



## DRAFT Program

2020 SA Power Networks  
State Relay Championships

coles



## Sunday 13<sup>th</sup> December 2020

Times in **blue** are the normal program, times in **red** are the Hot Weather Program.

### Under 8 Boys

32 4x100m TR1 Final 11:45 AM 7:30 PM

### Under 9 Boys

28 4x200m TR1 Heats 10:10 AM 10:42 AM  
 63 4x100m TR1 Heats 1:40 PM 5:30 PM  
 68 Long Jump LJ1 Final 2:30 PM 10:30 AM  
 85 Shot Put SP1 Final 3:30 PM 9:40 AM  
 86 4x200m TR1 Final 3:30 PM 10:30 AM  
 104 DT D1 Final 4:30 PM 8:50 AM  
 113 4x100m TR1 Final 4:35 PM 8:05 PM  
 122 High Jump HJ3 Final 5:30 PM 8:50 AM

### Under 10 Boys

16 4x200m TR1 Heats 9:50 AM 7:10 PM  
 50 4x100m TR1 Heats 1:24 PM 8:00 PM  
 70 High Jump HJ3 Final 2:30 PM 8:50 AM  
 83 4x200m TR1 Final 3:20 PM 8:00 AM  
 88 DT D1 Final 3:30 PM 6:50 PM  
 103 4x100m TR1 Final 4:27 PM 8:00 AM  
 106 Long Jump LJ1 Final 4:30 PM 10:30 AM  
 124 Shot Put SP1 Final 5:30 PM 10:30 AM

### Under 11 Boys

14 4x200m TR1 Heats 9:30 AM 6:25 PM  
 48 4x100m TR1 Heats 1:04 PM 7:20 PM  
 72 Shot Put SP1 Final 2:30 PM 10:30 AM  
 81 4x200m TR1 Final 3:10 PM 5:40 PM  
 90 Long Jump LJ1 Final 3:30 PM 8:50 AM  
 101 4x100m TR1 Final 4:19 PM 8:15 PM  
 108 High Jump HJ1 Final 4:30 PM 8:50 PM  
 126 DT D1 Final 5:30 PM 8:35 PM

### Under 11 Mixed

31 800m Medley TR1 Heats 10:50 AM 6:20 PM  
 65 800m Medley TR1 Final 2:10 PM 6:20 PM

### Under 8 Girls

33 4x100m TR1 Final 11:55 AM 7:10 PM

### Under 9 Girls

17 4x200m TR1 Heats 10:00 AM 7:40 PM  
 62 4x100m TR1 Heats 1:32 PM 10:10 AM  
 69 Long Jump LJ3 Final 2:30 PM 8:00 AM  
 84 4x200m TR1 Final 3:25 PM 8:50 AM  
 87 Shot Put SP2 Final 3:30 PM 5:35 PM  
 105 DT D2 Final 4:30 PM 9:40 AM  
 112 4x100m TR1 Final 4:31 PM 10:30 AM  
 123 High Jump HJ4 Final 5:30 PM 9:40 AM

### Under 10 Girls

15 4x200m TR1 Heats 9:40 AM 6:20 PM  
 49 4x100m TR1 Heats 1:16 PM 7:10 PM  
 71 High Jump HJ4 Final 2:30 PM 8:00 PM  
 82 4x200m TR1 Final 3:15 PM 6:55 PM  
 89 DT D2 Final 3:30 PM 8:00 AM  
 102 4x100m TR1 Final 4:23 PM 8:55 PM  
 107 Long Jump LJ3 Final 4:30 PM 8:10 PM  
 125 Shot Put SP2 Final 5:30 PM 7:55 PM

### Under 11 Girls

13 4x200m TR1 Heats 9:20 AM 5:30 PM  
 47 4x100m TR1 Heats 12:56 PM 6:20 PM  
 73 Shot Put SP2 Final 2:30 PM 5:45 PM  
 80 4x200m TR1 Final 3:05 PM 9:40 AM  
 91 Long Jump LJ3 Final 3:30 PM 9:40 AM  
 100 4x100m TR1 Final 4:15 PM 10:30 AM  
 109 High Jump HJ2 Final 4:30 PM 8:00 AM  
 127 DT D2 Final 5:30 PM 8:00 AM

### Under 12 Girls

1 4x200m TR1 Heats 9:00 AM 10:00 AM  
 45 4x100m TR1 Heats 12:40 PM 5:30 PM  
 75 DT D2 Final 2:30 PM 8:25 PM  
 7 4x200m TR1 Final 2:55 PM 8:50 AM

# South Australian Little Athletics Association

## Under 12 Boys

12	4x200m	TR1	Heats	9:10 AM	11:08 AM
46	4x100m	TR1	Heats	12:48 PM	6:05 PM
74	DT	D1	Final	2:30 PM	7:00 PM
79	4x200m	TR1	Final	3:00 PM	9:40 AM
92	High Jump	HJ1	Final	3:30 PM	10:30 AM
99	4x100m	TR1	Final	4:11 PM	9:40 AM
110	Shot Put	SP1	Final	4:30 PM	8:50 AM
128	Long Jump	LJ1	Final	5:30 PM	8:50 AM

## Under 13 Boys

2	Long Jump	LJ1	Final	9:00 AM	9:50 AM
18	DT	D1	Final	10:00 AM	8:00 PM
51	Shot Put	SP1	Final	1:30 PM	9:40 AM
52	High Jump	HJ1	Final	1:30 PM	11:40 AM
77	4x200m	TR1	Heats	2:45 PM	8:00 AM
97	4x100m	TR1	Heats	3:59 PM	8:00 AM
121	4x200m	TR1	Final	5:20 PM	8:00 AM
137	4x100m	TR1	Final	6:05 PM	5:10 PM

## Under 14 Boys

4	High Jump	HJ1	Final	9:00 AM	11:16 AM
20	Long Jump	LJ1	Final	10:00 AM	11:00 AM
37	DT	D1	Final	12:30 PM	5:30 PM
54	Shot Put	SP1	Final	1:30 PM	10:18 AM
67	4x200m	TR1	Final	2:25 PM	7:10 PM
95	4x100m	TR1	Final	3:43 PM	9:30 AM

## Under 14 Mixed

30	800m Medley	TR1	Heats	10:40 AM	6:15 PM
64	800m Medley	TR1	Final	2:05 PM	5:55 PM

## Under 15 Boys

6	Shot Put	SP1	Final	9:00 AM	6:20 PM
22	High Jump	HJ1	Final	10:00 AM	6:20 PM
39	Long Jump	LJ1	Final	12:30 PM	6:20 PM
56	DT	D1	Final	1:30 PM	6:00 PM
119	4x200m	TR1	Final	5:04 PM	8:00 PM
135	4x100m	TR1	Final	5:55 PM	9:00 PM

## Under 16 Boys

8	DT	D1	Final	9:00 AM	7:10 PM
24	Shot Put	SP1	Final	10:00 AM	7:35 PM
41	High Jump	HJ1	Final	12:30 PM	7:10 PM
58	Long Jump	LJ1	Final	1:30 PM	7:15 PM

## Under 12 Girls (Continued)

93	High Jump	HJ2	Final	3:30 PM	5:30 PM
98	4x100m	TR1	Final	4:07 PM	8:50 AM
111	Shot Put	SP2	Final	4:30 PM	9:40 AM
129	Long Jump	LJ3	Final	5:30 PM	9:40 AM

## Under 13 Girls

3	Long Jump	LJ3	Final	9:00 AM	9:10 AM
19	DT	D2	Final	10:00 AM	8:50 AM
36	Shot Put	SP2	Final	12:30 PM	10:34 AM
53	High Jump	HJ2	Final	1:30 PM	8:10 AM
76	4x200m	TR1	Final	2:35 PM	9:05 PM
96	4x100m	TR1	Final	3:51 PM	11:30 AM

## Under 14 Girls

5	High Jump	HJ1	Final	9:00 AM	5:30 PM
21	Long Jump	LJ1	Final	10:00 AM	5:30 PM
38	DT	D1	Final	12:30 PM	6:10 PM
55	Shot Put	SP1	Final	1:30 PM	5:30 PM
66	4x200m	TR1	Final	2:15 PM	7:10 PM
94	4x100m	TR1	Final	3:35 PM	6:45 PM

## Under 15 Girls

7	Shot Put	SP1	Final	9:00 AM	6:30 PM
23	High Jump	HJ1	Final	10:00 AM	6:20 PM
40	Long Jump	LJ1	Final	12:30 PM	7:25 PM
57	DT	D1	Final	1:30 PM	6:20 PM
118	4x200m	TR1	Final	4:59 PM	10:30 AM
134	4x100m	TR1	Final	5:50 PM	8:20 PM

## Under 16 Girls

9	DT	D1	Final	9:00 AM	7:45 PM
25	Shot Put	SP1	Final	10:00 AM	7:10 PM
42	High Jump	HJ2	Final	12:30 PM	8:00 PM
59	Long Jump	LJ1	Final	1:30 PM	7:10 PM
116	4x200m	TR1	Final	4:49 PM	8:50 AM
132	4x100m	TR1	Final	5:40 PM	8:30 PM

## Under 17 Girls

11	DT	D1	Final	9:00 AM	9:00 AM
27	Shot Put	SP1	Final	10:00 AM	8:40 AM
44	High Jump	HJ2	Final	12:30 PM	10:26 AM
61	Long Jump	LJ1	Final	1:30 PM	8:00 AM
114	4x200m	TR1	Final	4:39 PM	8:45 PM
130	4x100m	TR1	Final	5:30 PM	10:30 AM

## Under 16 Boys (Continued)

117	4x200m	TR1	Final	4:54 PM	9:40 AM
133	4x100m	TR1	Final	5:45 PM	9:20 AM

## Under 17 Boys

10	DT	D1	Final	9:00 AM	8:00 PM
26	Shot Put	SP1	Final	10:00 AM	8:00 PM
43	High Jump	HJ1	Final	12:30 PM	8:20 AM
60	Long Jump	LJ1	Final	1:30 PM	8:00 PM
115	4x200m	TR1	Final	4:44 PM	8:00 AM
131	4x100m	TR1	Final	5:35 PM	7:50 PM

## Under 17 Mixed

29	800m Medley	TR1	Final	10:30 AM	5:30 PM
120	4x200m	TR1	Final	5:09 PM	8:40 PM
136	4x100m	TR1	Final	6:00 PM	5:20 PM

## Dads

35	4x100m	TR1	Final	12:15 PM	8:30 AM
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## Mums

34	4x100m	TR1	Final	12:05 PM	8:00 PM
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Please Note: 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.



*Foundation of all sports!*

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