



TRACK and FIELD PROGRAM 2024/2025

Standard Program

U6 Week 1	50m	70m	100m	Long Jump	Shot Put
U6 Week 2	70m	100m	200m	High Jump **	Discus
U6 Week 3	60m Hurdles	70m	100m	Long Jump	Javelin

U7 Week 1	50m	70m	100m	Long Jump	Javelin
U7 Week 2	70m	100m	200m	Long Jump	Shot Put
U7 Week 3	60m Hurdles	70m	100m	High Jump **	Discus

U8 Week 1	70m	100m	200m	High Jump **	Discus
U8 Week 2	100m	200m	800m	Long Jump	Javelin
U8 Week 3	60m Hurdles	100m	400m	Long Jump	Shot Put

U9 Week 1	70m	100m	200m	High Jump	Javelin
U9 Week 2	100m	200m	800m	Long Jump	Shot Put
U9 Week 3	60m Hurdles	100m	400m	Long Jump	Discus

U10 Week 1	100m	200m	1500m	Long Jump	Shot Put
U10 Week 2	100m	200m	800m	Long Jump	Discus
U10 Week 3	60m Hurdles	100m	400m	High Jump	Javelin

U11 Week 1	100m	200m	1500m	Long Jump	Discus
U11 Week 2	100m	200m	800m	High Jump	Javelin
U11 Week 3	60m Hurdles	100m	400m	Triple Jump	Shot Put

U12 Week 1	100m	200m	1500m	High Jump	Shot Put
U12 Week 2	100m	200m	800m	Triple Jump	Discus
U12 Week 3	60m Hurdles	100m	400m	Long Jump	Javelin

U13+ Week 1	100m	200m	1500m	Triple Jump	Javelin
U13+ Week 2	100m	200m	800m	Long Jump	Shot Put
U13+ Week 3	80m Hurdles	100m	400m	High Jump	Discus
U15, U16, U17	90m Hurdles				

**** Modified event**

These programs are subject to change based on our actual registrations to provide the fairest and most competition options.