

EVENT PROGRAM WEEK A													
	6	7	8	9	10	11	12	13	14	15	16+17	U20	OPEN
70m													
100m	X	X		X	X								
200m		X				X	X	X	X	X	X	X	X
PACK START	200m		400m										
800m				X	X	X	X						
1500m													
3000m								X	X	X	X	X	X
HURDLES MALE			60m (45cm)	60m (45cm)	60m (60cm)	80m (60cm)	80m (68cm)	90m (76cm)	90m (76cm)	90m (76cm)	110m (76cm)	110m (76cm)	110m (76cm)
HURDLES FEMALE			60m (45cm)	60m (45cm)	60m (60cm)	80m (60cm)	80m (68cm)	80m (76cm)	100m (76cm)	100m (76cm)	100m (76cm)	100m (76cm)	100m (76cm)
HIGH JUMP				X	X								
LONG JUMP		X	X			X	X						
TRIPLE JUMP								X	X	X	X	X	X
DISCUS	X 350g		X 500g	X 500g		X 500g	X 750g						
SHOT PUT	X 500g PINK	X 1kg BLUE	X 1.5kg YELLOW		X 2kg ORANGE			X 3kg WHITE	X F-3kg WHITE M-4kg RED	X F-3kg WHITE M-4kg RED	X F-3kg WHITE M-5kg GREEN	X F-4kg RED M-6kg	X F-4kg RED M-7.26kg

**Multiclass and Master athletes as per specification table in folder**

**NOTE: OPTIONAL 3000m RUN AS LAST EVENT "FUN RUN" FOR ALL AGES – (POINTS ONLY FOR AGES 13 UPWARDS)**

EVENT PROGRAM      WEEK B													
	6	7	8	9	10	11	12	13	14	15	16+17	U20	OPEN
50m	X												
70m		X	X	X	X								
100m	X		X			X	X	X	X	X	X	X	X
200m		X	X										
400m				X	X	X	X						
PACK START													
800m								X	X	X	X	X	X
1500m													
3000m													
WALK				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m	1500m
HIGH JUMP								X	X	X	X	X	X
LONG JUMP	X	X		X	X								
TRIPLE JUMP						X	X						
DISCUS	X 350g		X 500g					X 750g	X 1kg	X 1kg	X F-1kg M-1.5kg	X F-1kg M-1.5kg	X F-1kg M-1.75kg
SHOT PUT		X 1kg BLUE	X 1.5kg YELLOW	X 2kg ORANGE	X 2kg ORANGE								
JAVELIN						X 400g	X 400g						

**Multiclass and Master athletes as per specification table in folder.**

EVENT PROGRAM WEEK C													
	6	7	8	9	10	11	12	13	14	15	16+17	U20	OPEN
50m		X											
70m	X		X	X	X								
100m		X	X	X	X	X	X						
200m				X	X	X	X						
400m								X	X	X	X	X	X
PACK START	300m	500m	700m										
800m													
1500m						X	X	X	X	X	X	X	X
HURDLES								200m (76cm)	300m (76cm)	300m (76cm)	F-300m (76cm) M-300m (84cm)	F-300m (76cm) M-300m (91cm)	F-300m (76cm) M-300m (91cm)
HIGH JUMP						X	X						
LONG JUMP	X		X	X	X			X	X	X	X	X	X
DISCUS	X 350g	X 350g		X 500g	X 500g								
SHOT PUT			X 1.5kg YELLOW			X 2kg ORANGE	X 2kg ORANGE						
JAVELIN								X F-400g M-600g	X F-500g M-700g	X F-500g M-700g	X F-500g M-700g	X F-600g M-800g	X F-600g M-800g

**Multiclass and Master athletes as per specification table in folder.**