2023/24

		Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15-17
Program A		70m 200m On Track / MO Long Jump Discus	70m 200m On Track / MO LJ (G) / SP (B) Discus	70m 200m High Jump Vortex	70m 200m 800m Long Jump Vortex	70m 200m 800m LJ(G)/HJ(B) Vortex	70m 200m 800m LJ (G) / TJ (B) Discus	70m 200m 800m TJ(G) / HJ(B) Discus	70m 200m 800m TJ(G) / LJ(B) SP(G) / Dis(B)	70m 200m 800m Long Jump SP(G) / Dis(B)	70m 200m 800m High Jump Shot Put
Program B		8.00am Start for Under 12 to Under 17 Walk						1500m Walk	1500m Walk	1500m Walk	1500m Walk
Program B		 On Track / MO 300m Long Jump Shot Put	70m On Track / MO 300m Long Jump Shot Put	70m 400m 700m Walk Long Jump(B) Dis(G) / SP(B)	100m 400m 700m Walk Discus	100m 400m 1100m Walk Dis(G) / SP(B)	100m 400m 1100m Walk High Jump Shot Put	100m 400m HJ(G) / TJ(B) Shot Put	100m 200m Hurdles LJ (G) / TJ (B) Javelin	100m 200m Hurdles Triple Jump Jav(G) / SP(B)	100m 300m Hurdles Long Jump Javelin
Program C		100m On Track / MO Shot Put Discus	100m 60m MiniHurdles On Track / MO SP (G) / LJ (B) Discus	100m 60m Hurdles 600m Long Jump(G) SP(G) / Dis(B)	100m 60m Hurdles High Jump Shot Put	100m 60m Hurdles HJ(G) / LJ(B) SP(G) / Dis(B)	100m 80m Hurdles 1500m TJ (G) / LJ (B) Javelin	100m 80m Hurdles 1500m Long Jump Javelin	100m 80m Hurdles 400m 1500m High Jump Dis(G) / SP(B)	100m 80m/90m Hurdles 400m 1500m High Jump Dis(G) / Jav(B)	100m 90m/100m/110m Hurdles 400m 1500m Triple Jump Discus