

| Program C | | | | | |
|-----------------------|----------------------|---------------------|---------------------|----------------------|---------------------|
| Tiny Tots | Play Training | | | | |
| Under 6 Boys | Discus (top) | 200m Run | Long Jump | Shuttle Relay | |
| Under 6 Girls | Long Jump | 300m Pack | Shot Put | 70m Run | |
| Under 7 Boys | Long Jump | 70m Run | Shot Put | 200m Run | |
| Under 7 Girls | Shot Put | 500m Pack | Vortex | 100m Run | |
| Under 8 Boys | 100m Run | Long Jump | 200m Run | Discus | |
| Under 8 Girls | Shot Put | 100m Run | 700m Pack | Vortex | |
| Under 9 Boys | 70m Run | Long Jump | 200m Run | 700m Walk | |
| Under 9 Girls | 700m Walk | 200m run | Discus (top) | 400m Run | |
| Under 10 Boys | 400m Run | Shot Put | 70m Run | 800m Run | |
| Under 10 Girls | 1100m Walk | Discus (top) | 70m Run | 400m Run | |
| Under 11 Boys | High Jump | 1100m Walk | Discus | 100m Run | |
| Under 11 Girls | High Jump | 100m Run | Discus | 1500m Run | |
| Under 12 Boys | 60m Hurdles | Shot Put | 1500m Run | Triple Jump | 400m Run |
| Under 12 Girls | 60m Hurdles | Shot Put | 1500m Run | Triple Jump | 400m Run |
| Under 13 Boys | 400m Run | High Jump | 1500m Run | Discus | 80m Hurdles |
| Under 13 Girls | Discus | 1500m Run | High Jump | 400m Run | 80m Hurdles |
| Under 14 Boys | 400m Run | Discus | 1500m Run | High Jump | 90m Hurdles |
| Under 14 Girls | 400m Run | Discus | 1500m Run | High Jump | 80m Hurdles |
| Under 15 Boys | Javelin | 100m Run | Triple Jump | 1500m Walk | 100m Hurdles |
| Under 15 Girls | Javelin | 100m Run | Triple Jump | 1500m Walk | 90m Hurdles |
| Under 17 Boys | Javelin | 100m Run | Triple Jump | 1500m Walk | 100m Hurdles |
| Under 17 Girls | Javelin | 100m Run | Triple Jump | 1500m Walk | 90m Hurdles |