

PROGRAM A

| BOYS | | | | | | |
|---------------|------------------|--------------|--------------|-------------|-------------|---------|
| Under 6 | On Track Session | | | | | 50m |
| Under 7 | On Track Session | | | Long Jump | 400m | |
| Under 8 | On Track Session | | 50m | 400m | Discus | |
| Under 9 | 70m | 400m | Discus | Long Jump | High Jump | |
| Under 10 | 70m | 400m | Discus | Long Jump | High Jump | |
| Under 11 | 100m | 400m | Shot Put | High Jump | Triple Jump | Javelin |
| Under 12 | 100m | 400m | Shot Put | High Jump | Triple Jump | Javelin |
| Under 13 | 100m | 400m | 300m Hurdles | Shot Put | Long Jump | Javelin |
| Under 14 - 17 | 100m | 400m | 300m Hurdles | Discus | Triple Jump | Javelin |
| GIRLS | | | | | | |
| Under 6 | On Track Session | | | | | 50m |
| Under 7 | On Track Session | | | Long Jump | 400m | |
| Under 8 | On Track Session | | 50m | 400m | Discus | |
| Under 9 | 70m | 400m | Shot Put | Long Jump | High Jump | |
| Under 10 | 70m | 400m | Discus | Triple Jump | High Jump | |
| Under 11 | 100m | 400m | Shot Put | Long Jump | High Jump | Javelin |
| Under 12 | 100m | 400m | Discus | Triple Jump | High Jump | Javelin |
| Under 13 - 17 | 400m | 300m Hurdles | Shot Put | Long Jump | High Jump | Javelin |

PROGRAM B

| BOYS | | | | | |
|--------------|------------------|-----------------|----------------|-------------|-------------|
| Under 6 | On Track Session | | | | 70m |
| Under 7 | On Track Session | | | 100m | Shot Put |
| Under 8 | On Track Session | | 70m | Shot Put | Triple Jump |
| Under 9 | 100m | 800m | 80m Hurdles | Shot Put | Triple Jump |
| Under 10 | 100m | 800m | 80m Hurdles | Shot Put | Triple Jump |
| Under 11 | 200m | 800m | 80m Hurdles | Discus | Long Jump |
| Under 12 | 200m | 800m | 80m Hurdles | Discus | Long Jump |
| Under 13 | 800m | 80m Hurdles | Discus | Triple Jump | High Jump |
| Under 14-17 | 800m | 90/100m Hurdles | Shot Put | Long Jump | High Jump |
| GIRLS | | | | | |
| Under 6 | On Track Session | | | | 70m |
| Under 7 | On Track Session | | | 100m | Shot Put |
| Under 8 | On Track Session | | 70m | Shot Put | Triple Jump |
| Under 9 | 100m | 800m | 80m Hurdles | Discus | Long Jump |
| Under 10 | 100m | 800m | 80m Hurdles | Shot Put | Long Jump |
| Under 11 | 200m | 800m | 80m Hurdles | Discus | Triple Jump |
| Under 12 | 200m | 800m | 80m Hurdles | Shot Put | Long Jump |
| Under 13-17 | 100m | 800m | 80/90m Hurdles | Discus | Triple Jump |

PROGRAM C

| BOYS | | | | | |
|--------------|------------------|------------|------------|-------------|-------------|
| Under 6 | On Track Session | | | | 70m |
| Under 7 | On Track Session | | | 70m | Discus |
| Under 8 | On Track Session | | 200m | 700m Walk | Long Jump |
| Under 9 | 70m | 1100m Walk | Discus | Long Jump | High Jump |
| Under 10 | 70m | 1100m Walk | Discus | Long Jump | High Jump |
| Under 11 | 100m | 1500m Walk | Shot Put | Triple Jump | High Jump |
| Under 12 | 100m | 1500m Walk | Shot Put | Triple Jump | High Jump |
| Under 13 | 100m | 200m | 1500m Walk | Shot Put | Long Jump |
| Under 14-17 | 100m | 200m | 1500m Walk | Discus | Triple Jump |
| GIRLS | | | | | |
| Under 6 | On Track Session | | | | 70m |
| Under 7 | On Track Session | | | 70m | Discus |
| Under 8 | On Track Session | | 200m | 700m Walk | Long Jump |
| Under 9 | 70m | 1100m Walk | Shot Put | Long Jump | High Jump |
| Under 10 | 70m | 1100m Walk | Discus | Triple Jump | High Jump |
| Under 11 | 100m | 1500m Walk | Shot Put | Long Jump | High Jump |
| Under 12 | 100m | 1500m Walk | Discus | Triple Jump | High Jump |
| Under 13-17 | 100m | 1500m Walk | Shot Put | Long Jump | High Jump |

PROGRAM D

| BOYS | | | | | |
|--------------|------------------|-------|-------------|-------------|-------------|
| Under 6 | On Track Session | | | | 100m |
| Under 7 | On Track Session | | | 60m Hurdles | High Jump |
| Under 8 | On Track Session | | 100m | 60m Hurdles | High Jump |
| Under 9 | 100m | 200m | 60m Hurdles | Shot Put | Triple Jump |
| Under 10 | 100m | 200m | 60m Hurdles | Shot Put | Triple Jump |
| Under 11 | 200m | 1500m | 60m Hurdles | Discus | Long Jump |
| Under 12 | 200m | 1500m | 60m Hurdles | Discus | Long Jump |
| Under 13 | 200m | 1500m | Discus | High Jump | Triple Jump |
| Under 14-17 | 200m | 1500m | Shot Put | Long Jump | High Jump |
| GIRLS | | | | | |
| Under 6 | On Track Session | | | | 100m |
| Under 7 | On Track Session | | | 60m Hurdles | High Jump |
| Under 8 | On Track Session | | 100m | 60m Hurdles | High Jump |
| Under 9 | 100m | 200m | 60m Hurdles | Discus | Triple Jump |
| Under 10 | 100m | 200m | 60m Hurdles | Shot Put | Long Jump |
| Under 11 | 200m | 1500m | 60m Hurdles | Discus | Triple Jump |
| Under 12 | 200m | 1500m | 60m Hurdles | Shot Put | Long Jump |
| Under 13-17 | 100m | 200m | 1500m | Discus | Triple Jump |