

WEEK 1	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6
TOTS	Tots discus	Shot put	50m	Long jump	Games	
U6	Long jump	Obstacle course	70m	Discus	100m	
U7	Discus	Long jump	200m	Shot put	70m	Vortex
U8	Flexi jump	Shot put	Turbo	700m	Long jump	200m
U9	100m hurdles	100m	Long jump	Javelin	Scissor high jump	400m
U10	100m hurdles	100m	Long jump	400m	Discus	Shot put
U11/U12	100m	100m hurdles	High jump	200m	Shot put	Triple jump
TEENS	100m	100m hurdles	Shot put	Triple jump	800m	High jump

WEEK 2	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6
TOTS	70m	Obstacle course	Shot put	Games	Vortex	
U6	50m	Shot put	Long jump	100m	Obstacle course	
U7	700m	Flexi jump	200m	Discus	400m	Shot put
U8	Discus	Long jump	70m	Shot put	Turbo	100m
U9	Shot put	Discus	200m	Javelin	1100m	Scissor high jump
U10	Long jump	1100m	Javelin	200m	Scissor high jump	70m
U11/U12	Discus	100m	High jump	Long jump	Javelin	1500m
TEENS	High jump	400m	Discus	200m	Long jump	Javelin

WEEK 3	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6
TOTS	Obstacle course	100m	Vortex	200m	Long jump	
U6	70m	Shot put	Games	200m	Vortex	
U7	Vortex	100m	Flexi jump	70m	Long jump	
U8	400m	Flexi jump	200m	Discus	100m	
U9	Shot put	800m	Discus	Long jump	70m	100m
U10	100m	Discus	200m	Javelin	Scissor high jump	800m
U11/U12	Long jump	Javelin	800m	Shot put	Discus	400m
TEENS	Discus	100m	Shot put	Long jump	1500m	Javelin