

2019/20

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