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