

## Event Program A

Program A	07:30	07:45	08:00	2	3	4	5	6	Late
6			Long Jump 2		Discus 2 & 3 350g		200m	70m	
7			Discus 2 & 3 350g		100m	50m	Shot Put 2 & 3 1kg	200m	
8			60mH 45cm	100m	Shot Put 2 & 3 1.5kg	400m Pack	Long Jump 2		
9			200m	60mH 45cm	800m	High Jump 2 (Scissor)			
10			800m	200m	60mH 60cm	70m	Boys: Discus 1 Girls: Discus 2 & 3 500g		
11	Javelin 400g		Shot Put 1, 2, 3 2kg	1500m	200m	80mH 60cm	High Jump 1		
12			Long Jump 1		Shot Put 1 2kg	200m	80mH 68cm	800m	Javelin 400g
13	3000m		High Jump 1		Discus 1 750g		200m	80 & 90mH 76cm	Triple Jump 1
14			100m	200m	Long Jump 1		800m	G: 90mH 76cm	B: 100mH 76cm
15			Discus 1 1kg		200m	800m	Triple Jump 1		90 & 100mH 76cm
16-17			Discus 1 1kg & 1.5kg		200m	800m	Triple Jump 1		100 & 110mH 76cm

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) 3000m is one race for all age groups. Strictly no walking permitted - athletes must be able to run for 3,000m continuously.
- 3) Late triple jump may start as soon as all other age groups have finished with the pits

## Event Program B

Program B	07:30	07:45	08:00	2	3	4	5	6	Late
6			Shot Put 2 & 3 500g	100m	Long Jump 2		300m	50m	
7			Long Jump 2		50m	500m	Shot Put 2 & 3 1kg	70m	
8			700m	70m	Discus 2 & 3 500g		100m	400m Pack	
9	Walks  9: 700m 10-11: 1100m 12-17: 1500m		Discus 2 & 3 500g		400m	70m	Long Jump 2		
10			100m	800m	Shot Put 2 & 3 2kg	High Jump 2 (Scissor)			
11			Long Jump 1		100m	400m	Discus 1 500g		
12			Discus 1 750g		1500m	100m	High Jump 1		
13			Shot Put 1 3kg	200mH 76cm	Long Jump 1		400m	1500m	Javelin 400g & 600g
14	Javelin / Walks	Javelin 500g & 700g	1500m	300mH 76cm	Shot Put 1 3kg & 4kg	400m	Triple Jump 1		
15	Walks		300mH 76cm	High Jump 1		100m	Shot Put 1 3kg & 4kg	400m	Triple Jump 1
16-17			400mH 76cm	High Jump 1		100m	Shot Put 1 3kg & 5kg	400m	Triple Jump 1

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) Walks is one race for all age groups
- 3) Late triple jump may start as soon as all other age groups have finished with the pits

## Event Program C

Program C	07:30	07:45	08:00	2	3	4	5	6	Late
6			300m	100m	Discus 2 & 3 350g		200m	50m	
7			100m	200m	Long Jump 2		500m	70m	
8			Long Jump 2		70m	200m	Shot Put 2 & 3 1.5kg	60mH 45cm	
9			Discus 2 & 3 500g		800m	70m	60mH 45cm	100m	
10			Shot Put 2 & 3 2kg	800m	200m	60mH 60cm	Long Jump 2		
11			High Jump 1		80mH 60cm	800m	Shot Put 1 2kg	200m	Triple Jump 1
12	Javelin 400g		200m	80mH 68cm	Shot Put 1, 2, 3 2kg	100m	Triple Jump 1		
13	3000m		80 & 90mH 76cm	100m	Long Jump 1		200m	800m	
14			90 & 100mH 76cm	Discus 1 1kg		200m	High Jump 1		
15		90 & 100mH 76cm	Long Jump 1		100m	Discus 1 1kg		800m	Javelin 500g & 700g
16-17		100 & 110mH 76cm	Long Jump 1		100m	Discus 1 1kg & 1.5kg		800m	

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) 3000m is one race for all age groups. Strictly no walking permitted - athletes must be able to run for 3,000m continuously.
- 3) 7:45AM hurdles races will not wait for 3000m to finish - athletes wishing to run hurdles may need to skip the 3000m
- 4) Late triple jump may start as soon as all other age groups have finished with the pits

## Event Program D

Program D	07:30	07:45	08:00	2	3	4	5	6	Late
6			300m	70m	Long Jump 2		Shot Put 2 & 3 500g	100m	
7			50m	70m	Shot Put 2 & 3 1kg	500m	Discus 2 & 3 350g		
8			Long Jump 2		Discus 2 & 3 500g		100m	700m	
9	Walks  9: 700m 10-11: 1100m 12-17: 1500m		Shot Put 2 & 3 2kg	100m	400m	High Jump 2 (Scissor)			
10			Boys: Discus 1 Girls: Discus 2 & 3 500g		70m	400m	Long Jump 2		
11			Long Jump 1		800m	100m	Discus 1 500g		
12			High Jump 1		Discus 1 750g		400m	100m	Triple Jump 1
13			200mH 76cm	800m	Shot Put 1 3kg	400m	Triple Jump 1		
14			300mH 76cm	100m	Long Jump 1		Shot Put 1 3kg & 4kg	400m	Javelin 500g & 700g
15		Javelin / Walks	Javelin 500g & 700g	100m	300mH 76cm	High Jump 1		1500m	
16-17	100m			400mH 76cm	High Jump 1		1500m		

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) Walks is one race for all age groups
- 3) Late triple jump may start as soon as all other age groups have finished with the pits

## Event Program E

Program E	07:30	07:45	08:00	2	3	4	5	6	Late
6			50m	70m	Shot Put 2 & 3 500g	200m	Discus 2 & 3 350g		
7			Discus 2 & 3 350g		100m	200m	Long Jump 2		
8			60mH 45cm	700m	Discus 2 & 3 500g		Shot Put 2 & 3 1.5kg	200m	
9			Shot Put 2 & 3 2kg	60mH 45cm	Long Jump 2		800m	200m	
10			400m	100m	60mH 60cm	High Jump 2 (Scissor)			
11	1500m			400m	100m	80mH 60cm	Triple Jump 1		Javelin 400g
12			Long Jump 1		400m	100m	80mH 68cm	800m	
13	Javelin 400g & 600g		1500m	Discus 1 750g		100m	High Jump 1		
14	1500m		100m	High Jump 1		800m	Discus 1 1kg		Triple Jump 1
15			Shot Put 1 3kg & 4kg	400m	Long Jump 1		200m		
16-17			Shot Put 1 3kg & 5kg	400m	Long Jump 1		200m		

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) Early 1,500m is one race for all age groups (except 13s)
- 3) Late triple jump may start as soon as all other age groups have finished with the pits