP2	10:00 AM
29	50m	TR2	10:55 AM
49	200m	TR1	12:47 PM
73	300m	TR1	2:40 PM
91	Discus	DT2/DT3	4:45 PM

Under 7 Boys

14	Long Jump	LJ1/LJ2/LJ3	9:50 AM
23	100m	TR2	10:37 AM
31	50m	TR2	11:07 AM
39	Discus	DT1/DT2/DT3	11:50 AM
51	200m	TR1	12:54 PM
72	500m	TR1	2:30 PM
82	Shot Put	SP1	3:40 PM

Under 7 Girls

14	Long Jump	LJ1/LJ2/LJ3	9:50 AM
23	100m	TR2	10:37 AM
31	50m	TR2	11:07 AM
39	Discus	DT1/DT2/DT3	11:50 AM
51	200m	TR1	12:54 PM
72	500m	TR1	2:30 PM
82	Shot Put	SP1	3:40 PM

Under 8 Boys

7	Discus	DT1/DT2/DT3	9:00 AM
16	100m	TR2	9:55 AM
36	60m Hurdles	TR2	11:35 AM
45	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	12:20 PM
55	Shot Put	SP1/SP2/SP3	1:10 PM
60	200m	TR1	1:43 PM
74	700m	TR1	2:45 PM
77	High Jump	HJ3/HJ4	3:00 PM

Under 8 Girls

7	Discus	DT1/DT2/DT3	9:00 AM
16	100m	TR2	9:55 AM
36	60m Hurdles	TR2	11:35 AM
45	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	12:20 PM
55	Shot Put	SP1/SP2/SP3	1:10 PM
60	200m	TR1	1:43 PM
74	700m	TR1	2:45 PM
86	High Jump	HJ3/HJ4	4:10 PM

Under 9 Boys

18	Discus	DT1/DT2	10:00 AM
20	100m	TR2	10:17 AM
40	60m Hurdles	TR2	11:57 AM
46	High Jump	HJ3/HJ4	12:20 PM
53	200m	TR1	1:06 PM
75	Shot Put	SP1/SP2/SP3	2:50 PM
80	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	3:30 PM
85	400m	TR1	4:09 PM
93	700m Walk	TR1	5:00 PM

Under 9 Girls

18	Discus	DT1/DT2	10:00 AM
20	100m	TR2	10:17 AM
40	60m Hurdles	TR2	11:57 AM
53	200m	TR1	1:06 PM
59	High Jump	HJ3/HJ4	1:35 PM
75	Shot Put	SP1/SP2/SP3	2:50 PM
80	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	3:30 PM
85	400m	TR1	4:09 PM
93	700m Walk	TR1	5:00 PM

Under 10 Boys

5	High Jump	HJ3/HJ4	9:00 AM
17	100m	TR1	10:00 AM
43	Shot Put	SP1/SP2	12:10 PM
47	60m Hurdles	TR2	12:30 PM
57	200m	TR1	1:23 PM
61	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	1:45 PM
81	400m	TR1	3:33 PM

Under 10 Girls

17	100m	TR1	10:00 AM
27	High Jump	HJ3/HJ4	10:45 AM
43	Shot Put	SP1/SP2	12:10 PM
47	60m Hurdles	TR2	12:30 PM
57	200m	TR1	1:23 PM
61	Long Jump	LJ1/LJ2/LJ3/LJ4/LJ5	1:45 PM
81	400m	TR1	3:33 PM

83	Discus	DT1/DT2/DT3	3:50 PM	83	Discus	DT1/DT2/DT3	3:50 PM
95	1100m Walk	TR1	5:10 PM	95	1100m Walk	TR1	5:10 PM

Under 11 Boys				Under 11 Girls			
1	1500m	TR1	8:30 AM	1	1500m	TR1	8:30 AM
15	Triple Jump	TJ1/TJ2	9:50 AM	4	Triple Jump	TJ1/TJ2	9:00 AM
21	100m	TR1	10:17 AM	21	100m	TR1	10:17 AM
25	Long Jump	LJ1/LJ4/LJ5/LJ2	10:40 AM	25	Long Jump	LJ1/LJ4/LJ5/LJ2	10:40 AM
33	200m	TR1	11:30 AM	33	200m	TR1	11:30 AM
50	80m Hurdles	TR2	12:50 PM	41	Javelin	JT	12:00 PM
54	Javelin	JT	1:10 PM	50	80m Hurdles	TR2	12:50 PM
65	Discus	DT1/DT2/DT3	2:05 PM	65	Discus	DT1/DT2/DT3	2:05 PM
79	400m	TR1	3:15 PM	79	400m	TR1	3:15 PM
95	1100m Walk	TR1	5:10 PM	95	1100m Walk	TR1	5:10 PM

Under 12 Boys				Under 12 Girls			
1	1500m	TR1	8:30 AM	1	1500m	TR1	8:30 AM
6	Shot Put	SP1/SP2/SP3	9:00 AM	6	Shot Put	SP1/SP2/SP3	9:00 AM
12	100m	TR1	9:40 AM	12	100m	TR1	9:40 AM
26	High Jump	HJ1/HJ2	10:45 AM	37	High Jump	HJ1/HJ2	11:45 AM
44	200m	TR1	12:15 PM	44	200m	TR1	12:15 PM
56	80m Hurdles	TR2	1:15 PM	56	80m Hurdles	TR2	1:15 PM
76	Discus	DT1/DT2/DT3	2:55 PM	76	Discus	DT1/DT2/DT3	2:55 PM
84	400m	TR1	3:51 PM	84	400m	TR1	3:51 PM
87	Long Jump	LJ1/LJ4/LJ5/LJ2	4:15 PM	87	Long Jump	LJ1/LJ4/LJ5/LJ2	4:15 PM
96	1500m Walk	TR1	5:25 PM	96	1500m Walk	TR1	5:25 PM

Under 13 Boys				Under 13 Girls			
1	1500m	TR1	8:30 AM	1	1500m	TR1	8:30 AM
10	Javelin	JT	9:20 AM	10	Javelin	JT	9:20 AM
24	100m	TR1	10:37 AM	24	100m	TR1	10:37 AM
30	Discus	DT1/DT2	11:00 AM	30	Discus	DT1/DT2	11:00 AM
38	200m	TR1	11:50 AM	38	200m	TR1	11:50 AM
58	80m Hurdles	TR2	1:35 PM	58	80m Hurdles	TR2	1:35 PM
70	Triple Jump	TJ1	2:15 PM	78	Triple Jump	TJ1/TJ2	3:00 PM
88	400m	TR1	4:24 PM	88	400m	TR1	4:24 PM
94	Long Jump	LJ1/LJ4/LJ5	5:05 PM	94	Long Jump	LJ1/LJ4/LJ5	5:05 PM
96	1500m Walk	TR1	5:25 PM	96	1500m Walk	TR1	5:25 PM

Under 14 Boys				Under 14 Girls			
1	1500m	TR1	8:30 AM	1	1500m	TR1	8:30 AM
11	100m	TR1	9:30 AM	11	100m	TR1	9:30 AM
22	Javelin	JT	10:30 AM	22	Javelin	JT	10:30 AM
34	Triple Jump	TJ1	11:30 AM	35	Triple Jump	TJ2	11:30 AM
42	200m	TR1	12:05 PM	42	200m	TR1	12:05 PM
63	90m Hurdles	TR2	1:55 PM	62	80m Hurdles	TR2	1:45 PM
71	Long Jump	LJ1/LJ4	2:20 PM	71	Long Jump	LJ1/LJ4	2:20 PM
89	400m	TR1	4:33 PM	89	400m	TR1	4:33 PM
92	Discus	DT1	4:45 PM	92	Discus	DT1	4:45 PM
96	1500m Walk	TR1	5:25 PM	96	1500m Walk	TR1	5:25 PM

Under 15 Boys				Under 15 Girls			
1	1500m	TR1	8:30 AM	1	1500m	TR1	8:30 AM
8	High Jump	HJ1	9:00 AM	9	High Jump	HJ2	9:15 AM
28	100m	TR1	10:52 AM	28	100m	TR1	10:52 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM	32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
48	200m	TR1	12:35 PM	48	200m	TR1	12:35 PM
52	Discus	DT1/DT2	1:00 PM	52	Discus	DT1/DT2	1:00 PM
66	100m Hurdles	TR2	2:05 PM	64	90m Hurdles	TR2	1:57 PM
68	Shot Put	SP1/SP2	2:10 PM	68	Shot Put	SP1/SP2	2:10 PM
90	400m	TR1	4:39 PM	90	400m	TR1	4:39 PM
96	1500m Walk	TR1	5:25 PM	96	1500m Walk	TR1	5:25 PM

Under 16 Boys				Under 16 Girls			
1	1500m	TR1	8:30 AM	1	1500m	TR1	8:30 AM
8	High Jump	HJ1	9:00 AM	9	High Jump	HJ2	9:15 AM
28	100m	TR1	10:52 AM	28	100m	TR1	10:52 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM	32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
48	200m	TR1	12:35 PM	48	200m	TR1	12:35 PM
52	Discus	DT1/DT2	1:00 PM	52	Discus	DT1/DT2	1:00 PM
66	100m Hurdles	TR2	2:05 PM	64	90m Hurdles	TR2	1:57 PM
68	Shot Put	SP1/SP2	2:10 PM	68	Shot Put	SP1/SP2	2:10 PM
90	400m	TR1	4:39 PM	90	400m	TR1	4:39 PM
96	1500m Walk	TR1	5:25 PM	96	1500m Walk	TR1	5:25 PM

Under 17 Boys				Under 17 Girls			
1	1500m	TR1	8:30 AM	1	1500m	TR1	8:30 AM
8	High Jump	HJ1	9:00 AM	9	High Jump	HJ2	9:15 AM
28	100m	TR1	10:52 AM	28	100m	TR1	10:52 AM
32	Long Jump	LJ1/LJ4/LJ5	11:30 AM	32	Long Jump	LJ1/LJ4/LJ5	11:30 AM
48	200m	TR1	12:35 PM	48	200m	TR1	12:35 PM
52	Discus	DT1/DT2	1:00 PM	52	Discus	DT1/DT2	1:00 PM
68	Shot Put	SP1/SP2	2:10 PM	67	100m Hurdles	TR2	2:07 PM
69	110m Hurdles	TR2	2:15 PM	68	Shot Put	SP1/SP2	2:10 PM
90	400m	TR1	4:39 PM	90	400m	TR1	4:39 PM
96	1500m Walk	TR1	5:25 PM	96	1500m Walk	TR1	5:25 PM