

## 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<br>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<br>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         |         |                | 200m        | 100m       | Discus 2 & 3     |      | 300m                                  | 50m  |               |
| 7         |         |                | 100m        | 500m       | Long Jump 2      |      | 200m                                  | 70m  |               |
| 8         |         |                | Long Jump 2 |            | 200m             | 70m  | Shot Put 2 & 3                        | 60H  |               |
| 9         |         | Discus 2 & 3   |             |            | 70m              | 800m | 60H                                   | 200m |               |
| 10        |         | Shot Put 2 & 3 |             | 200m       | 800m             | 60H  | Long Jump 2                           |      |               |
| 11        |         | High Jump 1    |             |            | 80H              | 100m | Boys: Discus 1<br>Girls: Discus 2 & 3 |      | Triple Jump 1 |
| 12        | Javelin |                | 800m        | 80H        | Shot Put 1, 2, 3 | 100m | 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<br>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