

PROGRAM A BOYS

AGE	EVENTS				
U7	100m	300m		Vortex	
U8	100m	300m		Vortex	
U9	100m	500m		Shot	
U10	100m	400m		Shot	High
U11	100m	400m		Turbo	Long
U12	100m		1500m	Discus	Long
U13	100m		1500m	Shot	High
U14	100m	200mH	1500m	Javelin	High
U15	100m	200mH	1500m	Shot	High
U16	100m	300mH	1500m	Shot	Long
U17-18	100m	300mH	1500m	Shot	Long

PROGRAM B BOYS

AGE	EVENTS			
U7	200m	70m	Shot	
U8	200m	70m	Shot	
U9	200m	70m	Turbo	
U10	200m	800m	Discus	Long
U11	200m	800m	Discus	High
U12	200m	800m	Shot	Triple
U13	200m	800m	Javelin	Long
U14	200m	800m	Discus	Long
U15	200m	800m	Javelin	Long
U16	200m	800m	Javelin	Triple
U17-18	200m & 60m	800m	Javelin	Triple

PROGRAM C BOYS

AGE	EVENTS				
U7	60m miniH	70m		Discus	Long
U8	60m miniH	70m		Discus	Long
U9	60mH	70m		Discus	Long
U10	60mH	70m	700mW	Turbo	
U11	60mH	70m	1100mW	Shot	
U12	80mH	400m	1100mW	Javelin	High
U13	80mH	400m	1500mW	Discus	Triple
U14	80mH	400m	1500mW	Shot	Triple
U15	90mH	400m	1500mW	Discus	Triple
U16	100mH	400m	1500mW	Discus	High
U17-18	110mH	400m	1500mW	Discus	High

PROGRAM A GIRLS

AGE	EVENTS				
U7	100m	300m		Discus	
U8	100m	300m		Discus	
U9	100m	500m		Shot	
U10	100m	400m		Shot	High
U11	100m	400m		Discus	Long
U12	100m		1500m	Discus	Long
U13	100m		1500m	Discus	Triple
U14	100m	200mH	1500m	Discus	High
U15	100m	200mH	1500m	Javelin	Triple
U16	100m	300mH	1500m	Javelin	Triple
U17-18	100m	300mH	1500m	Javelin	Triple

PROGRAM B GIRLS

AGE	EVENTS			
U7	200m	70m	Vortex	Long
U8	200m	70m	Vortex	Long
U9	200m	70m	Discus	Long
U10	200m	800m	Turbo	Long
U11	200m	800m	Shot	High
U12	200m	800m	Shot	High
U13	200m	800m	Shot	Long
U14	200m	800m	Shot	Triple
U15	200m	800m	Discus	High
U16	200m	800m	Discus	High
U17-18	200m & 60m	800m	Discus	High

PROGRAM C GIRLS

AGE	EVENTS				
U7	60m miniH	70m		Shot	
U8	60m miniH	70m		Shot	
U9	60mH	70m		Turbo	
U10	60mH	70m	700mW	Discus	
U11	60mH	70m	1100mW	Turbo	
U12	80mH	400m	1100mW	Javelin	Triple
U13	80mH	400m	1500mW	Javelin	High
U14	80mH	400m	1500mW	Javelin	Long
U15	80mH	400m	1500mW	Shot	Long
U16	90mH	400m	1500mW	Shot	Long
U17-18	100mH	400m	1500mW	Shot	Long