

| Age |     | Start 8:30 |           |           | Finish 9:15 |
|-----|-----|------------|-----------|-----------|-------------|
| 3~5 | F/M | Tiny Tots  | Tiny Tots | Tiny Tots | Tiny Tots   |

|   |   | Event 1    | Event 2 | Event 3   | Event 4   | Event 5     |
|---|---|------------|---------|-----------|-----------|-------------|
|   |   | 1          | 2       | 3         | 4         | 5           |
|   |   | Start 8:30 |         |           |           | Finish 9:45 |
| 6 | F | 70m        | Discus  | 200m      | Long Jump | 100m        |
| 6 | M | Long Jump  | 70m     | 200m      | Shot Put  | 100m        |
| 7 | F | Vortex     | 400m    | 50m       | Long Jump | 100m        |
| 7 | M | 50m        | 400m    | Long Jump | 100m      | Vortex      |
| 8 | F | 300m Walk  | 100m    | Discus    | 200m      | 70m         |
| 8 | M | Shot Put   | 100m    | 300m Walk | 200m      | 70m         |

|    |   | Event 1           | Event 2   | Event 3   | Event 4 | Event 5 |
|----|---|-------------------|-----------|-----------|---------|---------|
|    |   | 9:30              | 9:50      | 10:10     | 10:30   | 10:50   |
| 9  | F | 200m              | Long Jump | 70m       | Discus  | 100m    |
| 9  | M | High Jump Scissor | 70m       | Discus    | 200m    | 100m    |
| 10 | F | Turbo Javelin     | 1500m     | Long Jump | 200m    | 100m    |
| 10 | M | Turbo Javelin     | 1500m     | Long Jump | 200m    | 100m    |
| 11 | F | Triple Jump       | 1500m     | Shot Put  | 200m    | 100m    |
| 11 | M | High Jump         | 1500m     | Javelin   | 200m    | 100m    |

| Age Group | Start Time | Program         | Special               |         |     | Event 1          | Event 2         | Event 3         | Event 4          | Event 5 |
|-----------|------------|-----------------|-----------------------|---------|-----|------------------|-----------------|-----------------|------------------|---------|
| 3~5       | 8:30       | Normal Program  | Participation Ribbons |         |     | 10:00            | 10:30           | 11:00           | 11:30            | 12:00   |
| 6 ~ 8     | 8:30       | 5 Events        | 1st, 2nd, 3rd Ribbons | 12-Open | F/M | 1500m Walk       | Shot Put        | 800m            | Discus           | 100m    |
| 9 ~ 11    | 9:30       | 5 Events        | 1st, 2nd, 3rd Ribbons | 12-Open | F/M | High Jump <130cm | Long Jump >3.5m | Long Jump <3.5m | High Jump >130cm | Javelin |
| 12 ~ Open | 10:00      | Athletes choice | 1st, 2nd, 3rd Ribbons | 12-Open | F/M |                  | 200m            |                 |                  |         |

\* The committee would like to invite the u12 to Open age managers to be the event coordinators please

# The under 12 to open age groups have an athletes choice program of events (pick your favourites)