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| **Programme A** |
| 5+6'S Long Jump |
|  |  |  |  |  |  |
| Grade 7 | 60m | 100m | Shot Put  | Relays | 400m |
| Grade 8 | 60m | 100m | Relays | Discus | 200m |
| Grade 9 | 60m | Relays | 100m | Long Jump | 200m |
| Grade 10 | 800m | High Jump |  | 100m | Discus |
| Grade 11 | 800m | Discus |  | 100m | High Jump |
| Grade 12+ | 800m | Long Jump |  | 100m | Shot Put |