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SA Athletics Stadium Mile End

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DRAFT PROGRAM



Tiny Tots to Under 17's Program – Sunday 21st November 2021

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

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

Under 6 Boys

1	Shot Put	SP1/SP2/ SP3	9:00 AM	8:00 AM
14	300m	TR1	9:50 AM	8:50 AM
19	Long Jump	LJ1/LJ2/ LJ3/LJ4	10:30 AM	9:30 AM
25	200m	TR1	10:40 AM	9:40 AM
36	100m	TR2	11:40 AM	10:40 AM
49	Discus	DT1/DT2/ DT3	12:45 PM	6:15 PM
64	50m	TR1	1:40 PM	7:10 PM
82	70m	TR1	3:05 PM	8:35 PM

Under 6 Girls

1	Shot Put	SP1/SP2/ SP3	9:00 AM	8:00 AM
14	300m	TR1	9:50 AM	8:50 AM
19	Long Jump	LJ1/LJ2/ LJ3/LJ4	10:30 AM	9:30 AM
25	200m	TR1	10:40 AM	9:40 AM
36	100m	TR2	11:40 AM	10:40 AM
49	Discus	DT1/DT2/ DT3	12:45 PM	6:15 PM
64	50m	TR1	1:40 PM	7:10 PM
82	70m	TR1	3:05 PM	8:35 PM

Under 7 Boys

2	Discus	DT1/DT2/ DT3	9:00 AM	8:00 AM
18	500m	TR1	10:25 AM	9:25 AM
27	200m	TR1	10:55 AM	9:55 AM
38	100m	TR2	12:00 PM	11:00 AM
39	Shot Put	SP1/SP2/ /SP3/SP4	12:00 PM	5:30 PM
48	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	12:45 PM	6:15 PM
65	50m	TR1	1:50 PM	7:20 PM
84	70m	TR1	3:15 PM	8:45 PM

Under 7 Girls

2	Discus	DT1/DT2/ DT3	9:00 AM	8:00 AM
18	500m	TR1	10:25 AM	9:25 AM
27	200m	TR1	10:55 AM	9:55 AM
38	100m	TR2	12:00 PM	11:00 AM
39	Shot Put	SP1/SP2/ SP3/SP4	12:00 PM	5:30 PM
48	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	12:45 PM	6:15 PM
65	50m	TR1	1:50 PM	7:20 PM
84	70m	TR1	3:15 PM	8:45 PM

Under 8 Boys

3	High Jump	HJ3/HJ4/ HJ5	9:00 AM	8:00 AM
4	60m Hurdles	TR2	9:00 AM	8:00 AM
16	700m	TR1	10:05 AM	9:05 AM
29	200m	TR1	11:15 AM	10:15 AM
40	Discus	DT1/DT2/ DT3	12:00 PM	5:30 PM

Under 8 Girls

4	60m Hurdles	TR2	9:00 AM	8:00 AM
16	700m	TR1	10:05 AM	9:05 AM
20	High Jump	HJ3/HJ4/ HJ5	10:30 AM	9:30 AM
29	200m	TR1	11:15 AM	10:15 AM
40	Discus	DT1/DT2/ DT3	12:00 PM	5:30 PM

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Under 8 Boys (Continued)

46	100m	TR2	12:25 PM	5:55 PM
58	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	1:30 PM	7:00 PM
67	70m	TR1	2:10 PM	7:40 PM
75	Shot Put	SP1/SP2/ SP3/SP4	3:00 PM	N/A

Under 8 Girls (Continued)

46	100m	TR2	12:25 PM	5:55 PM
58	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	1:30 PM	7:00 PM
67	70m	TR1	2:10 PM	7:40 PM
75	Shot Put	SP1/SP2/ SP3/SP4	3:00 PM	N/A

Under 9 Boys

5	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	9:00 AM	8:00 AM
10	60m Hurdles	TR2	9:25 AM	8:25 AM
21	Shot Put	SP1/SP2/ SP3	10:30 AM	9:30 AM
35	200m	TR1	11:35 AM	10:35 AM
41	High Jump	HJ3/HJ4/ HJ5	12:00 PM	5:30 PM
52	100m	TR2	12:50 PM	6:20 PM
72	70m	TR1	2:35 PM	8:05 PM
76	Discus	DT1/DT2/ DT3	3:00 PM	N/A
91	400m	TR1	4:00 PM	N/A
104	800m	TR1	6:00 PM	N/A
115	700m Walk	TR1	7:25 PM	N/A

Under 9 Girls

5	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	9:00 AM	8:00 AM
10	60m Hurdles	TR2	9:25 AM	8:25 AM
21	Shot Put	SP1/SP2/ SP3	10:30 AM	9:30 AM
35	200m	TR1	11:35 AM	10:35 AM
52	100m	TR2	12:50 PM	6:20 PM
59	High Jump	HJ3/HJ4/ HJ5	1:30 PM	7:00 PM
72	70m	TR1	2:35 PM	8:05 PM
76	Discus	DT1/DT2/ DT3	3:00 PM	N/A
91	400m	TR1	4:00 PM	N/A
104	800m	TR1	6:00 PM	N/A
115	700m Walk	TR1	7:25 PM	N/A

Under 10 Boys

11	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	9:45 AM	8:45 AM
15	60m Hurdles	TR2	9:50 AM	8:50 AM
31	Shot Put	SP1/SP2/ SP3/SP4	11:15 AM	10:15 AM
37	200m	TR1	11:55 AM	10:55 AM
55	100m	TR2	1:15 PM	6:45 PM
60	Discus	DT1/DT2/ DT3	1:30 PM	7:00 PM
73	70m	TR1	2:50 PM	8:20 PM
77	High Jump	HJ3/HJ4/ HJ5	3:00 PM	N/A
92	400m	TR1	4:20 PM	N/A
109	800m	TR1	6:15 PM	N/A
116	1100m Walk	TR1	7:35 PM	N/A

Under 10 Girls

11	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	9:45 AM	8:45 AM
15	60m Hurdles	TR2	9:50 AM	8:50 AM
31	Shot Put	SP1/SP2/ SP3/SP4	11:15 AM	10:15 AM
37	200m	TR1	11:55 AM	10:55 AM
55	100m	TR2	1:15 PM	6:45 PM
60	Discus	DT1/DT2/ DT3	1:30 PM	7:00 PM
73	70m	TR1	2:50 PM	8:20 PM
92	400m	TR1	4:20 PM	N/A
93	High Jump	HJ3/HJ4/ HJ5	4:30 PM	N/A
109	800m	TR1	6:15 PM	N/A
116	1100m Walk	TR1	7:35 PM	N/A

Under 11 Boys

6	1500m	TR1	9:00 AM	8:00 AM
7	Triple Jump	TJ1/TJ2/ TJ3	9:00 AM	8:00 AM

Under 11 Girls

6	1500m	TR1	9:00 AM	8:00 AM
7	Triple Jump	TJ1/TJ2/ TJ3	9:00 AM	8:00 AM

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Under 11 Boys (Continued)

17	80m Hurdles	TR2	10:10 AM	9:10 AM
22	Discus	DT1/DT2/ DT3	10:30 AM	9:30 AM
42	High Jump	HJ1/HJ2	12:00 PM	5:30 PM
45	200m	TR1	12:15 PM	11:15 AM
63	100m	TR2	1:40 PM	7:10 PM
78	Javelin	JT	3:00 PM	N/A
97	400m	TR1	4:45 PM	N/A
99	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	5:15 PM	N/A
105	Shot Put	SP1/SP2/ SP3	6:00 PM	N/A
110	800m	TR1	6:30 PM	N/A
116	1100m Walk	TR1	7:35 PM	N/A

Under 11 Girls (Continued)

17	80m Hurdles	TR2	10:10 AM	9:10 AM
22	Discus	DT1/DT2/ DT3	10:30 AM	9:30 AM
45	200m	TR1	12:15 PM	11:15 AM
57	High Jump	HJ1/HJ2	1:30 PM	7:00 PM
63	100m	TR2	1:40 PM	7:10 PM
87	Javelin	JT	3:45 PM	N/A
97	400m	TR1	4:45 PM	N/A
99	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	5:15 PM	N/A
105	Shot Put	SP1/SP2/ SP3	6:00 PM	N/A
110	800m	TR1	6:30 PM	N/A
116	1100m Walk	TR1	7:35 PM	N/A

Under 12 Boys

6	1500m	TR1	9:00 AM	8:00 AM
12	Triple Jump	TJ1/TJ2/ TJ3	9:45 AM	8:45 AM
23	80m Hurdles	TR2	10:30 AM	9:30 AM
32	Discus	DT1/DT2/ DT3	11:15 AM	10:15 AM
47	200m	TR1	12:35 PM	6:05 PM
61	Javelin	JT	1:30 PM	7:00 PM
66	100m	TR2	2:05 PM	7:35 PM
68	Shot Put	SP1/SP2/ SP3/SP4	2:15 PM	7:45 PM
79	High Jump	HJ1/HJ2	3:00 PM	N/A
98	400m	TR1	5:05 PM	N/A
106	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	6:00 PM	N/A
111	800m	TR1	6:40 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 12 Girls

6	1500m	TR1	9:00 AM	8:00 AM
12	Triple Jump	TJ1/TJ2/ TJ3	9:45 AM	8:45 AM
23	80m Hurdles	TR2	10:30 AM	9:30 AM
32	Discus	DT1/DT2/ DT3	11:15 AM	10:15 AM
47	200m	TR1	12:35 PM	6:05 PM
50	Javelin	JT	12:45 PM	6:15 PM
66	100m	TR2	2:05 PM	7:35 PM
68	Shot Put	SP1/SP2/ SP3/SP4	2:15 PM	7:45 PM
94	High Jump	HJ1/HJ2	4:30 PM	N/A
98	400m	TR1	5:05 PM	N/A
106	Long Jump	LJ1/LJ2/ LJ3/LJ4/ LJ5	6:00 PM	N/A
111	800m	TR1	6:40 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 13 Boys

6	1500m	TR1	9:00 AM	8:00 AM
8	High Jump	HJ1/HJ2	9:00 AM	8:00 AM
26	80m Hurdles	TR2	10:50 AM	9:50 AM
43	Triple Jump	TJ1/TJ2/ TJ3	12:00 PM	5:30 PM
53	200m	TR1	12:55 PM	6:25 PM
69	Discus	DT1/DT2/ DT3	2:15 PM	7:45 PM
71	100m	TR2	2:30 PM	8:00 PM
80	Long Jump	LJ1/LJ2/ LJ3/LJ4	3:00 PM	N/A

Under 13 Girls

6	1500m	TR1	9:00 AM	8:00 AM
24	High Jump	HJ1/HJ2	10:30 AM	9:30 AM
26	80m Hurdles	TR2	10:50 AM	9:50 AM
43	Triple Jump	TJ1/TJ2/ TJ3	12:00 PM	5:30 PM
53	200m	TR1	12:55 PM	6:25 PM
69	Discus	DT1/DT2/ DT3	2:15 PM	7:45 PM
71	100m	TR2	2:30 PM	8:00 PM
80	Long Jump	LJ1/LJ2/ LJ3/LJ4	3:00 PM	N/A

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Under 13 Boys (Continued)

85	200m Hurdles	TR1	3:30 PM	N/A
88	Shot Put	SP1/SP2/ SP3	3:45 PM	N/A
95	Javelin	JT	4:30 PM	N/A
101	400m	TR1	5:25 PM	N/A
112	800m	TR1	6:55 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 13 Girls (Continued)

85	200m Hurdles	TR1	3:30 PM	N/A
88	Shot Put	SP1/SP2/ SP3	3:45 PM	N/A
100	Javelin	JT	5:15 PM	N/A
101	400m	TR1	5:25 PM	N/A
112	800m	TR1	6:55 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 14 Boys

6	1500m	TR1	9:00 AM	8:00 AM
9	Javelin	JT	9:00 AM	8:00 AM
26	80m Hurdles	TR2	10:50 AM	9:50 AM
28	90m Hurdles	TR2	11:05 AM	10:05 AM
33	Long Jump	LJ1/LJ2/ LJ3	11:15 AM	10:15 AM
51	Shot Put	SP1/SP2	12:45 PM	6:15 PM
54	200m	TR1	1:10 PM	6:40 PM
70	Triple Jump	TJ1/TJ2/ TJ3	2:15 PM	7:45 PM
74	100m	TR2	2:50 PM	8:20 PM
86	200m Hurdles	TR1	3:40 PM	N/A
89	Discus	DT1/DT2	3:45 PM	N/A
102	400m	TR1	5:40 PM	N/A
107	High Jump	HJ2	6:00 PM	N/A
113	800m	TR1	7:05 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 14 Girls

6	1500m	TR1	9:00 AM	8:00 AM
9	Javelin	JT	9:00 AM	8:00 AM
26	80m Hurdles	TR2	10:50 AM	9:50 AM
28	90m Hurdles	TR2	11:05 AM	10:05 AM
33	Long Jump	LJ1/LJ2/ LJ3	11:15 AM	10:15 AM
51	Shot Put	SP1/SP2	12:45 PM	6:15 PM
54	200m	TR1	1:10 PM	6:40 PM
70	Triple Jump	TJ1/TJ2/ TJ3	2:15 PM	7:45 PM
74	100m	TR2	2:50 PM	8:20 PM
86	200m Hurdles	TR1	3:40 PM	N/A
89	Discus	DT1/DT2	3:45 PM	N/A
102	400m	TR1	5:40 PM	N/A
107	High Jump	HJ2	6:00 PM	N/A
113	800m	TR1	7:05 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 15 Boys

6	1500m	TR1	9:00 AM	8:00 AM
13	Javelin	JT	9:45 AM	8:45 AM
28	90m Hurdles	TR2	11:05 AM	10:05 AM
30	100m Hurdles	TR2	11:15 AM	10:15 AM
44	Long Jump	LJ1/LJ2/ LJ3	12:00 PM	5:30 PM
56	200m	TR1	1:20 PM	6:50 PM
62	Shot Put	SP1/SP2	1:30 PM	7:00 PM
81	Triple Jump	TJ1/TJ2/ TJ3	3:00 PM	N/A
83	100m	TR2	3:05 PM	8:35 PM
90	300m Hurdles	TR1	3:50 PM	N/A
96	Discus	DT1/DT2	4:30 PM	N/A
103	400m	TR1	5:50 PM	N/A
108	High Jump	HJ1	6:00 PM	N/A
114	800m	TR1	7:15 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 15 Girls

6	1500m	TR1	9:00 AM	8:00 AM
13	Javelin	JT	9:45 AM	8:45 AM
28	90m Hurdles	TR2	11:05 AM	10:05 AM
30	100m Hurdles	TR2	11:15 AM	10:15 AM
44	Long Jump	LJ1/LJ2/ LJ3	12:00 PM	5:30 PM
56	200m	TR1	1:20 PM	6:50 PM
62	Shot Put	SP1/SP2	1:30 PM	7:00 PM
81	Triple Jump	TJ1/TJ2/ TJ3	3:00 PM	N/A
83	100m	TR2	3:05 PM	8:35 PM
90	300m Hurdles	TR1	3:50 PM	N/A
96	Discus	DT1/DT2	4:30 PM	N/A
103	400m	TR1	5:50 PM	N/A
108	High Jump	HJ1	6:00 PM	N/A
114	800m	TR1	7:15 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION

Under 16 Boys

6	1500m	TR1	9:00 AM	8:00 AM
13	Javelin	JT	9:45 AM	8:45 AM
28	90m Hurdles	TR2	11:05 AM	10:05 AM
30	100m Hurdles	TR2	11:15 AM	10:15 AM
44	Long Jump	LJ1/LJ2/ LJ3	12:00 PM	5:30 PM
56	200m	TR1	1:20 PM	6:50 PM
62	Shot Put	SP1/SP2	1:30 PM	7:00 PM
81	Triple Jump	TJ1/TJ2/ TJ3	3:00 PM	N/A
83	100m	TR2	3:05 PM	8:35 PM
90	300m Hurdles	TR1	3:50 PM	N/A
96	Discus	DT1/DT2	4:30 PM	N/A
103	400m	TR1	5:50 PM	N/A
108	High Jump	HJ1	6:00 PM	N/A
114	800m	TR1	7:15 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 16 Girls

6	1500m	TR1	9:00 AM	8:00 AM
13	Javelin	JT	9:45 AM	8:45 AM
28	90m Hurdles	TR2	11:05 AM	10:05 AM
30	100m Hurdles	TR2	11:15 AM	10:15 AM
44	Long Jump	LJ1/LJ2/ LJ3	12:00 PM	5:30 PM
56	200m	TR1	1:20 PM	6:50 PM
62	Shot Put	SP1/SP2	1:30 PM	7:00 PM
81	Triple Jump	TJ1/TJ2/ TJ3	3:00 PM	N/A
83	100m	TR2	3:05 PM	8:35 PM
90	300m Hurdles	TR1	3:50 PM	N/A
96	Discus	DT1/DT2	4:30 PM	N/A
103	400m	TR1	5:50 PM	N/A
108	High Jump	HJ1	6:00 PM	N/A
114	800m	TR1	7:15 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 17 Boys

6	1500m	TR1	9:00 AM	8:00 AM
13	Javelin	JT	9:45 AM	8:45 AM
30	100m Hurdles	TR2	11:15 AM	10:15 AM
34	110m Hurdles	TR2	11:25 AM	10:25 AM
44	Long Jump	LJ1/LJ2/ LJ3	12:00 PM	5:30 PM
56	200m	TR1	1:20 PM	6:50 PM
62	Shot Put	SP1/SP2	1:30 PM	7:00 PM
81	Triple Jump	TJ1/TJ2/ TJ3	3:00 PM	N/A
83	100m	TR2	3:05 PM	8:35 PM
90	300m Hurdles	TR1	3:50 PM	N/A
96	Discus	DT1/DT2	4:30 PM	N/A
103	400m	TR1	5:50 PM	N/A
108	High Jump	HJ1	6:00 PM	N/A
114	800m	TR1	7:15 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

Under 17 Girls

6	1500m	TR1	9:00 AM	8:00 AM
13	Javelin	JT	9:45 AM	8:45 AM
30	100m Hurdles	TR2	11:15 AM	10:15 AM
44	Long Jump	LJ1/LJ2/ LJ3	12:00 PM	5:30 PM
56	200m	TR1	1:20 PM	6:50 PM
62	Shot Put	SP1/SP2	1:30 PM	7:00 PM
81	Triple Jump	TJ1/TJ2/ TJ3	3:00 PM	N/A
83	100m	TR2	3:05 PM	8:35 PM
90	300m Hurdles	TR1	3:50 PM	N/A
96	Discus	DT1/DT2	4:30 PM	N/A
103	400m	TR1	5:50 PM	N/A
108	High Jump	HJ1	6:00 PM	N/A
114	800m	TR1	7:15 PM	N/A
117	1500m Walk	TR1	7:50 PM	N/A

*The 1500m events on the normal program consist of 5 mixed age, mixed gender heats with heats taking place approximately 10 minutes apart. Check your heat allocation on live.salaa.org.au, then marshal for your heat when the previous heat has started.

*A additional session will be added for the events that are not able to be held on Sunday 7th February on the hot weather program. The date and time for this are yet to be confirmed.





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