

Program	Event	TT	6M	6F	7M	7F	8M	8F	9M	9F	10M	10F	11M	11F	12MF	13MF	14MF	15-17MF	
<b>A</b>	1	TT Program	SP	SP	LJ	LJ	Vortex	Vortex	70m	70m	70m	70m	LJ	LJ	200m	200m	200m	200m	
	2		200m	200m	200m	200m	70m	70m	LJ	LJ	D	D	200m	200m	Jav	D	SP	LJ	
	3		LJ	LJ	SP	SP	200m	200m	200m	200m	200m	200m	200m	Jav	D	100m	100m	LJ	TJ
	4		50m	50m	50m	50m	SP	SP	D	D	LJ	LJ	100m	100m	SP	LJ	100m	100m	
	5		100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	D	Jav	LJ	Jav	TJ	SP
	6													1500m	1500m	1500m	1500m	1500m	1500m
<b>B</b>	1	TT Program	LJ	LJ	70m	70m	HJ	HJ	800m	800m	800m	800m	SP	800m	HJ	HJ	Jav	D	
	2		70m	70m	Vortex	Vortex	D	D	HJ	HJ	SP	SP	800m	HJ	800m	800m	800m	800m	
	3		D	D	500m	500m	60mH	60mH	SP	SP	HJ	HJ	HJ	TJ	TJ	SP	D	Jav	
	4		300m	300m	LJ	LJ	700m	700m	60mH	60mH	60mH	60mH	TJ	SP	D	400m	HJ	HJ	
	5		Vortex	Vortex	D	D	LJ	LJ	400m	400m	400m	400m	80mH	80mH	80mH	TJ	400m	400m	
	6													400m	400m	400m	80mH	80/90mH	90/100/110mH
<b>C</b>	1	TT Program	SP	SP	LJ	LJ	Vortex	Vortex	70m	70m	70m	70m	LJ	LJ	200m	200m	200m	200m	
	2		70m	70m	70m	70m	70m	70m	LJ	LJ	D	D	200m	200m	Jav	D	LJ	LJ	
	3		LJ	LJ	SP	SP	200m	200m	200m	200m	200m	200m	Jav	D	100m	100m	TJ	TJ	
	4		50m	50m	50m	50m	SP	SP	D	D	LJ	LJ	100m	100m	D	Jav	100m	100m	
	5		100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	D	Jav	LJ	LJ	SP	SP
	6													400m	400m	400m	400m	400m	400m
<b>D</b>	1	TT Program	70m	70m	D	D	LJ	LJ	HJ	HJ	SP	SP	SP	TJ	100m	100m	100m	100m	
	2		LJ	LJ	70m	70m	100m	100m	100m	100m	100m	100m	100m	100m	HJ	HJ	Jav	D	
	3		Vortex	Vortex	LJ	LJ	60mH	60mH	SP	SP	HJ	HJ	HJ	HJ	SP	TJ	D	Jav	
	4		100m	100m	100m	100m	D	D	60mH	60mH	60mH	60mH	TJ	SP	400m	400m	400m	400m	
	5		D	D	Vortex	Vortex	HJ	HJ	400m	400m	400m	400m	80mH	80mH	80mH	SP	HJ	HJ	
	6													400m	400m	TJ	80mH	80/90mH	90/100/110mH
<b>E</b>	1	TT Program	SP	SP	70m	70m	LJ	LJ	800m	800m	800m	800m	LJ	800m	SP	D	Jav	LJ	
	2		70m	70m	Vortex	Vortex	SP	SP	LJ	LJ	D	D	800m	SP	800m	800m	800m	800m	
	3		LJ	LJ	200m	200m	200m	200m	70m	70m	70m	70m	SP	Jav	LJ	LJ	D	Jav	
	4		200m	200m	SP	SP	Vortex	Vortex	D	D	LJ	LJ	200m	200m	200m	200m	200m	200m	
	5		Vortex	Vortex	LJ	LJ	70m	70m	200m	200m	200m	200m	Jav	LJ	D	SP	LJ	D	
	6													100m	100m	100m	100m	100m	

**Please note:**

The Program is subject to change; depending upon weather and track conditions, number of athletes in each age group, and parental assistance availability.

If an athlete wishes to do a **Walk** (U9-U17 age groups) OR a **200m Hurdle** (U13-U14 age groups) OR a **300m Hurdle** (U15-U17 age groups) OR needs an extra round of a particular event to qualify for Championships, please contact the President prior to the start of the meet.

**Relay Practice** will occur at 8am before all events are commenced on Sundays if required.

**Javelin** is strictly for U11-U17's age groups. If insufficient adult supervision is available, this event WILL NOT be held. Please assist with safety by ensuring that younger children stay well clear of the area surrounding this event. Athlete safety is our main concern.