Event Program A

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

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	100m	Long Jump 2		300m	50m	
7			Long Jump 2		50m	100m	Shot Put 2 & 3	70m	
8			700m	70m	Discus 2 & 3		100m	400m Pack	
9	Walks		Discus 2 & 3		400m	70m	Long Jump 2		
10			100m	800m	Shot Put 2 & 3	High Jump 2 (Scissor)			
11			Long Jump 1		100m	400m	Discus 1		
12			Discus 1		1500m	100m	High Jump 1		
13			Shot Put 1	200H	Long Jump 1		400m	1500m	Javelin
14	Javelin / Walks	Javelin	1500m	300H	Shot Put 1	400m	Triple Jump 1		
15	Walks		300H	High Jump 1		800m	Shot Put 1	400m	Triple Jump 1
16-17			400H	High Jump 1		800m	Shot Put 1	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		200m	50m	
7			100m	200m	Long Jump 2		500m	70m	
8			Long Jump 2		70m	200m	Shot Put 2 & 3	60H	
9			Discus 2 & 3		800m	70m	60H	100m	
10			Shot Put 2 & 3	800m	200m	60H	Long Jump 2		
11			High Jump 1		80H	800m	Shot Put 1	200m	Triple Jump 1
12	Javelin		200m	80H	Shot Put 1, 2, 3	800m	Triple Jump 1		
13	3000m		80/90H	100m	Long Jump 1		200m	800m	
14			90/100H	Discus 1		200m	High Jump 1		
15		90/100H	Long Jump 1		100m	Discus 1		200m	Javelin
16-17		100/110H	Long Jump 1		100m	Discus 1		200m	Javelin

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	100m	
7			50m	70m	Shot Put 2 & 3	500m	Discus 2 & 3		
8			Long Jump 2		Discus 2 & 3		100m	700m	
9	Walks		Shot Put 2 & 3	100m	400m	High Jump 2 (Scissor)			
10			Boys: Discus 1 Girls: Discus 2 & 3		70m	400m	Long Jump 2		
11			Long Jump 1		800m	100m	Discus 1		
12			High Jump 1		Discus 1		400m	100m	Triple Jump 1
13			200H	800m	Shot Put 1	400m	Triple Jump 1		
14			300H	100m	Long Jump 1		Shot Put 1	400m	Javelin
15	Javelin / Walks	Javelin	100m	300H	High Jump 1		1500m		
16-17			100m	400H	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	200m	Discus 2 & 3		
7			Discus 2 & 3		500m	200m	Long Jump 2		
8			60H	700m	Discus 2 & 3		Shot Put 2 & 3	200m	
9			Shot Put 2 & 3	60H	Long Jump 2		200m	800m	
10			400m	100m	60H	High Jump 2 (Scissor)			
11	1500m		Triple Jump 1		400m	80H	Shot Put 1	100m	Javelin
12			100m	400m	Long Jump 1		80H		
13	Javelin		1500m	Discus 1		100m	High Jump 1		
14	1500m		100m	High Jump 1		Discus 1		800m	Triple Jump 1
15			Shot Put 1		400m	100m	Long Jump 1		
16-17			Shot Put 1		400m	100m	Long 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) 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