

Programme 1

| Start | 12.45pm | 1.30pm | | | | | |
|----------|---------|---------------------|-----|-----|-----|----|--|
| 7B | Hammer | Relays – all grades | D | 100 | LJ | 60 | Track walks/1500m/Hurdles/ Pole vault (time permitting) |
| 7G | | | LJ | 100 | D | 60 | |
| 8B | | | D | 100 | LJ | 60 | |
| 8G | | | LJ | 100 | D | 60 | |
| 9B | | | D | 100 | LJ | 60 | |
| 9G | | | LJ | 100 | D | 60 | |
| 14B | | | 100 | D | 400 | LJ | |
| 14G | | | 100 | LJ | 400 | D | |
| Mu18u20+ | | | 100 | D | 400 | LJ | |
| Wu18u20+ | | | 100 | LJ | 400 | D | |
| 10B | | | 100 | HJ | 400 | SP | |
| 10G | | | 100 | SP | 400 | HJ | |
| 11B | | | 100 | HJ | 400 | SP | |
| 11G | | | 100 | SP | 400 | HJ | |
| 12B | | | 100 | HJ | 400 | SP | |
| 12G | | | 100 | SP | 400 | HJ | |
| 13B | | | 100 | HJ | 400 | SP | |
| 13G | | | 100 | SP | 400 | HJ | |

Programme 2

| Start | 12.45pm | 1.30pm | | | | | |
|----------|---------|---------------------|-----|-----|-----|-----|---|
| 7B | Javelin | Relays – all grades | LJ | 200 | SP | 60 | Hurdles / 800m Triple Jump (time permitting) |
| 7G | | | SP | 200 | LJ | 60 | |
| 8B | | | LJ | 200 | SP | 60 | |
| 8G | | | SP | 200 | LJ | 60 | |
| 9B | | | LJ | 200 | SP | 60 | |
| 9G | | | SP | 200 | LJ | 60 | |
| 14B | | | 200 | HJ | 100 | SP | |
| 14G | | | 200 | SP | 100 | HJ | |
| Mu18u20+ | | | HJ | 200 | SP | 100 | |
| Wu18u20+ | | | 200 | SP | 100 | HJ | |
| 10B | | | 200 | LJ | 100 | D | |
| 10G | | | 200 | D | 100 | LJ | |
| 11B | | | 200 | LJ | 100 | D | |
| 11G | | | 200 | D | 100 | LJ | |
| 12B | | | 200 | LJ | 100 | D | |
| 12G | | | 200 | D | 100 | LJ | |
| 13B | | | 200 | LJ | 100 | D | |
| 13G | | | 200 | D | 100 | LJ | |

