

Time	Under 6		Under 7		Under 8		Under 9		Time	Under 10		Under 11		Under 12		Open Age		Time	
8:30									8:30									8:30	
8:35	60mH @ FS	60mH @ FS	60mH @ BS	60mH @ RS			Long Jump @ TJ2	Long Jump @ TJ1	8:35	Long Jump @ LJ2	Long Jump @ LJ1	Shot Put @ SP1	Shot Put @ SP2	Javelin @ Jav1	Javelin @ Jav2			8:35	
8:40									8:40									8:40	
8:45						60mH @ RS			8:45								100m @ FS	100m @ FS	8:45
8:50					60mH @ BS				8:50										8:50
8:55									8:55										8:55
9:00									9:00										9:00
9:05							60mH @ BS	60mH @ BS	9:05					200m	200m	High Jump @ HJ1	High Jump @ HJ2	9:05	
9:10									9:10										9:10
9:15			200m	200m					9:15		60mH @ BS								9:15
9:20									9:20	60mH @ BS									9:20
9:25									9:25										9:25
9:30						200m			9:30				60mH @ BS	60mH @ BS					9:30
9:35									9:35										9:35
9:40									9:40			60mH @ BS							9:40
9:45									9:45										9:45
9:50			Long Jump @ TJ2	Long Jump @ TJ1	Long Jump @ LJ2	Long Jump @ LJ1		200m	9:50						60mH @ BS				9:50
9:55									9:55						60mH @ RS				9:55
10:00									10:00										10:00
10:05									10:05	200m	200m						80-100mH @ RS	80-100mH @ BS	10:05
10:10									10:10										10:10
10:15									10:15										10:15
10:20	70m @ RS	70m @ BS							10:20				200m	200m					10:20
10:25									10:25										10:25
10:30									10:30										10:30
10:35			70m @ BS	70m @ BS				70m @ FS	10:35										10:35
10:40								70m @ FS	10:40										10:40
10:45									10:45										10:45
10:50								70m @ BS	10:50	70m @ FS	70m @ FS								10:50
10:55									10:55										10:55
11:00									11:00										11:00
11:05									11:05						400m	400m			11:05
11:10									11:10										11:10
11:15									11:15										11:15
11:20									11:20										11:20
11:25									11:25										11:25
11:30									11:30										11:30
11:35									11:35										11:35
11:40									11:40				400m	400m					11:40
11:45									11:45										11:45
11:50									11:50										11:50
11:55									11:55										11:55
12:00									12:00										12:00
12:05									12:05										12:05
12:10									12:10										12:10
12:15									12:15										12:15
12:20									12:20										12:20
12:25									12:25										12:25

70m 60mH	70m 60mH	70m 200m 60mH Long Jump	70m 200m 60mH Long Jump	70m 200m 60mH Long Jump	70m 200m 60mH Long Jump	70m 200m 60mH Long Jump	70m 200m 60mH Long Jump
-------------	-------------	----------------------------------	----------------------------------	----------------------------------	----------------------------------	----------------------------------	----------------------------------

70m 200m 60mH Long Jump	70m 200m 60mH Long Jump	200m 400m 60mH Triple Jump Shot Put	200m 400m 60mH Triple Jump Shot Put	200m 400m 60mH High Jump Javelin	200m 400m 60mH High Jump Javelin	100m 400m 80-100mH High Jump Javelin	100m 400m 80-100mH High Jump Javelin
----------------------------------	----------------------------------	---	---	--	--	--	--