

Age	Week one	Week two	Week three
Tots	100m	50m	50m
Tots	70m	200m	100m
Tots	Long Jump	Long Jump	Long Jump
Tots	Shot Put	Shot Put	Vortex
Tots	Fun events	Fun events	Fun events
6	Vortex	Long Jump	Shot Put
6	Long Jump	Discus	Long Jump
6	70m	50m	50m
6	100m	300m	200m
7	Shot Put	Vortex	High Jump
7	Long Jump	Long Jump	Discus
7	50m	70m	70m
7	200m	500m	100m
8	High Jump	Shot Put	Vortex
8	Discus	Long Jump	Long Jump
8	70m	60m Hurdles	70m
8	700m	100m	200m
8	100m	200m	400m
9	800m	Shot Put	Long Jump
9	Turbo Javelin	60m Hurdles	700m Walk
9	Long Jump	High Jump	Discus
9	70m	100m	70m
9	100m	400m	200m
10	Triple Jump	800m	Shot Put
10	1500m	Turbo Javelin	1100m Walk
10	Discus	Long Jump	High Jump
10	100m	60m Hurdles	70m
10	200m	100m	400m
11	Javelin	60m Hurdles	800m
11	Long Jump	1500m	Shot Put
11	1100m Walk	High Jump	Triple Jump
11	100m	Discus	100m
11	400m	200m	200m
12	Triple Jump	Shot Put	800m
12	1500m Walk	Long Jump	Javelin
12	Discus	60m Hurdles	High Jump
12	100m	1500m	100m
12	400m	200m	200m

13	Shot Put	Javelin	800m
13	80m Hurdles	Triple Jump	Long Jump
13	High Jump	1500m	200m Hurdles
13	3000m (optional)	1500m Walk (optional)	Discus
13	200m	100m	60m (optional)
13	400m	200m	145m (optional)
			100m
14	Javelin	Shot Put	800m
14	Triple Jump	1500m	Long Jump
14	80m Hurdles/F	1500m Walk (optional)	200m Hurdles
14	90m Hurdles/M	High Jump	Discus
14	3000m (optional)	100m	60m (optional)
14	200m	200m	145m (optional)
14	400m		100m
15	90m Hurdles/F	Javelin	800m
15	100m Hurdles/M	Long Jump	Shot Put
15	High Jump	1500m	Triple Jump
15	3000m (optional)	1500m Walk (optional)	300m Hurdles
15	Discus	100m	60m (optional)
15	200m	200m	145m (optional)
15	400m		100m
17	Shot Put	Triple Jump	800m
17	Long Jump	1500m	Javelin
17	100m Hurdles/F	1500m Walk (optional)	300m Hurdles
17	110m Hurdles/M	Discus	High Jump
17	3000m (optional)	100m	60m (optional)
17	200m	200m	145m (optional)
17	400m		100m