

	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15/16
Program A	300m OnTrack/MiniO Long Jump Discus	70m OnTrack/MiniO Long Jump Discus	70m 400m Shot Put Vortex	70m 400m Long Jump Vortex	70m 400m High Jump Vortex	70m 400m Long Jump Discus	70m 400m 1500m Triple Jump SP(G) / Dis(B)	70m 400m 1500m Triple Jump Shot Put	70m 400m 1500m Long Jump Discus	70m 400m 1500m High Jump Shot Put
8.00am Start for Under 13 to Under 16 Walk								1500m Walk	1500m Walk	1500m Walk
Program B	100m OnTrack/MiniO Long Jump Shot Put	100m OnTrack/MiniO 300m Long Jump Shot Put	100m 60m Hurdles 600m High Jump	100m 60m Hurdles 800m High Jump(G) Shot Put	100m 60m Hurdles 1100m Walk Shot Put	100m 60m Hurdles 1100m Walk Triple Jump Javelin	100m 80m Hurdles 800m HJ(G) / LJ(B) DIS(G) / Jav(B)	100m 80m Hurdles 200m Long Jump Discus	100m 80m/90m Hurdles 200m High Jump Javelin	100m 90m/100m Hurdles 200m TJ(G) / LJ(B) Discus
Program C	70m OnTrack/MiniO Shot Put Discus	70m 200m OnTrack/MiniO Shot Put Discus	70m 200m 700m Walk Long Jump Discus	100m 200m 700m Walk High Jump(B) Discus	100m 200m 800m Long Jump Discus	100m 200m 800m High Jump Shot Put	100m 200m 1500m Walk LJ(G) / HJ(B) Jav(G) / SP(B)	100m 200m Hurdles 800m High Jump Javelin	100m 200m Hurdles 800m Triple Jump Shot Put	100m 300m Hurdles 800m LJ(G) / TJ(B) Javelin