

Program A						
Under 6	Warm up	70m	100m	Long Jump	Discus	
Under 7	Warm up	70m	100m	Long Jump	Discus	
Under 8	Warm up	70m	100m	High Jump	Vortex	
Under 9	Warm up	400m	100m	Long Jump	Shot Put	
Under 10	Warm up	400m	100m	Long Jump	Shot Put	
Under 11	Warm up	400m	100m	Shot Put	Triple Jump	Javelin
Under 12	Warm up	400m	100m	Long Jump	Triple Jump	Javelin
Under 13	Warm up	400m	100m	Long Hurdles	High Jump	Discus
Under 14	Warm up	400m	100m	Long Hurdles	High Jump	Discus
(Under 15 - Under 17)	Warm up	400m	100m	Long Hurdles	Shot Put	Long Jump

Program B						
Under 6	Warm up	100m	Short Hurdles	Shot Put	Long Jump	
Under 7	Warm up	100m	Short Hurdles	Shot Put	Long Jump	
Under 8	Warm up	100m	Short Hurdles	Discus	Long Jump	
Under 9	Warm up	800m	Short Hurdles	200m	High Jump	Discus
Under 10	Warm up	800m	Short Hurdles	200m	Long Jump	Vortex
Under 11	Warm up	800m	Short Hurdles	200m	Long Jump	Shot Put
Under 12	Warm up	800m	Short Hurdles	200m	Long Jump	Shot Put
Under 13	Warm up	800m	Short Hurdles	200m	Triple Jump	Javelin
Under 14	Warm up	800m	Short Hurdles	200m	Triple Jump	Javelin
(Under 15 - Under 17)	Warm up	800m	Short Hurdles	200m	High Jump	Discus

Program C						
Under 6	Warm up	50m	70m	100m	Long Jump	
Under 7	Warm up	50m	70m	100m	Long Jump	
Under 8	Warm up	50m	70m	100m	Shot Put	
Under 9	Warm up	1100m	70m	100m	Vortex	Shot Put
Under 10	Warm up	1100m	70m	100m	High Jump	Discus
Under 11	Warm up	1500m	70m	100m	High Jump	Discus
Under 12	Warm up	1500m	70m	100m	High Jump	Discus
Under 13	Warm up	1500m	70m	100m	Long Jump	Shot Put
Under 14	Warm up	1500m	70m	100m	Long Jump	Shot Put
(Under 15 - Under 17)	Warm up	1500m	70m	100m	Triple Jump	Javelin

Twilight A						
Under 6	Warm up	100m	70m	Long Jump	Shot Put	
Under 7	Warm up	100m	200m	Long Jump	Discus	
Under 8	Warm up	100m	200m	Long Jump	Shot Put	
Under 9	Warm up	100m	200m	Long Jump	Discus	
Under 10	Warm up	100m	200m	Long Jump	Shot Put	
Under 11	Warm up	100m	200m	Long Jump	Discus	
Under 12	Warm up	100m	200m	Long Jump	Shot Put	
Under 13	Warm up	100m	200m	Long Jump	Discus	
Under 14	Warm up	100m	200m	Long Jump	Shot Put	
(Under 15 - Under 17)	Warm up	100m	200m	Long Jump	Discus	

Twilight B						
Under 6	Warm up	100m	70m	Long Jump	Discus	
Under 7	Warm up	100m	70m	Long Jump	Shot Put	
Under 8	Warm up	100m	70m	Long Jump	Discus	
Under 9	Warm up	100m	800m	Long Jump	Shot Put	
Under 10	Warm up	100m	800m	Long Jump	Discus	
Under 11	Warm up	100m	800m	Long Jump	Shot Put	
Under 12	Warm up	100m	800m	Long Jump	Discus	
Under 13	Warm up	100m	800m	Long Jump	Shot Put	
Under 14	Warm up	100m	800m	Long Jump	Discus	
(Under 15 - Under 17)	Warm up	100m	800m	Long Jump	Shot Put	