

Week One (1)

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	70m	Shot	Long Jump	50m	Skills/Game
AWD	Long Jump	70m	50m	Shot Put	
U6 Girls	Discus	100m	50m	200m	
U6 Boys	200m	70m	50m	Shot Put	
U7 Girls	50m	Long Jump	70m	500m Pack	
U7 Boys	50m	Shot Put	100m	500m Pack	
U8 Girls	Long Jump	700m	200m	70m	
U8 Boys	Shot	700m	100m	70m	
U9 Girls	800m	70m	Long Jump	100m	
U9 Boys	100m	200m	800M	Long Jump	
U10 Girls	Long Jump	70m	100m	800m	
U10 Boys	800m	Long Jump	400m	Discus	
U11 Girls	High Jump	100m	Shot Put	800m	
U11 Boys	Shot Put	100m	800m	Triple Jump	
U12 Girls & Boys	100m	800m	High Jump	Javelin	
U13 Girls & Boys	100m	Shot Put	Long Jump	800m	
U14 Girls & Boys	Triple Jump	Javelin	100m	800m	
U15, U17 Girls & Boys	Triple Jump	Javelin	100m	800m	

Week Two (2)

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	Scissor High	70m	Discus	100m	Skills/Game
AWD	Long Jump	100m	Discus	50m	
U6 Girls	50m	70m	300 Pack Start	Shot	
U6 Boys	100m	Long Jump	300 Pack Start	50m	
U7 Girls	200m	Discus	100m	70m	
U7 Boys	100m	70m	Long Jump	50m	
U8 Girls	200m	100m	400m	Discus	
U8 Boys	200m	400m	Discus	100m	
U9 Girls	Shot Put	400m	Scissor Jump	100m	200m
U9 Boys	Scissor Jump	70m	Discus	400m	100m
U10 Girls	400m	100m	Scissor Jump	Discus	
U10 Boys	100M	Scissor Jump	400m	Shot	
U11 Girls	400m	Triple Jump	100m	Discus	1500m
U11 Boys	High Jump	100m	Discus	400m	1500m
U12 Girls & Boys	400m	Shot	Triple Jump	100m	1500m
U13 Girls & Boys	200m Hurdles	Javelin	400m	High Jump	1500m
U14 Girls & Boys	200m Hurdles	Shot	400m	High Jump	1500m
U15, U17 Girls & Boys	300m Hurdles	Discus	Long Jump	400m	1500m

Week Three (3)

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	Hurdles	100m	Turbo	Long Jump	Skills/Game
AWD	Long Jump	SKILLS: Throw/Jump/Track	70m	200m	
U6 Girls	100m	70m	Long Jump	200m	
U6 Boys	Discus	100m	200m	70m	
U7 Girls	Shot	50m	200m	100m	
U7 Boys	500m	70m	Discus	200m	
U8 Girls	60m Hurdles	Shot	70m	100m	
U8 Boys	Long Jump	60m Hurdles	70m	200m	
U9 Girls	60m Hurdles	200m	70m	Discus	400m
U9 Boys	Shot	60m Hurdles	70m	200m	400m
U10 Girls	60m Hurdles	200m	Shot	400m	
U10 Boys	60m Hurdles	70m	200m	100m	
U11 Girls	60m Hurdles	200m	Javelin	Long Jump	
U11 Boys	60m Hurdles	Long Jump	200m	Javelin	
U12 Girls & Boys	200m	60m Hurdles	Long Jump	Discus	
U13 Girls & Boys	200m	80m Hurdles	Discus	Triple Jump	3km run
U14 Girls & Boys	200m	G-80m & B-90m Hurdles	Discus	Long Jump	3km run
U15, U17 Girls & Boys	200m	90/100m/110m Hurdles	Shot	High Jump	3km run

