

COMPETITION REDUCED PROGRAM 1

7.40am – Everyone to be assembled for opening day welcome and march past.

GIRLS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15	U16- U18
Event 1		70m (1St)	Long Jump	Discus	Javelin	400m	Long Jump	Triple Jump	Shot Put
Site			Site 1	Site 1	Site 1		Site 1	Tartan 5	Site 2
Event 2	70m (2nd)	Turbo Javelin	70m	70m	400m	Discus	100m	Shot Put	100m
Site		Site 3				Site 1		Site 2	
Event 3	Long Jump	100m	100m	Turbo Javelin	Discus	Shot Put	Javelin	400m	Long Jump
Site	Site 3			Site 3	Site 1	Site 2	Site 1		Tartan 7
Event 4	100m	Discus	Turbo Javelin	400m	100m	100m	400m	Javelin	400m
Site		Site 2	Site 3					Site 1	
Event 5	Shot Put			100m	Triple Jump	Long Jump	Discus	100m	Javelin
Site	Site 3				Tartan 5	Site 1	Site 1		Site 2

BOYS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1		70m (1St)	Long Jump	Discus	Javelin	400m	Long Jump	Shot Put
Site			Site 3	Site 2	Site 2		Tartan 6	Site 1
Event 2	70m (2nd)	Turbo Javelin	70m	70m	400m	Discus	100m	100m
Site		Site 4				Site 2		
Event 3	Long Jump	100m	100m	Turbo Javelin	Discus	Shot Put	Javelin	Long Jump
Site	Site 4			Site 4	Site 2	Site 1	Site 2	Tartan 8
Event 4	100m	Discus	Turbo Javelin	400m	100m	100m	400m	400m
Site		Site 3	Site 4					
Event 5	Shot Put			100m	Triple Jump	Long Jump	Discus	Javelin
Site	Site 2				Tartan 6	Site 2	Site 2	Site 1

COMPETITION REDUCED PROGRAM 2

GIRLS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15	U16- U18
Event 1	300m	100m	Shot Put	Long Jump	200m (1st)	Javelin	200m (2nd)	Discus	800m
Site			Site 1	Site 1		Site 1		Site 1	
Event 2	Vortex	Long Jump	200m	100m	Shot Put	800m	Triple Jump	800m	Discus
Site	Site 3	Site 1			Site 2		Tartan 6		Site 3
Event 3	Discus	200m	100m	Shot Put	800m	Triple Jump	800m	Long Jump	100m
Site	Site 2			Site 1		Tartan 5		Tartan 7	
Event 4	200m	Shot Put	Discus	200m	100m	200m	100m	100m	Triple Jump
Site		Site 2	Site 2						Tartan 8
Event 5				800m	Long Jump	100m	Shot Put	200m	200m
Site					Site 5		Site 1		

BOYS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1	300m	100m	Shot Put	Long Jump	200m (1st)	Javelin	200m (2nd)	Triple Jump
Site			Site 2	Site 2		Site 2		Tartan 8
Event 2	Vortex	Long Jump	200m	100m	Shot Put	800m	Triple Jump	200m
Site	Site 4	Site 2			Site 3		Tartan 5	
Event 3	Discus	200m	100m	Shot Put	800m	Triple Jump	800m	Discus
Site	Site 3			Site 2		Tartan 6		Site 1
Event 4	200m	Shot Put	Discus	200m	100m	200m	100m	800m
Site		Site 1	Site 3					
Event 5				800m	Long Jump	100m	Shot Put	100m
Site					Site 6		Site 2	

COMPETITION PROGRAM 1

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

1st U12 girls & boys; 2nd U13 & U14 girls & boys; 3rd U15-U18 girls & boys

GIRLS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15	U16- U18
Event 1		70m (1st)	High Jump	Long Jump	Javelin	Discus	200m Hurdles (1st)	200m Hurdles (2st)	300m Hurdles
Site			Site 3	Site 1	Site 1	Site 1			
Event 2	70m	Turbo Javelin	70m	70m	100m	Long Jump	Long Jump	Shot Put	Shot Put
Site		Site 3				Tartan 5	Tartan 7	Site 1	Site 3
Event 3	Long Jump	100m	400m	Turbo Javelin	Dicus	400m	100m	400m	100m
Site	Site 3			Site 3	Site 2				
Event 4	100m	Discus	Long Jump	400m	400m	Shot Put	Javelin	Triple Jump	Long Jump
Site		Site 2	Site 1			Site 2	Site 1	Tartan 7	Tartan 8
Event 5	Shot Put		100m	100m	Triple Jump	100m	400m	100m	400m
Site	Site 2				Tartan 5				
Event 6			Turbo Jav				Discus	High Jump	High Jump
Site			Site 3				Site 2	Site 2	Site 1

BOYS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1		70m (1st)	High Jump	Long Jump	Javelin	Discus	200m Hurdles (1st)	200/300m Hurdles
Site			Site 4	Site 2	Site 2	Site 2		
Event 2	70m	Turbo Javelin	70m	70m	100m	Long Jump	Long Jump	Shot Put
Site		Site 4				Tartan 6	Tartan 8	Site 1
Event 3	Long Jump	100m	400m	Turbo Javelin	Dicus	400m	100m	Long Jump
Site	Site 4			Site 4	Site 1			Tartan 7
Event 4	100m	Discus	Long Jump	400m	400m	Shot Put	Javelin	100m
Site		Site 3	Site 2			Site 3	Site 2	
Event 5	Shot Put		100m	100m	Triple Jump	100m	400m	High Jump
Site	Site 3				Tartan 6			Site 2
Event 6			Turbo Jav				Discus	400m
Site			Site 4				Site 1	

** Hurdles distance varies according to age group.

COMPETITION PROGRAM 2

GIRLS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15	U16- U18
Event 1		500m (1st)	Shot Put	Discus	200m	Javelin	Triple Jump	Long Jump	Discus
Site			Site 2	Site 3		Site 1	Tartan 6	Tartan 8	Site 1
Event 2	300m (2nd)	60m Hurdles	200m	Shot Put	Long Jump	800m	High Jump	800m	200m
Site				Site 1	Site 1		Site 1		
Event 3	Vortex	Shot Put	60m Hurdles	800m	800m	Triple Jump	200m	Discus	Triple Jump
Site	Site 3	Site 2				Tartan 5		Site 2	Tartan 7
Event 4	200m	200m	Discus	60m Hurdle	High Jump	200m	Shot Put	Javelin	Javelin
Site			Site 3		Site 1		site 1	Site 1	Site 2
Event 5	Discus	Long Jump	800m	High Jump	80m Hurdles	High Jump	800m	200m	800m
Site	Site 2	Site 3		Site 3		Site 1			
Event 6				200m	Shot Put	80m Hurdles	80m Hurdles	80m Hurdles	90/100m Hurdles
Site					Site 1				

BOYS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15- U18
Event 1		500m	Shot Put	Discus	200m	Javelin	Triple Jump	Triple Jump
Site		(1st)	Site 3	Site 2		Site 2	Tartan 5	Tartan 7
Event 2	300m	60m Hurdles	200m	Shot Put	Long Jump	800m	High Jump	200m
Site	(2nd)			Site 2	Site 2		Site 2	
Event 3	Vortex	Shot Put	60m Hurdles	800m	800m	Triple Jump	200m	Javelin
Site	Site 4	Site 3				Tartan 6		Site 2
Event 4	200m	200m	Dicus	60m Hurdles	High Jump	200m	Shot Put	800m
Site			Site 2		Site 2		Site 2	
Event 5	Discus	Long Jump	800m	High Jump	80m Hurdles	High Jump	800m	Discus
Site	Site 3	Site 4		Site 4		Site 2		Site 1
Event 6				200m	Shot Put	80m Hurdles	80m Hurdles	90/100/1 10 Hurdles
Site					Site 2			

**** Hurdles distance varies according to age group.**