



PROGRAM A

Age	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Event 7
U6	50m	Discus 350g	100m	Long Jump	300m	-	-
U7	50m	Long Jump	100m	Shot Put 1kg	500m	Vortex	-
U8	Discus 350g	200m	100m	High Jump	700m	-	-
U9	70m	Shot Put 2kg	High Jump	200m	Turbo Javelin	800m	-
U10	200m	70m	Long Jump	Discus 500g	800m	Turbo Javelin	-
U11	Long Jump	100m	Discus 500g	400m	High Jump	1500m Run	Javelin
U12	High Jump	100m	Discus 750g	400m	Long Jump	1500m Run	Javelin
U13-U17	Triple Jump	100m	Shot Put 3/4/5kg	400m	1500m Run	Javelin	-

PROGRAM B

Age	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Event 7
U6	Mini Hurdles 20cm	Shot Put 1kg	Long Jump	200m	Vortex	70m	-
U7	Mini Hurdles 30cm	Long Jump	200m	Discus 350g	70m	-	-
U8	60m Hurdles 45cm	Shot Put 1.5kg	Long Jump	70m	Vortex	400m	-
U9	Discus 500g	60m Hurdles 45cm	100m	Long Jump	400m	700m Walk	-
U10	High Jump	60m Hurdles 60cm	100m	Shot Put 2kg	400m	1100m Walk	-
U11	200m	80m Hurdles 60cm	Shot Put 2kg	Triple Jump	1100m Walk	800m	-
U12	Triple Jump	80m Hurdles 68cm	Shot Put 2kg	200m	1500m Walk	800m	-
U13-U17	1500m Walk & 200/300m Hurdles	200m	High Jump	Sprint Hurdles	Discus	Long Jump	800m

Programmed javelin, race walks and 200m/300m hurdles for U9-U17 athletes commence at 8:30 am. All other events commence following the 9:15 am warm-up.

Hurdles are to be completed as early as possible.