

PROGRAM A BOYS					
AGE	EVENTS				
U6	200m		Vortex		70m
U7	200m		Vortex		70m
U8	200m		Shot		70m
U9	200m	400m	Shot		High
U10	200m	800m	Turbo		Long
U11	200m	1500m	Discus		Long
U12	200m	1500m	Shot		High
U13	200m	1500m	Javelin		High
U14	200m	1500m	Shot		High
U15-17	200m	1500m	Discus		Long

PROGRAM A GIRLS					
AGE	EVENTS				
U6	200m			Discus	70m
U7	200m			Discus	70m
U8	200m			Shot	70m
U9	200m	400m		Shot	High
U10	200m	800m		Discus	Long
U11	200m	1500m		Discus	Long
U12	200m	1500m		Discus	Triple
U13	200m	1500m		Discus	High
U14	200m	1500m		Javelin	Triple
U15-17	200m	1500m		Javelin	Triple

PROGRAM B BOYS					
AGE	EVENTS				
U6-7	100m	70m	Shot		
U8	100m	70m	Turbo		
U9	100m	70m	Discus		700mW
U10	100m		Discus	High	1100mW
U11	100m	400m	Shot	Triple	1100mW
U12	100m	800m	Javelin	Long	
U13	100m	800m	Discus	Long	200mH
U14	100m	800m	Javelin	Long	200mH
U15-17	100m	800m	Javelin	Triple	300mH

PROGRAM B GIRLS					
AGE	EVENTS				
U6-7	100m	70m	Vortex	Long	
U8	100m	70m	Discus	Long	
U9	100m	70m	Turbo		700mW
U10	100m		Shot	High	1100mW
U11	100m	400m	Shot	High	1100mW
U12	100m	800m	Javelin	Long	
U13	100m	800m	Shot	Triple	200mH
U14	100m	800m	Discus	High	200mH
U15-17	100m	800m	Discus	High	300mH

PROGRAM C BOYS					
AGE	EVENTS				
U6-7		300m	60mH mini	Long	Discus
U8		500m	60mH	Long	Discus
U9		800m	60mH	Long	Turbo
U10	70m	400m	60mH		Shot
U11		800m	80mH	High	Javelin
U12	1500mW	400m	80mH	Triple	Discus
U13	1500mW	400m	80mH	Triple	Shot
U14	1500mW	400m	90mH	Triple	Discus
U15-17	1500mW	400m	100-110mH	High	*Shot*

PROGRAM C GIRLS					
AGE	EVENTS				
U6-7		300m	60mH mini		Shot
U8		500m	60mH		Turbo
U9		800m	60mH	Long	Discus
U10	70m	400m	60mH		Turbo
U11		800m	80mH	Triple	Javelin
U12	1500mW	400m	80mH	High	Shot
U13	1500mW	400m	80mH	Long	Javelin
U14	1500mW	400m	80mH	Long	Shot
U15-17	1500mW	400m	90-100mH	Long	Shot

