

| | | WEEK 9 | | 23/1/2021 | |
|--|----------------|---------------|----------------|---------------|---------------|
| SESSION 1 - 8.30AM | | | | | |
| Age Group | Event 1 | Event 2 | Event 3 | Event 4 | |
| Under 6 Boys | On Track | 200 Metres | Long Jump 7&8 | | |
| Under 6 Girls | 200 Metres | Long Jump 7&8 | On Track | | |
| Under 7 Girls A | Discus JD1 | 200 Metres | Long Jump 6 | 50 Metres | |
| Under 7 Girls B | Discus JD2 | 200 Metres | Long Jump 5 | 50 Metres | |
| Under 7 Boys A | 50 Metres | Long Jump 6 | 100 Metres | Shot Put JS1 | |
| Under 7 Boys B | 50 Metres | Long Jump 5 | 100 Metres | Shot Put JS2 | |
| Under 8 Girls A | Long Jump 3 | 50 Metres | Discus JD1 | 100 Metres | |
| Under 8 Girls B | Long Jump 4 | 50 Metres | Discus JD2 | 100 Metres | |
| Under 8 Boys A | 50 Metres | Shot Put JS1 | 100 Metres | Long Jump 3 | |
| Under 8 Boys B | 50 Metres | Shot Put JS2 | 100 Metres | Long Jump 4 | |
| 9.20am - 1500m (Under 11-17) and Walks (Under 9-17) | | | | | |
| SESSION 2 - 9.45am | | | | | |
| Age Group | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 |
| Under 9 Girls A | High Jump (S1) | 400 Metres | Discus JD1 | 70 Metres | |
| Under 9 Boys A | Shot Put JS1 | 400 Metres | High Jump (S1) | 70 Metres | |
| Under 9 Boys B | Shot Put JS2 | 400 Metres | High Jump (S2) | 70 Metres | |
| Under 10 Girls A | Long Jump 3 | 70 Metres | Discus SD1 | 200 Metres | |
| Under 10 Girls B | Long Jump 4 | 70 Metres | Discus SD2 | 200 Metres | |
| Under 10 Boys A | Shot Put SS1 | 70 Metres | Long Jump 3 | 200 Metres | |
| Under 10 Boys B | Shot Put SS2 | 70 Metres | Long Jump 4 | 200 Metres | |
| Under 11 Girls | Javelin | 100 Metres | Triple Jump 2 | 200 Metres | 80 M Hurdles |
| Under 11 Boys | Long Jump 1 | 400 Metres | 100 Metres | Discus SD1 | 80 M Hurdles |
| Under 12 Girls | 800 Metres | Discus SD2 | 100 Metres | Triple Jump 2 | 80 M Hurdles |
| Under 12 Boys | 800 Metres | Long Jump 1 | 100 Metres | 80 M Hurdles | Javelin |
| Under 13/14 Girls | 100 Metres | 80 M Hurdles | Shot Put SS1 | 200 Metres | Triple Jump 2 |
| Under 13/14 Boys | 100 Metres | 80 M Hurdles | Javelin | Long Jump 1 | 200 Metres |
| SENIOR Girls | 90 M Hurdles | Triple Jump 2 | 100 Metres | Shot Put SS1 | 200 Metres |
| SENIOR Boys | 90 M Hurdles | Discus SD1 | 100 Metres | 200 Metres | Long Jump 1 |