

Tiny Tots to Under 17's Program – Sunday 24th November 2019

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

17 Discus DT1/DT2/
DT3

10:50 AM 9:50 AM

Under 6 Mixed

4 Long Jump LJ1/LJ3/
LJ4/LJ5

9:05 AM 8:05 AM

11 70m TR2 10:05 AM 9:05 AM

35 300m TR1 12:25 PM 11:25 AM

46 100m TR2 1:25 PM 5:50 PM

Under 6 Girls

22 Shot Put SP1/SP2/
SP4

11:15 AM 10:15 AM

Under 7 Boys

45 Discus DT1/DT2/
DT3

1:15 PM 5:40 PM

Under 7 Mixed

3 500m TR1

9:00 AM 8:00 AM

7 70m TR2 9:45 AM 8:45 AM

16 Long Jump LJ1/LJ2/
LJ3/LJ4

10:50 AM 9:50 AM

Under 7 Girls

43 Shot Put SP1/SP2/
SP4

1:05 PM 5:30 PM

34 100m TR2

12:20 PM 11:20 AM

Under 8 Boys

52 Discus DT1/DT2/
DT3

2:05 PM 6:30 PM

Under 8 Mixed

23 70m TR2

11:20 AM 10:20 AM

61 High Jump HJ3/HJ4

3:10 PM 7:35 PM

33 700m TR1

12:15 PM 11:15 AM

42 100m TR2 1:05 PM 5:30 PM

Under 8 Girls

8 Shot Put SP1/SP2/
SP4

9:45 AM 8:45 AM

51 Long Jump LJ1/LJ2/
LJ3/LJ4

2:05 PM 6:30 PM

Under 9 Boys

39 High Jump HJ3/HJ4

12:40 PM 11:40 AM

Under 9 Mixed

20 800m TR1

11:05 AM 10:05 AM

62 Discus DT1/DT2/
DT3

3:10 PM 7:35 PM

31 100m TR2

12:05 PM 11:05 AM

56 700m Walk TR1 2:35 PM 7:00 PM

71 400m TR1 4:25 PM 8:50 PM

Under 9 Girls

41	Long Jump	LJ1/LJ4/ LJ5/LJ6	12:55 PM	11:55 AM
64	Shot Put	SP2/SP3/ SP4	3:25 PM	7:50 PM

Under 10 Boys

21	High Jump	HJ3/HJ4	11:10 AM	10:10 AM
69	Discus	DT1/DT2/ DT3	4:15 PM	8:40 PM

Under 10 Mixed

15	800m	TR1	10:35 AM	9:35 AM
53	100m	TR2	2:15 PM	6:40 PM
63	400m	TR1	3:10 PM	7:35 PM

Under 10 Girls

1	Shot Put	SP1/SP3/ SP4	9:00 AM	8:00 AM
27	Long Jump	LJ2/LJ4/ LJ5/LJ6	11:40 AM	10:40 AM

Under 10-11 Mixed

44	1100m Walk	TR1	1:10 PM	5:35 PM
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Under 11 Boys

5	Discus	DT1/DT2/ DT3	9:05 AM	8:05 AM
18	Triple Jump	LJ5/LJ6	10:55 AM	9:55 AM
48	High Jump	HJ1/HJ2	1:50 PM	6:15 PM

Under 11 Mixed

13	800m	TR1	10:15 AM	9:15 AM
38	100m	TR2	12:35 PM	11:35 AM
67	400m	TR1	4:00 PM	8:25 PM

Under 11 Girls

24	Javelin	JVN	11:25 AM	10:25 AM
49	Shot Put	SP2/SP3/ SP4	1:50 PM	6:15 PM
59	Long Jump	LJ1/LJ2/ LJ3/LJ4	2:55 PM	7:20 PM

Under 12 Boys

10	Discus	DT1/DT2/ DT3	10:05 AM	9:05 AM
30	High Jump	HJ1/HJ2	11:50 AM	10:50 AM
50	Triple Jump	LJ5/LJ6	2:00 PM	6:25 PM

Under 12 Mixed

25	800m	TR1	11:25 AM	10:25 AM
66	100m	TR1	3:40 PM	8:05 PM
72	400m	TR1	4:45 PM	9:10 PM

Under 12 Girls

9	Long Jump	LJ1/LJ2/ LJ3/LJ4	10:00 AM	9:00 AM
32	Shot Put	SP1/SP2/ SP4	12:05 PM	11:05 AM
57	Javelin	JVN	2:40 PM	7:05 PM

Under 13-14 Boys

12	Triple Jump	LJ5/LJ6	10:10 AM	9:10 AM
36	Discus	DT1/DT2	12:30 PM	11:30 AM

Under 13-14 Mixed

29	800m	TR1	11:45 AM	10:45 AM
54	100m	TR2	2:30 PM	6:55 PM

This is a proposed program and may be modified before the competition to better cater for the actual number of entries received. Check the LASA web site in the lead up to the competition for the final program.

Under 13-14 Boys (Continued)

65	High Jump	HJ1/HJ2	3:30 PM	7:55 PM
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Under 13-14 Mixed (Continued)

60	400m	TR1	3:00 PM	7:25 PM
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Under 13-14 Girls

14	Shot Put	SP1/SP4	10:30 AM	9:30 AM
37	Javelin	JVN	12:30 PM	11:30 AM
68	Long Jump	LJ3/LJ5	4:05 PM	8:30 PM

Under 15-17

Boys

2	High Jump	HJ1/HJ2	9:00 AM	8:00 AM
26	Discus	DT1/DT3	11:40 AM	10:40 AM
58	Triple Jump	LJ5/LJ6	2:45 PM	7:10 PM

Under 15-17 Mixed

19	800m	TR1	10:55 AM	9:55 AM
40	100m	TR2	12:50 PM	11:50 AM
70	400m	TR1	4:15 PM	8:40 PM

Under 15-17 Girls

6	Javelin	JVN	9:35 am	8:35 am
28	Long Jump	LJ1/LJ3	11:45 am	10:45 am
55	Shot Put	SP2/SP3	2:35 pm	7:00 pm

Under 12-17 Mixed

47	1500m Walk	TR1	1:40 pm	6:05 pm
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