

## Event Program A

Program A	07:30	07:45	08:00	2	3	4	5	6	Late
6		Long Jump 2			Discus 2 & 3		200m	70m	
7		Discus 2 & 3			100m	50m	Shot Put 2 & 3	200m	
8			60H	100m	Shot Put 2 & 3	400m Pack	Long Jump 2		
9			200m	60H	800m	High Jump 2 (Scissor)			
10			800m	200m	60H	70m	Boys: Discus 1 Girls: Discus 2 & 3		
11	Javelin		Shot Put 1, 2, 3	1500m	200m	80H	High Jump 1		
12		Long Jump 1			Shot Put 1	200m	80H	800m	Javelin
13	3000m	High Jump 1			Discus 1		100m	80/90H	Triple Jump 1
14			100m	200m	Long Jump 1		800m	90/100H	
15			Discus 1		200m	800m	Triple Jump 1		90/100H
16-17			Discus 1		200m	800m	Triple Jump 1		100/110H

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) 3000m is one race for all age groups. Strictly no walking permitted - athletes must be able to run for 3,000m continuously.
- 3) Late triple jump may start as soon as all other age groups have finished with the pits

## Event Program B

Program B	07:30	07:45	08:00	2	3	4	5	6	Late
6			100m	300m	Shot Put 2 & 3	50m	Long Jump 2		
7			Long Jump 2		50m	100m	Shot Put 2 & 3	70m	
8			700m	70m	Discus 2 & 3		100m	400m Pack	
9	Walks	Discus 2 & 3			Long Jump 2		400m	70m	
10		Shot Put 2 & 3		100m	400m	High Jump 2 (Scissor)			
11		Triple Jump 1			800m	400m	Boys: Discus 1 Girls: Discus 2 & 3		Javelin
12			Discus 1		100m	400m	High Jump 1		
13			Shot Put 1	200H	Long Jump 1		1500m	400m	
14		Javelin / Walks	Javelin	300H	1500m	Discus 1		Triple Jump 1	
15	Walks		300H	High Jump 1		800m	Shot Put 1	400m	Triple Jump 1
16-17			400H	High Jump 1		800m	Shot Put 1	400m	Triple Jump 1

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) Walks is one race for all age groups
- 3) Late triple jump may start as soon as all other age groups have finished with the pits

## Event Program C

Program C	07:30	07:45	08:00	2	3	4	5	6	Late
6			300m	100m	Discus 2 & 3		200m	50m	
7			100m	200m	Long Jump 2		500m	70m	
8			Long Jump 2		70m	200m	Shot Put 2 & 3	60H	
9		Discus 2 & 3			800m	70m	60H	200m	
10		Shot Put 2 & 3		800m	200m	60H	Long Jump 2		
11		High Jump 1			80H	100m	Boys: Discus 1 Girls: Discus 2 & 3		Triple Jump 1
12	Javelin		100m	80H	Shot Put 1, 2, 3	800m	Long Jump 1		
13	3000m		80/90H	100m	Long Jump 1		200m	800m	Javelin
14			90/100H	Shot Put 1	100m	200m	High Jump 1		
15		90/100H	Long Jump 1		Discus 1		100m	200m	
16-17		100/110H	Long Jump 1		Discus 1		100m	200m	

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) 3000m is one race for all age groups. Strictly no walking permitted - athletes must be able to run for 3,000m continuously.
- 3) 7:45AM hurdles races will not wait for 3000m to finish - athletes wishing to run hurdles may need to skip the 3000m
- 4) Late triple jump may start as soon as all other age groups have finished with the pits

## Event Program D

Program D	07:30	07:45	08:00	2	3	4	5	6	Late
6			300m	70m	Long Jump 2		Shot Put 2 & 3	100m	
7			50m	70m	Shot Put 2 & 3	500m	Discus 2 & 3		
8			Long Jump 2		Discus 2 & 3		100m	700m	
9	Walks	Shot Put 2 & 3		100m	400m	High Jump 2 (Scissor)			
10			Boys: Discus 1 Girls: Discus 2 & 3		70m	400m	Long Jump 2		
11		Long Jump 1			800m	100m	400m	Shot Put 1	
12		High Jump 1			1500m	Discus 1		400m	Triple Jump 1
13			200H	800m	Shot Put 1	400m	Triple Jump 1		
14			300H	Shot Put 1	Long Jump 1		800m	400m	Javelin
15		Javelin / Walks	Javelin	100m	300H	High Jump 1		1500m	
16-17	100m			400H	High Jump 1		1500m		

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) Walks is one race for all age groups
- 3) Late triple jump may start as soon as all other age groups have finished with the pits

## Event Program E

Program E	07:30	07:45	08:00	2	3	4	5	6	Late
6			50m	70m	Shot Put 2 & 3	200m	Discus 2 & 3		
7		Discus 2 & 3			200m	500m	Long Jump 2		
8			60H	200m	Discus 2 & 3		700m	Shot Put 2 & 3	
9		Shot Put 2 & 3		60H	Long Jump 2		800m	100m	
10			800m	100m	60H	High Jump 2 (Scissor)			
11			200m	100m	1500m	80H	Long Jump 1		
12	1500m	Triple Jump 1			100m	200m	80H		
13	Javelin		High Jump 1		200m	Discus 1		1500m	
14	1500m		Discus 1		100m	High Jump 1		400m	Triple Jump 1
15			Shot Put 1	1500m	Long Jump 1		400m	100m	Javelin
16-17			Shot Put 1	1500m	Long Jump 1		400m	100m	Javelin

**Notes:**

- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
- 2) Early 1,500m is one race for all age groups
- 3) Late triple jump may start as soon as all other age groups have finished with the pits