

Time	Under 6		Under 7		Under 8		Under 9		Time	Under 10		Under 11		Under 12		Open Age		Time
8:30									8:30									8:30
8:35			100m @ FS						8:35	Discus @ Dis2	Discus @ Dis1	Javelin @ Jav1	Javelin @ Jav2			1500m		8:35
8:40				100m @ FS					8:40									8:40
8:45					100m @ FS				8:45					1500m				8:45
8:50						100m @ FS			8:50						1500m		Triple Jump @ TJ1	8:50
8:55									8:55									8:55
9:00									9:00			1500m						9:00
9:05									9:05				1500m					9:05
9:10									9:10									9:10
9:15									9:15									9:15
9:20									9:20					100m @ FS				9:20
9:25									9:25						100m @ FS			9:25
9:30			70m @ BS						9:30	100m @ FS								9:30
9:35				70m @ BS					9:35		100m @ FS							9:35
9:40									9:40									9:40
9:45					70m @ BS				9:45			100m @ FS						9:45
9:50						70m @ RS			9:50				100m @ FS		Triple Jump @ TJ1	Triple Jump @ TJ2		9:50
9:55									9:55									9:55
10:00			Shot Put @ SP1	Shot Put @ SP2	Triple Jump @ LJ1	Triple Jump @ LJ2	70m @ BS		10:00									10:00
10:05									10:05								100m @ FS	10:05
10:10									10:10								100m @ FS	10:10
10:15	100m @ FS								10:15	70m @ BS								10:15
10:20		100m @ FS							10:20		70m @ RS							10:20
10:25									10:25									10:25
10:30									10:30									10:30
10:35									10:35			70m @ BS				200m		10:35
10:40									10:40				70m @ BS				200m	10:40
10:45									10:45									10:45
10:50									10:50			High Jump @ HJ1	High Jump @ HJ2	70m @ BS		Javelin @ Jav1	Javelin @ Jav2	10:50
10:55									10:55						70m @ BS			10:55
11:00			300m						11:00									11:00
11:05				300m					11:05									11:05
11:10									11:10									11:10
11:15									11:15	400m								11:15
11:20									11:20		400m							11:20
11:25									11:25									11:25
11:30									11:30									11:30
11:35									11:35						Javelin @ Jav1	Javelin @ Jav2		11:35
11:40									11:40									11:40
11:45									11:45									11:45
11:50					400m				11:50									11:50
11:55						400m			11:55									11:55
12:00									12:00									12:00
12:05									12:05									12:05
12:10									12:10									12:10
12:15									12:15									12:15
12:20									12:20									12:20
12:25									12:25									12:25

70m	70m	70m	70m	70m	70m	70m	70m
100m	100m	100m	100m	100m	100m	100m	100m
		300m	300m	400m	400m	400m	400m
		Shot Put	Shot Put	Triple Jump	Triple Jump	Discus	Discus

70m	70m	70m	70m	70m	70m	100m	100m
100m	100m	100m	100m	100m	100m	200m	200m
400m	400m	1500m	1500m	1500m	1500m	1500m	1500m
Discus	Discus	High Jump	High Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
		Javelin	Javelin	Javelin	Javelin	Javelin	Javelin