

| Program 1: | | | | | | |
|-----------------------|------------|-------------|-----------|------|-----------|--------|
| Tots | Fun Events | Long Jump | Shot Put | 70m | 100m | |
| U6 | Vortex | Long Jump | 70m | 100m | | |
| U7 | Shot Put | Long Jump | 50m | 200m | | |
| U8 | Discus | Long Jump | 70m | 100m | 700m | |
| U9 | Turbo Jav | High Jump | 70m | 100m | 800m | |
| U10 | Discus | Triple Jump | 100m | 200m | 1100mWalk | |
| U11 | Javelin | Long Jump | 100m | 400m | 1100mWalk | |
| U12 | Discus | Triple Jump | 100m | 400m | 1500mWalk | |
| U13 | Shot Put | High Jump | 80mH | 200m | 400m | 3000m |
| U14 | Javelin | Triple Jump | 80/90mH | 200m | 400m | 3000m |
| U15 | Discus | High jump | 90/100mH | 200m | 400m | 3000m |
| U17 & Open | Shot Put | Long jump | 100/110mH | 200m | 400m | 3000m |
| Graded | | | | | 400m | 3000m |
| Program 2: | | | | | | |
| Tots | Fun Events | Long Jump | Shot Put | 50m | 200m | |
| U6 | Discus | Long Jump | 50m | 300m | | |
| U7 | Vortex | Long Jump | 70m | 500m | | |
| U8 | Shot Put | Long Jump | 60mH | 100m | 200m | |
| U9 | Shot Put | Long Jump | 60mH | 100m | 400m | |
| U10 | Turbo Jav | long Jump | 60mH | 100m | 800m | |
| U11 | Discus | High Jump | 80mH | 200m | 1500m | |
| U12 | Shot Put | Long Jump | 80mH | 200m | 1500m | |
| U13 | Javelin | Triple Jump | 100m | 200m | 1500m | 1500mW |
| U14 | Shot Put | High Jump | 100m | 200m | 1500m | 1500mW |
| U15 | Javelin | Long Jump | 100m | 200m | 1500m | 1500mW |
| U17 & Open | Discus | Javelin | 100m | 200m | 1500m | 1500mW |
| Graded | | | | 200m | 1500m | |
| Program 3: | | | | | | |
| Tots | Fun Events | Long Jump | Vortex | 50m | 100m | |
| U6 | Shot Put | Long Jump | 50m | 200m | | |
| U7 | Discus | Long Jump | 70m | 100m | | |
| U8 | Vortex | Long Jump | 70m | 200m | 400m | |
| U9 | Discus | Long Jump | 70m | 200m | 700mWalk | |
| U10 | Shot Put | High Jump | 70m | 200m | 400m | |
| U11 | Shot Put | Triple Jump | 100m | 200m | 800m | |
| U12 | Javelin | High Jump | 100m | 200m | 800m | |
| U13 | Discus | Long Jump | 60m | 145m | 200mH | 800m |
| U14 | Discus | Long Jump | 60m | 145m | 200mH | 800m |
| U15 | Shot Put | Triple Jump | 60m | 145m | 300mH | 800m |
| U17 & Open | Javelin | High Jump | 60m | 145m | 300mH | 800m |
| Graded | | | 60m | | | 800m |

Graded Events are run as mixed age and gender u13 and up with heats determined based on estimated performance. Results to be recorded with Age Group results. All athletes in the u13 age group and older are eligible to compete. The first Graded event is expected to be run at approx 735pm with the second graded event at 815pm. Programs are conducted on a rotating basis, a program does not get skipped if a carnival is cancelled.