

| | Tots | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13-U14 | U15-U17 |
|----------------|-----------------------|---|---|--|--|---|---|---|---|---|
| 7:40 | | | | | | | | | | |
| 7:55 | | | | | | | | | | |
| 8:00 to 8:35 | 50m on track (8.15am) | Straight Track 70 Straight Track | Runway 2 LJ Runway 1 | Pack Track 700 Pack Track | Circular Track 200 Circular Track | Pack Track 800 Pack Track | Runway 3 LJ Runway 4 | Hurdles Track 80H Hurdles Track | Shot Put 1 SP Shot Put 2 | Discus 3 DISC Discus 4 |
| 8:35 to 9:10 | Directed activities | Shot Put 3 SP Shot Put 4 (Grass) | Straight Track 70 Straight Track | Runway 4 LJ Runway 3 | Discus 3 (Grass) DISC Discus 4 (Grass) | Discus 2 DISC Discus 1 | Circular Track 200 Circular Track | Javelin 1 JAV Javelin 2 | Pack Track 800 Pack Track | Circular Track 200 Circular Track |
| 9:10 to 9:45 | | Circular Track 200 Circular Track | Shot Put 1 SP Shot Put 2 | Straight Track 70 Straight Track | Pack Track 800 Pack Track | Straight Track 70 Straight Track | Discus 1 DISC Discus 2 | Circular Track 200 Circular Track | High Jump 1 HJ High Jump 2 | Long jump TJ/LJ Long Jump |
| 9:45 to 10:20 | | Discus 1 DISC Discus 2 | Circular Track 200 Circular Track | Shot Put 3 SP Shot Put 4 (Grass) | Runway 4 LJ Runway 3 | Runway 2 LJ Runway 1 | Straight Track 100 Straight Track | Shot Put 1 SP Shot Put 2 | Hurdles Track 80mH Hurdles Track | Pack Track 800 Pack Track |
| 10:20 to 10:55 | | Straight Track 100 Straight Track | Discus 1 DISC Discus 2 | Circular Track 200 Circular Track | Straight Track 70 Straight Track | Circular Track 200 Circular Track | High Jump 1 HJ High Jump 2 | Long Jump TJ/LJ Long Jump | Circular track 200 Circular Track | Javelin 1 JAV Javelin 2 |
| 10:55 to 11:30 | | Runway 4 LJ Runway 3 | Straight Track 100 Straight Track | Discus 4 (Grass) DISC Discus 3 (Grass) | Scissors Mat 1 HJ (S) Scissors Mat 2 | Shot Put 1 SP Shot Put 2 | Circular Track 400 Circular Track | Circular Track 400 Circular Track | Runway 2 LJ Runway 1 | Hurdles Track 90H/100H/ 110H Hurdles Track |