

11TH OCTOBER 2025

REDUCED PROGRAM 1

GIRLS

U8	U9	U10	U11	U12	U13	U14	U15	U16/17/18
	70m (1)	Long Jump Site 3	Discus Site 1	Javelin Site 1	400m	Long Jump Site 1	Triple Jump	Shot Put Site 2
70m (2)	Turbo Javelin Site 3	70m	70m	400m	Discus Site 1	100m	Shot Put Site 2	100m
Long Jump Site 1	100m	100m	Turbo Jav Site 3	Triple Jump Site 1	Long Jump Site 3	Javelin Site 1	400m	Long Jump
100m	Discus Site 2	Turbo Jav Site 3	400m	100m	100m	400m	Javelin Site 1	400m
Shot Put Site 3			100m	Discus Site 1	Shot Put Site 2	Discus Site 1	100m	Javelin Site 2

BOYS

U8	U9	U10	U11	U12	U13	U14	U15/16/17/18
	70m (1)	Long Jump Site 4	Discus Site 2	Javelin Site 2	400m	Long Jump Site 2	Shot Put Site 1
70m (2)	Turbo Jav Site 4	70m	70m	400m	Discus Site 2	100m	100m
Long Jump Site 2	100m	100m	Turbo Jav Site 4	Triple Jump Site 2	Long Jump Site 4	Javelin Site 2	Long Jump
100m	Discus Site 3	Turbo Jav Site 4	400m	100m	100m	400m	400m
Shot Put Site 2			100m	Discus Site 2	Shot Put Site 1	Discus Site 2	Javelin Site 1

NOTE: Javelin athletes (U12+) are to be collected from the Southern Marshal tent and safely walked across the track to the middle of the arena. Only parents helping to run the event are allowed in centre arena.

Field – three throws or jumps

18TH OCTOBER 2025

REDUCED PROGRAM 2

GIRLS

U8	U9	U10	U11	U12	U13	U14	U15	U16/17/18
300m	100m	Shot Put Site 1	Long Jump Site 1	200m (1)	Javelin Site 1	200m (2)	Discus Site 1	800m
Vortex Site 3	Shot Put Site 2	200m	100m	Long Jump Site 3	800m	Triple Jump	800m	Discus Site 3
Discus Site 2	200m	100m	200m	800m	Triple Jump Site 1	800m	Long Jump	100m
200m	Long Jump Site 3	Discus Site 2	Shot Put Site 1	100m	200m	100m	100m	Triple Jump Tartan
			800m	Shot Put Site 2	100m	Shot Put Site 1	200m	200m

BOYS

8	9	10	11	12	13	14	15/16/17/18
300m	100m	Shot Put Site 2	Long Jump Site 2	200m (1)	Javelin Site 2	200m (2)	Triple Jump
Vortex Site 4	Shot Put Site 3	200m	100m	Long Jump Site 4	800m	Triple Jump	200m
Discus Site 3	200m	100m	200m	800m	Triple Jump Site 2	800m	Discus Site 2
200m	Long Jump Site 4	Discus Site 3	Shot Put Site 2	100m	200m	100m	800m
			800m	Shot Put Site 3	100m	Shot Put Site 2	100m

NOTE: Javelin athletes (U12+) are to be collected from the Southern Marshal tent and safely walked across the track to the middle of the arena. Only parents helping to run the event are allowed in centre arena.

Field – three throws or jumps

PROGRAM 1

1500m will be run as the first events of the day:

1. U12 girls & boys	2. U13 & U14 girls & boys	3. U15-18 girls & boys
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GIRLS

U8	U9	U10	U11	U12	U13	U14	U15	U16/17/18
	70m (1)	High Jump Site 3	Long Jump Site 3	Javelin Site 1	Discus Site 1	200m Hurdles (1)	200m Hurdles (2)	Shot Put Site 3
70m	Turbo Javelin Site 3	70m	70m	100m	Long Jump (tartan)	Long Jump Site 1	Triple Jump (tartan)	300m Hurdles
Long Jump Site 3	100m	400m	Turbo Javelin Site 3	Discus Site 2	400m	100m	400m	100m
Shot Put Site 2	Discus Site 2	Long Jump Site 3	400m	400m	Shot Put Site 2	Javelin Site 1	High Jump Site 1	Long Jump (tartan)
100m		100m	100m	Triple Jump Site 1	100m	400m	Shot Put Site 1	400m
		Turbo Jav Site 3				Discus Site 2	100m	High Jump Site 1

BOYS

U8	U9	U10	U11	U12	U13	U14	U15/16/17/18
	70m (1)	High Jump Site 4	Long Jump Site 4	Javelin Site 2	Discus Site 2	200m Hurdles (1)	Shot Put Site 1
70m	Turbo Jav Site 4	70m	70m	100m	Long Jump (tartan)	Long Jump Site 2	200/300m Hurdles**
Long Jump Site 4	100m	400m	Turbo Javelin Site 4	Discus Site 1	400m	100m	High Jump Site 2
Shot Put Site 3	Discus Site 3	Long Jump Site 4	400m	400m	Shot Put Site 3	Javelin Site 2	100m
100m		100m	100m	Triple Jump Site 2	100m	400m	Long Jump (tartan)
		Turbo Jav Site 4				Discus Site 1	400m

** Hurdles distance varies according to age group.

PROGRAM 2

GIRLS

U8	U9	U10	U11	U12	U13	U14	U15	U16/17/18
	500m (1)	Shot Put Site 2	Discus Site 3	200m	High Jump Site 1	Triple Jump Site 1	Javelin Site 1	Discus Site 1
300m (2)	60m Hurdles	200m	Shot Put Site 1	Long Jump Site 3	800m	High Jump Site 1	800m	200m
Vortex Site 3	Shot Put Site 2	60m Hurdles	800m	800m	Triple Jump Site 1	200m	Discus Site 2	Triple Jump Tartan
200m	200m	Discus Site 3	60m Hurdles	High Jump Site 1	200m	Shot Put Site 1	Long Jump (tartan)	Javelin Site 2
Discus Site 2	Long Jump Site 3	800m	High Jump Site 3	80m Hurdles	Javelin Site 1	800m	200m	800m
			200m	Shot Put Site 1	80m Hurdles	80m Hurdles	80m Hurdles	90/100m Hurdles**

BOYS

U8	U9	U10	U11	U12	U13	U14	U15/16/17/18
	500m (1)	Shot Put Site 3	Discus Site 2	200m	High Jump Site 2	Triple Jump Site 2	Triple Jump (tartan)
300m (2)	60m Hurdles	200m	Shot Put Site 2	Long Jump Site 4	800m	High Jump Site 2	200m
Vortex Site 4	Shot Put Site 3	60m Hurdles	800m	800m	Triple Jump Site 2	200m	Javelin Site 2
200m	200m	Discus Site 2	60m Hurdles	High Jump Site 2	200m	Shot Put Site 2	800m
Discus Site 3	Long Jump Site 4	800m	High Jump Site 4	80m Hurdles	Javelin Site 2	800m	Discus Site 1
			200m	Shot Put Site 2	80m Hurdles	80m Hurdles	90/100/110m Hurdles**

** Hurdles distance varies according to age group.