

# 2024/25 WEEKLY PROGRAM



PROGRAM A																	
Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Junior Track Selection	Junior Field Selection
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
60H	60H	60H	60H	700m walk	700m walk	700m walk	700m walk	70m	70m	1500m	1500m	70m	70m	70m	70m	100m	Long Jump
100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	200m	200m	200m	Triple Jump
300m	300m	400m	400m	70m	70m	400m	400m	400m	400m	400m	400m	400m	400m	400m	400m	1500m	Discus
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Scissor Kick	Scissor Kick	Long Jump	Long Jump	High Jump	High Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	800m	Shot Put
Shot Put	Discus	Shot Put	Discus	Shot Put	Discus	Shot Put	Vortex	Shot Put	Discus	Javelin	Javelin	Javelin	Discus	Javelin	Javelin		

PROGRAM B																	
Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Junior Track Selection	Junior Field Selection
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
70m	70m	70m	70m	70m	70m	70m	70m	70m	70m	100m	100m	100m	100m	100m	100m	70m	Long Jump
100m	100m	100m	100m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	Long Hurdles	Long Hurdles	100m	High Jump
200m	200m	200m	200m	400m	400m	100m	100m	1100m walk	1100m walk	1100m walk	1100m walk	1500m	1500m	1500m	1500m	200m	Discus
Long Jump	Long Jump	Long Jump	Long Jump	Scissor Kick	Scissor Kick	Long Jump	Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	High Jump	High Jump	Long Jump	Long Jump	800m	Shot Put
Discus	Vortex	Discus	Vortex	Discus	Vortex	Discus	Shot Put	Discus	Vortex	Shot Put	Discus	Shot Put	Shot Put	Shot Put	Shot Put	Shot Put	Long Hurdles

PROGRAM C																	
Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Junior Track Selection	Junior Field Selection
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
60H	60H	60H	60H	60H	60H	60H	60H	60H	60H	80H	80H	80H	80H	80H	80H	Hurdles	Long Jump
70m	70m	70m	70m	100m	100m	100m	100m	100m	100m	800m	800m	800m	800m	100m	100m	100m	Triple Jump
100m	100m	100m	100m	600m	600m	800m	800m	800m	800m	1100m walk	1100m walk	1500m walk	1500m walk	1500m walk	1500m walk	800m	Discus
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Scissor Kick	Scissor Kick	Long Jump	Long Jump	Long Jump	Long Jump	High Jump	High Jump	70m	Javelin
Vortex	Shot Put	Vortex	Shot Put	Vortex	Shot Put	Vortex	Discus	Vortex	Shot Put	Discus	Shot Put	Discus	Javelin	Discus	Discus	1500m	
																200m	

TWILIGHT 1																	
Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Juniors	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	Shot Put
300m	300m	400m	400m	600m	600m	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m	Discus
Long Jump	Long Jump	Lonh Jump	Lonh Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Note - events for Twilights are preselected for Juniors	
Vortex	Shot Put	Vortex	Shot Put	Discus	Shot Put	Vortex	Discus	Vortex	Vortex	Discus	Shto Put	Discus	Javelin	Discus	Discus		

TWILIGHT 2																	
Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Juniors	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
60H	60H	60H	60H	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	High Jump
100m	100m	100m	100m	400m	400m	400m	400m	400m	400m	400m	400m	400m	400m	400m	400m	400m	Javelin
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Note - events for Twilights are preselected for Juniors	
Shto Put	Vortex	Shot Put	Vortex	Shot Put	Discus	Discus	Vortex	Shot Put	Vortex	Shot Put	Discus	Javelin	Discus	Discus	Discus		