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| **Programme C** |
| 5+6'S Long Jump |
|  |  |  |  |  |  |
| Grade 7 | 60m | 100m | Long Jump | Relays | 200m |
| Grade 8 | 60m | 100m | Relays | Shot Put | 200m |
| Grade 9 | 60m | Relays | 100m | Discus | 600m |
| Grade 10 | 400m | Shot Put  |  | 200m | Long Jump |
| Grade 11 | 400m | High Jump |  | 200m | Shot Put |
| Grade 12+ | 400m | Discus |  | 200m | High Jump |