

Program 21/22



Week 1

Age Group	Event 1	Event 2	Event 3	Event 4 (Jump)	Event 5 (Throw)	Optional
Tiny Tots	Novelties	50m	200m	Long Jump	Vortex	
U6	50m	70m	200m	Long Jump	Shot Put	
U7	50m	70m	200m	Long Jump	Shot Put	
U8	60m Hurdles	200m	700m	Long Jump	Shot Put	
U9	60m Hurdles	70m	800m	Long Jump	Discus	
U10	60m Hurdles	70m	800m	High Jump (S)	Turbo Javelin	
U11	100m	200m	1500m	Long Jump	Javelin	
U12	100m	200m	1500m	High Jump	Shot Put	
U13	200mH	100m	400m	Long Jump	Javelin	3000m
U14	200mH	100m	400m	Long Jump	Javelin	3000m
U15	300mH	100m	400m	Triple Jump	Discus	3000m
U17	300mH	100m	400m	Triple Jump	Discus	3000m

Week 2

Age Group	Event 1	Event 2	Event 3	Event 4 (Jump)	Event 5 (Throw)	Optional
Tiny Tots	Novelties	70m	100m	Long Jump	Shot Put	
U6	50m	70m	100m	Long Jump	Discus	
U7	50m	70m	100m	Long Jump	Discus	
U8	70m	100m	200m	Long Jump	Vortex	
U9	70m	100m	200m	High Jump (S)	Shot Put	
U10	70m	100m	200m	Long Jump	Shot Put	
U11	100m	200m	800m	Triple Jump	Discus	
U12	100m	200m	800m	Triple Jump	Javelin	
U13	60m	200m	1500m	High Jump	Discus	1500m Walk
U14	60m	200m	1500m	High Jump	Discus	1500m Walk
U15	60m	200m	800m	Long Jump	Javelin	1500m Walk
U17	60m	200m	800m	Long Jump	Javelin	1500m Walk

Week 3

Age Group	Event 1	Event 2	Event 3	Event 4 (Jump)	Event 5 (Throw)	Optional
Tiny Tots	Novelties	50m	100m	Long Jump	Discus Variant	
U6	50m	70m	300m	Long Jump	Vortex	
U7	50m	70m	500m	Long Jump	Vortex	
U8	70m	100m	400m	Long Jump	Discus	
U9	700m Walk	100m	400m	Long Jump	Turbo Javelin	
U10	1100m Walk	100m	400m	Long Jump	Discus	
U11	80mH	1100mW	400m	High Jump	Shot Put	
U12	80mH	1500mW	400m	Long Jump	Discus	
U13	80/90mH	100m	800m	Triple Jump	Shot Put	145m
U14	80/90mH	100m	800m	Triple Jump	Shot Put	145m
U15	90/100mH	100m	1500m	High Jump	Shot Put	145m
U17	100/110mH	100m	1500m	High Jump	Shot Put	145m