| Program A | | | | | | | |
|--|-----------|-------------|-----------|-------------|----------|--|--|
| | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 | | |
| Under 6 Boys/Girls OnTrack Replaces Event 1 Up Until Christmas | | | | | | | |
| Under 6 Boys | 200m | SP (R2) | LJ (P3) | 70m | | | |
| Under 6 Girls | 200m | LJ (P3) | SP (R2) | 70m | | | |
| Under 7 Boys | 200m | Vortex (R3) | 70m | LJ (P3) | 400m h/h | | |
| Under 7 Girls | 200m | LJ (P1) | 70m | Vortex (R3) | 400m h/h | | |
| Under 8 Boys | 200m | Dis (R1) | 70m | 400walk | HJ (M1) | | |
| Under 8 Girls | 200m | HJ (M1) | 70m | 400walk | Dis (R1) | | |
| Under 9 Boys | HJ (M1) | 200m | TJav (R3) | 70m | 700m W | | |
| Under 9 Girls | TJav (R3) | 200m | HJ (M1) | 70m | 700m W | | |
| Under 10 Boys | 1100m W | 200m | SP (R1) | 70m | LJ (P1) | | |
| Under 10 Girls | 1100m W | 200m | LJ (P2) | 70m | SP (R1) | | |
| Under 11 Boys | 1100m W | 200m | LJ (P2) | Jav | 400m | | |
| Under 11 Girls | 1100m W | 200m | Jav | LJ (P4) | 400m | | |
| Under 12 Boys | Dis (R2) | 200m | 1500m W | LJ (P1) | 400m | | |
| Under 12 Girls | LJ(P1) | 200m | 1500m W | Dis (R2) | 400m | | |
| U13 – U16 Boys | TJ (P2) | 200m | 1500m W | Dis (R1) | 400m | | |
| U13 – U16 Girls | Dis(R1) | 200m | 1500m W | TJ (P2) | 400m | | |

| | Program B | | | | | |
|-----------------|------------|----------------------|---------------------|---------------|---------|--|
| | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 | |
| | Under 6 Bo | ys/Girls OnTrack Rep | laces Event 1 Up Un | til Christmas | | |
| Under 6 Boys | 300m H/H | 60m Hurdle L | Vortex (R3) | LJ (P3) | | |
| Under 6 Girls | 300m H/H | 60m Hurdle L | LJ (P3) | Vortex (R3) | | |
| Under 7 Boys | 100m | 60m Hurdle L | LJ (P1) | 70m | SP (R1) | |
| Under 7 Girls | 100m | 60m Hurdle L | SP (R2) | 70m | LJ (P1) | |
| Under 8 Boys | SP (R1) | 60m Hurdle | LJ (P4) | 70m | 400m | |
| Under 8 Girls | LJ (P1) | 60m Hurdle | SP (R1) | 70m | 400m | |
| Under 9 Boys | Dis (R1) | 60m Hurdle | LJ (P2) | 100m | 400m | |
| Under 9 Girls | LJ (P2) | 60m Hurdle | Dis (R1) | 100m | 400m | |
| Under 10 Boys | Tjav (R2) | 60m Hurdle | HJ (M1) | 100m | 400m | |
| Under 10 Girls | HJ (M1) | 60m Hurdle | Tjav (R2) | 100m | 400m | |
| Under 11 Boys | 100m | SP (R2) | 80m Hurdle | TJ (P2) | 800m | |
| Under 11 Girls | 100m | TJ (P2) | 80m Hurdle | SP (R2) | 800m | |
| Under 12 Boys | 100m | HJ (M2) | 80m Hurdle | Jav | 800m | |
| Under 12 Girls | 100m | Jav | 80m Hurdle | HJ (M2) | 800m | |
| U13 – U16 Boys | 100m | SP (R1) | 80/90/100m | HJ (M1) | 800m | |
| | | | Hurdle | | | |
| U13 – U16 Girls | 100m | HJ (M1) | 80/90/100m | SP (R1) | 800m | |
| | | | Hurdle | | | |

| Program C | | | | | | |
|-----------------|-----------|--------------|-------------------|----------|---------|--|
| | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 | |
| | | | (| | | |
| Under 6 Boys | Dis (R2) | 60m Hurdle L | LJ (P3) | 100m | | |
| Under 6 Girls | LJ (P3) | 60m Hurdle L | Dis (R2) | 100m | | |
| Under 7 Boys | Dis (R1) | 60m Hurdle L | LJ (P4) | 100m | 400m | |
| Under 7 Girls | LJ (P4) | 60m Hurdle L | Dis (R1) | 100m | 400m | |
| Under 8 Boys | Tjav (R3) | 60m Hurdle | LJ (P1) | 100m | 700m | |
| Under 8 Girls | LJ (P1) | 60m Hurdle | Tjav (R3) | 100m | 700m | |
| Under 9 Boys | SP (R1) | 60m Hurdle | HJ (M1) | 100m | 800m | |
| Under 9 Girls | HJ (M1) | 60m Hurdle | SP (R1) | 100m | 800m | |
| Under 10 Boys | 100m | LJ (P3) | 60m hurdles | Dis (R2) | 800m | |
| Under 10 Girls | 100m | Dis (R2) | 60m hurdles | LJ (P3) | 800m | |
| Under 11 Boys | 1500m | Dis (R1) | 80m hurdles | HJ (M1) | 200m | |
| Under 11 Girls | 1500m | HJ (M1) | 80m hurdles | Dis (R1) | 200m | |
| Under 12 Boys | 1500m | TJ (P2) | 80m hurdles | SP (R1) | 200m | |
| Under 12 Girls | 1500m | SP (R1) | 80m hurdles | TJ (P2) | 200m | |
| U13 – U16 Boys | 1500m | LJ (P1) | 80/90/100m hurdle | Jav | 200m | |
| U13 – U16 Girls | 1500m | Jav | 80/90/100m hurdle | LJ (P1) | 200m | |

Program D (Twilight meet)

| | Event 1 | Event 2 | Event 3 | Event 4 | | |
|---|------------|----------|------------|----------|--|--|
| Under 6 Boys/Girls *Skills Replace Event 1 Up Until Christmas | | | | | | |
| Under 6 Boys | LJ (P3) | 100m | Dis (R1) | 200m | | |
| Under 6 Girls | Dis (R1) | 100m | LJ (P3) | 200m | | |
| Under 7 Boys | LJ (P1) | 100m | SP (R1) | 200m | | |
| Under 7 Girls | SP (R1) | 100m | LJ (P1) | 200m | | |
| Under 8 Boys | T Jav (R2) | 100m | HJ (M2) | 200m | | |
| Under 8 Girls | HJ (M2) | 100m | T Jav (R2) | 200m | | |
| Under 9 Boys | 400m | LJ (P1) | 200m | SP (R2) | | |
| Under 9 Girls | 400m | SP (R2) | 200m | LJ (P1) | | |
| Under 10 Boys | 400m | HJ (M2) | 200m | Dis (R2) | | |
| Under 10 Girls | 400m | Dis (R2) | 200m | HJ (M2) | | |
| Under 11 Boys | 400m | Dis (R1) | 100m | TJ(P4) | | |
| Under 11 Girls | 400m | TJ(P4) | 100m | Dis (R1) | | |
| Under 12 Boys | 400m | SP (R1) | 100m | TJ (P2) | | |
| Under 12 Girls | 400m | TJ (P2) | 100m | SP (R1) | | |
| U13 – U16 Boys | HJ (M1) | 400m | Jav | 100m | | |
| U13 – U16 Girls | Jav | 400m | HJ (M1) | 100m | | |

| Program E (Twilight meet) | | | | | | |
|---------------------------|-------------|------------|-------------|------------|--|--|
| | Event 1 | Event 2 | Event 3 | Event 4 | | |
| | | | | - | | |
| Under 6 Boys | LJ (P4) | 70m | Voretx (R3) | 300m H/H | | |
| Under 6 Girls | Voretx (R3) | 70m | LJ (P4) | 300m H/H | | |
| Under 7 Boys | Dis (R1) | 70m | LJ (P3) | 400m H/H | | |
| Under 7 Girls | LJ (P3) | 70m | Dis (R1) | 400m H/H | | |
| Under 8 Boys | SP (R1) | 70m | LJ (P1) | 400m | | |
| Under 8 Girls | LJ (P1) | 70m | SP (R1) | 400m | | |
| Under 9 Boys | 70m | HJ (M3) | 800m | Dis (R1) | | |
| Under 9 Girls | 70m | Dis (R1) | 800m | HJ (M3) | | |
| Under 10 Boys | 70m | LJ (P3) | 800m | T Jav (R3) | | |
| Under 10 Girls | 70m | T Jav (R3) | 800m | LJ (P1) | | |
| Under 11 Boys | 100m | SP (R2) | 800m | HJ (M2) | | |
| Under 11 Girls | 100m | HJ (M2) | 800m | SP (R2) | | |
| Under 12 Boys | 100m | Jav | 800m | HJ (M1) | | |
| Under 12 Girls | 100m | HJ (M1) | 800m | Jav | | |
| U13 – U16 Boys | 800m | LJ (P1) | 100m | SP (R1) | | |
| U13 – U16 Girls | 800m | SP (R1) | 100m | LJ (P1) | | |