

2022/23

		Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15-17
Program A	300m	70m	70m	70m	70m	70m	70m	70m	70m	70m	70m
	On Track / MO	300m	400m	400m	400m	400m	400m	400m	400m	400m	400m
	Long Jump	On Track / MO	LJ (G) / SP (B)	High Jump	High Jump	Long Jump	LJ (G) / TJ (B)	Triple Jump	Long Jump	Long Jump	High Jump
Program B	Discus	Discus	SP(G) / Vtx(B)	Vortex	Vortex	Discus	Discus	Discus	Shot Put	Discus	Shot Put
8.00am Start for Under 12 to Under 17 Walk								1500m Walk	1500m Walk	1500m Walk	1500m Walk
Program B	70m	70m	70m	100m	100m	100m	100m	100m	100m	100m	100m
	On Track / MO	On Track / MO	60m Hurdles	200m	200m	200m	200m	200m	200m Hurdles	200m Hurdles	300m Hurdles
	Long Jump	Long Jump	700m Walk	700m Walk	1100m Walk	1100m Walk	High Jump	LJ(G) / HJ(B)	Triple Jump	Triple Jump	Long Jump
Program C	Shot Put	Shot Put	Dis(G) / SP(B)	Discus	Dis(G) / SP(B)	Shot Put	Shot Put	Shot Put	Javelin	Javelin	Javelin
Program C	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	On Track / MO	On Track / MO	60m Hurdles	60m Hurdles	60m Hurdles	80m Hurdles	80m Hurdles	80m Hurdles	80m Hurdles	80m/90m Hurdles	90m/100m/110m Hurdles
	Shot Put	200m	200m	800m	800m	800m	800m	800m	200m	200m	200m
Discus	SP (G) / LJ (B)	Long Jump	Shot Put	High Jump	TJ (G) / LJ (B)	HJ(G) / LJ(B)	HJ(G) / LJ(B)	High Jump	High Jump	High Jump	Triple Jump
	Discus	Discus	Vtx(G) / Dis(B)	Shot Put	SP(G) / Dis(B)	Javelin	Javelin	Discus	Shot Put	Discus	Discus