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| SESSION 1 - 8:30AM | | | | | |
| Age Group | Event 1 | Event 2 | Event 3 | Event 4 | |
| Under 6 Boys | 50m | On Track | 100m | On Track | |
| Under 6 Girls | On Track | 100m | On Track | 50m | |
| Under 7 Girls A | Long Jump 1 | 100m | Shot Put JS1 | 50m | |
| Under 7 Girls B | Long Jump 2 | 100m | Shot Put JS2 | 50m | |
| Under 7 Boys A | 200m | Long Jump 3 | 70m | Shot Put JS1 | |
| Under 7 Boys B | 200m | Long Jump 4 | 70m | Shot Put JS2 | |
| Under 8 Girls A | Shot Put JS1 | 100m | 60m Hurdles | 50m | |
| Under 8 Girls B | Shot Put JS2 | 100m | 60m Hurdles | 50m | |
| Under 8 Girls C | Shot Put JS3 | 100m | 60m Hurdles | 50m | |
| Under 8 Boys A | 50m | 60m Hurdles | Discus JD1 | 100m | |
| Under 8 Boys B | 50m | 60m Hurdles | Discus JD2 | 100m | |
| Under 8 Boys C | 50m | 60m Hurdles | Discus JD3 | 100m | |
| 9:45am - 1500m run (U11-U17) and Walk (U9 - 700m, U10-U11 - 1100m and U12-U17 - 1500m) | | | | | |
| SESSION 2 - 10:00am | | | | | |
| Age Group | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 |
| Under 9 Girls A | 70m | Long Jump 3 | Discus JD1 | 100m | 60m Hurdles |
| Under 9 Girls B | 70m | Long Jump 4 | Discus JD2 | 100m | 60m Hurdles |
| Under 9 Girls C | 70m | Long Jump 5 | Discus JD3 | 100m | 60m Hurdles |
| Under 9 Boys A | High Jump 1 & 2 (scissors)* | | 70m | Discus JD1 | 200m |
| Under 9 Boys B | High Jump 1 & 2 (scissors)* | | 70m | Discus JD2 | 200m |
| Under 9 Boys C | High Jump 1 & 2 (scissors)* | | 70m | Discus JD3 | 200m |
| Under 10 Girls A | 70m | Discus JD1 | Long Jump 5 | 60m Hurdles | 200m |
| Under 10 Girls B | 70m | Discus JD2 | Long Jump 6 | 60m Hurdles | 200m |
| Under 10 Boys A | 800m | Shot Put JS1 | 100m | 60m Hurdles | Long Jump 3 |
| Under 10 Boys B | 800m | Shot Put JS2 | 100m | 60m Hurdles | Long Jump 4 |
| Under 11 Girls A | Long Jump 1 | 400m | Shot Put SS1 | 200m | Javelin |
| Under 11 Girls B | Long Jump 2 | 400m | Shot Put SS2 | 200m | Javelin |
| Under 11 Boys | Discus SD1 | 800m | 80m Hurdles | 100m | Triple Jump 2 |
| Under 12 Girls | 100m | Discus SD2 | 800m | High Jump 3* | |
| Under 12 Boys A | High Jump 3* | | 400m | Discus SD1 | 100m |
| Under 12 Boys B | High Jump 3* | | 400m | Discus SD2 | 100m |
| Under 13 Girls A | 800m | 80m Hurdles | Triple Jump 1 | 200m | Shot Put SS1 |
| Under 13 Girls B | 800m | 80m Hurdles | Triple Jump 2 | 200m | Shot Put SS2 |
| Under 14-17 Girls | Shot Put SS1 | Javelin | 400m | Long Jump 1 | 200m |
| Under 13-17 Boy | 80m Hurdles (13B) 90m Hurdles (14-17B) | 800m | Discus SD1 | 100m | Triple Jump 1 |
| * PLEASE ALLOW NO MORE THAN 40 MINUTES FOR HIGH JUMP TO BE COMPLETED | | | | | |