

## PROGRAM 1

### GIRLS' STARTING EVENTS

**U8** – 60m Hurdles  
**U9** – 60m Hurdles  
**U10** – High Jump (Scissors)  
**U11** – 1500m  
**U12** – 100m  
**U13** – Discus  
**U14** – 100m  
**U15/16/17** – 1500m

### BOYS' STARTING EVENTS

**U8** – 60m Hurdles  
**U9** – 60m Hurdles  
**U10** – Shot Put  
**U11** – Triple Jump  
**U12** – Javelin  
**U13** – Long Jump  
**U14** – High Jump  
**U15/16/17** – 1500m

### ALL EVENTS BY AGE GROUP

| AGE                        | GIRLS                     | BOYS                      |
|----------------------------|---------------------------|---------------------------|
| <b>U8</b>                  | 100m, 60H, LJ, Dis        | 100m, 60H, LJ, Dis        |
| <b>U9</b>                  | 100m, 400m, 60H, LJ, SP   | 100m, 400m, 60H, LJ, SP   |
| <b>U10</b>                 | 100m, 400m, 60H, HJ, SP   | 100m, 400m, 60H, HJ, SP   |
| <b>U11</b>                 | 100m, 1500m, 80H, TJ, Jav | 100m, 1500m, 80H, TJ, Jav |
| <b>U12</b>                 | 100m, 1500m, 80H, TJ, Jav | 100m, 1500m, 80H, LJ, Jav |
| <b>U13</b>                 | 100m, 1500m, 80H, HJ, Dis | 100m, 1500m, 80H, LJ, Dis |
| <b>U14</b>                 | 100m, 1500m, 80H, HJ, SP  | 100m, 90H, HJ, SP         |
| <b>U15<br/>U16<br/>U17</b> | 100m, 1500m, 90H, LJ, SP  | 100m, 1500m, 100H, LJ, SP |

## PROGRAM 2

### GIRLS' STARTING EVENTS

**U8** – High Jump (Scissors)  
**U9** – 100m  
**U10** – 100m  
**U11** – 100m  
**U12** – 100m  
**U13** – 1500m Walk  
**U14/15/16/17** – 1500m W

### BOYS' STARTING EVENTS

**U8** – Shot Put  
**U9** – Long Jump  
**U10** – 100m  
**U11** – Discus  
**U12** – Triple Jump  
**U13** – High Jump  
**U14/15/16/17** – 1500m W

### ALL EVENTS BY AGE GROUP

| AGE                        | GIRLS                        | BOYS                         |
|----------------------------|------------------------------|------------------------------|
| <b>U8</b>                  | 70m, 700m, HJ, SP            | 70m, 700m, HJ, SP            |
| <b>U9</b>                  | 70m, 100m, 700m W, LJ, SP    | 70m, 100m, 700m W, LJ, SP    |
| <b>U10</b>                 | 70m, 100m, 1100m W, LJ, Dis  | 70m, 100m, 1100m W, LJ, Dis  |
| <b>U11</b>                 | 100m, 400m, 1100m W, HJ, Dis | 100m, 400m, 1100m W, HJ, Dis |
| <b>U12</b>                 | 100m, 400m, 1500m W, LJ, SP  | 100m, 400m, 1500m W, TJ, SP  |
| <b>U13</b>                 | 100m, 400m, 1500m W, TJ, SP  | 100m, 400m, 1500m W, HJ, SP  |
| <b>U14</b>                 | 100m, 400m, 1500m W, LJ, Dis | 100m, 400m, 1500m W, TJ, Dis |
| <b>U15<br/>U16<br/>U17</b> | 100m, 400m, 1500m W, TJ, Dis | 100m, 400m, 1500m W, TJ, Dis |

## PROGRAM 3

### GIRLS' STARTING EVENTS

**U8** – 60m Hurdles  
**U9** – 60m Hurdles  
**U10** – Shot Put  
**U11** – 800m  
**U12** – High Jump  
**U13** – 200m  
**U14/15/16/17** – Javelin

### BOYS' STARTING EVENTS

**U8** – 60m Hurdles  
**U9** – 60m Hurdles  
**U10** – Long Jump  
**U11** – 200m  
**U12** – Discus  
**U13** – Triple Jump  
**U14/15/16/17** – 800m

### ALL EVENTS BY AGE GROUP

| AGE                        | GIRLS                     | BOYS                      |
|----------------------------|---------------------------|---------------------------|
| <b>U8</b>                  | 200m, 60H, LJ, SP         | 200m, 60H, LJ, SP         |
| <b>U9</b>                  | 200m, 800m, 60H, HJ, Dis  | 200m, 800m, 60H, HJ, Dis  |
| <b>U10</b>                 | 200m, 800m, 60H, LJ, SP   | 200m, 800m, 60H, LJ, SP   |
| <b>U11</b>                 | 200m, 800m, 80H, LJ, SP   | 200m, 800m, 80H, LJ, SP   |
| <b>U12</b>                 | 200m, 800m, 80H, HJ, Dis  | 200m, 800m, 80H, HJ, Dis  |
| <b>U13</b>                 | 200m, 800m, 200H, LJ, Jav | 200m, 800m, 200H, TJ, Jav |
| <b>U14</b>                 | 200m, 800m, 200H, TJ, Jav | 200m, 800m, 200H, LJ, Jav |
| <b>U15<br/>U16<br/>U17</b> | 200m, 800m, 300H, HJ, Jav | 200m, 800m, 300H, HJ, Jav |

**Key:** H = Hurdles | W = Walk | LJ = Long Jump | TJ = Triple Jump | HJ = High Jump | SP = Shot Put | Dis = Discus | Jav = Javelin  
**Refer to the season calendar to see which program is running each week.**

**Programs follow a three-program cycle.**  
**Check the Season Calendar for when each Program occurs.**