

Program A

Tiny Tots	Play Training				
Under 6 Boys	70m Run	Shot Put	300m Pack	Step Hurdles	
Under 6 Girls	Step Hurdles	100m Run	Shot Put	200m Run	
Under 7 Boys	Shot Put	500m Pack	Vortex	50m Run	
Under 7 Girls	Shuttle Relay	70m Run	Shot Put	50m Run	
Under 8 Boys	60m Hurdles	100m Run	Shot Put	400m Run	
Under 8 Girls	Discus (top)	200m Run	400m Run	60m Hurdles	
Under 9 Boys	Shot Put	60m Hurdles	Discus (top)	400m Run	
Under 9 Girls	Long Jump	60m Hurdles	100m Run	200m Run	
Under 10 Boys	Discus (bottom)	100m Run	1500M Run	Long Jump	
Under 10 Girls	High Jump	100m Run	Long Jump	800m Run	
Under 11 Boys	200m Run	1500M Run	Long Jump	400m Run	Turbo Javelin
Under 11 Girls	Long Jump	200m Run	100m Run	Shot Put	400m Run
Under 12 Boys	100m Run	Turbo Javelin	High Jump	Discus	
Under 12 Girls	High Jump	100m Run	Discus	Turbo Javelin	
Under 13 Boys	800m Run	Javelin	100m Run	Long Jump	3000m Run
Under 13 Girls	Shot Put	800m Run	Long Jump	100m Run	3000m Run
Under 14 Boys	100m Run	Long Jump	800m	Shot Put	3000m Run
Under 14 Girls	Javelin	Long Jump	800m	100m Run	3000m Run
Under 15 Boys	800m Run	High Jump	200m Run	Discus	3000m Run
Under 15 Girls	800m Run	High Jump	200m Run	Discus	3000m Run
Under 17 Boys	800m Run	High Jump	200m Run	Discus	3000m Run
Under 17 Girls	800m Run	High Jump	200m Run	Discus	3000m Run

Program B

Tiny Tots	Play Training				
Under 6 Boys	Vortex	50m Run	Shot Put	100m Run	
Under 6 Girls	Discus (top)	Vortex	Shuttle Relay	50m Run	
Under 7 Boys	Shuttle Relay	Discus	100m Run	Long Jump	
Under 7 Girls	Long Jump	Training Hurdles	Discus	200m Run	
Under 8 Boys	Shot Put	700m Pack	Vortex	70m Run	
Under 8 Girls	Shot Put	100m Run	Long Jump	70m Run	
Under 9 Boys	High Jump	800m Run	Shot Put	100m Run	
Under 9 Girls	Shot Put	800m Run	70m Run	High Jump	
Under 10 Boys	1100m Walk	60m Hurdles	High Jump	200m Run	
Under 10 Girls	60m Hurdles	Shot Put	1500m Run	200m Run	
Under 11 Boys	100m Run	Triple Jump	800m Run	Shot Put	60m Hurdles
Under 11 Girls	60m Hurdles	1100m Walk	Turbo Javelin	Triple Jump	800m Run
Under 12 Boys	Long Jump	200m Run	Shot Put	800m Run	1500m Walk
Under 12 Girls	Shot Put	200m Run	Long Jump	800m Run	1500m Walk
Under 13 Boys	200m Hurdles	Shot Put	200m Run	1500Walk	Triple Jump
Under 13 Girls	200m Hurdles	Javelin	200m Run	Triple Jump	1500m Walk
Under 14 Boys	200m Hurdles	Discus	1500m Walk	High Jump	200m
Under 14 Girls	200m Hurdles	Shot Put	1500m Walk	Triple Jump	200m
Under 15 Boys	200m Hurdles	Long Jump	400m Run	Shot Put	1500m Run
Under 15 Girls	200m Hurdles	Long Jump	400m Run	Shot Put	1500m Run
Under 17 Boys	200m Hurdles	Long Jump	400m Run	Shot Put	1500m Run
Under 17 Girls	200m Hurdles	Long Jump	400m Run	Shot Put	1500m Run

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	Training Hurdles	70m Run	Shot Put	200m Run	
Under 7 Girls	Shot Put	500m Pack	Vortex	100m Run	
Under 8 Boys	Long Jump	100m Run	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	Shot Put	1500m Run	60m Hurdles	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	Javelin	1500m Run	Triple Jump	90m Hurdles
Under 14 Girls	400m Run (1st)	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	110m Hurdles
Under 17 Girls	Javelin	100m Run	Triple Jump	1500m Walk	100m Hurdles

Wet Weather Program

Tiny Tots	Play Training				
Under 6 Boys	Long Jump	70m Run	Shot Put	100m Run	
Under 6 Girls	70m Run	Shot Put	200m Run	Discus	
Under 7 Boys	Shot Put	100m Run	Discus	200m Run	
Under 7 Girls	100m Run	Long Jump	200m Run	Discus	
Under 8 Boys	Shot Put	200m Run	Discus	400m Run	
Under 8 Girls	Discus	200m Run	Long Jump	100m Run	
Under 9 Boys	800m Run	Shot Put	200m Run	Long Jump	
Under 9 Girls	Discus	200m Run	Shot Put	100m Run	
Under 10 Boys	200m Run	Discus	800m Run	Shot Put	100m Run
Under 10 Girls	200m Run	Discus	800m Run	Shot Put	100m Run
Under 11 Boys	Shot Put	800m Run	Long Jump	400m Run	100m Run
Under 11 Girls	Shot Put	800m Run	Long Jump	400m Run	100m Run
Under 12 Boys	Long Jump	100m Run	Shot Put	800m Run	Discus
Under 12 Girls	Long Jump	100m Run	Shot Put	800m Run	Discus
Under 13 Boys	100m Run	Discus	400m Run	Long Jump	Shot Put
Under 13 Girls	100m Run	Discus	400m Run	Long Jump	Shot Put
Under 14 Boys	100m Run	Discus	400m Run	Long Jump	Shot Put
Under 14 Girls	100m Run	Discus	400m Run	Long Jump	Shot Put
Under 15 Boys	800m Run	Long Jump	100m Run	Shot Put	200m Run
Under 15 Girls	800m Run	Long Jump	100m Run	Shot Put	200m Run
Under 17 Boys	800m Run	Long Jump	100m Run	Shot Put	200m Run
Under 17 Girls	800m Run	Long Jump	100m Run	Shot Put	200m Run