

Age	Program 1	Program 2	Program 3	Age	Program 1	Program 2	Program 3
Tots	100m	50m	50m	12	Triple Jump	Shot Put	800m
Tots	70m	200m	100m	12	1500m Walk	Long Jump	Javelin
Tots	Long Jump	Long Jump	Long Jump	12	Discus	60m Hurdles	High Jump
Tots	Shot Put	Shot Put	Vortex	12	100m	1500m	100m
Tots	Fun events	Fun events	Fun events	12	400m	200m	200m
6	Vortex	Long Jump	Shot Put	13	Shot Put	Javelin	800m
6	Long Jump	Discus	Long Jump	13	80m Hurdles	Triple Jump	Long Jump
6	70m	50m	50m	13	High Jump	1500m	200m Hurdles
6	100m	300m	200m	13	3000m (opt)	1500m Walk (opt)	Discus
7	Shot Put	Vortex	High Jump	13	200m	100m	60m (opt)
7	Long Jump	Long Jump	Discus	13	400m	200m	145m(opt)
7	50m	70m	70m	13	3000m (opt)		100m
7	200m	500m	100m	14	Javelin	Shot Put	800m
8	High Jump	Shot Put	Vortex	14	Triple Jump	1500m	Long Jump
8	Discus	Long Jump	Long Jump	14	80m Hurdles/F	1500m Walk (opt)	200m Hurdles
8	70m	60m Hurdles	70m	14	90m Hurdles/M	High Jump	Discus
8	700m	100m	200m	14	3000m (opt)	100m	60m (opt)
8	100m	200m	400m	14	200m	200m	145m(opt)
9	800m	Shot Put	Long Jump	14	400m		100m
9	Turbo Javelin	60m Hurdles	700m Walk	15	90m Hurdles/F	Javelin	800m
9	Long Jump	High Jump	Discus	15	100m Hurdles/M	Long Jump	Shot Put
9	70m	100m	70m	15	High Jump	1500m	Triple Jump
9	100m	400m	200m	15	3000m (opt)	1500m Walk (opt)	300m Hurdles
10	Triple Jump	800m	Shot Put	15	Discus	100m	60m (opt)
10	1100m Walk	Turbo Javelin	200m	15	200m	200m	145m(opt)
10	Discus	Long Jump	High Jump	15	400m		100m
10	100m	60m Hurdles	70m	17	Shot Put	Triple Jump	800m
10	200m	100m	400m	17	Long Jump	1500m	Javelin
11	Javelin	60m Hurdles	800m	17	100m Hurdles/F	1500m Walk (opt)	300m Hurdles
11	Long Jump	1500m	Shot Put	17	110m Hurdles/M	Discus	High Jump
11	1100m Walk	High Jump	Triple Jump	17	3000m (opt)	100m	60m (opt)
11	100m	Discus	100m	17	200m	200m	145m(opt)
11	400m	200m	200m	17	400m		100m
<p>* Open field events will be run with the U17's</p> <p>Open track events maybe combined with u/17s dependant on number of athletes.</p> <p>3000m will be one race at end of night u13s –opens</p> <p>Graded Events: Approximate seeded heats will be applied (except 3000m). Club records and club points will not be recognised for these events (club points OK for 3000m). Results will be recorded separately to age group.</p>				open	Shot Put*	Triple Jump*	800m
				open	Long Jump*	1500m	Javelin*
				open	100m Hurdles/F	1500m Walk (opt)	300m Hurdles
				open	110m Hurdles/M	Discus*	High Jump*
				open	3000m (opt)	100m	60m (opt)
				open	200m	200m	145m(opt)
				open	400m		100m
Graded Events –				Graded u13s – Opens & Masters			
All Athletes u/13s to Opens & Masters are eligible to complete- other events on request and level of interest				7:45	100m	200m	400m
				8:15	3000m	800m	1500m