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| **Programme B** |
| 5+6'S Long Jump |
|  |  |  |  |  |  |
| Grade 7 | 60m | Discus |  | 100m | 200m |
| Grade 8 | 60m | Long Jump |  | 100m | 500m |
| Grade 9 | 60m | Shot Put  |  | 100m | 200m |
| Grade 10 | 1500m | 100m | Relays | Shot Put | High Jump |
| Grade 11 | 1500m | 100m | Relays | Long Jump | 200m |
| Grade 12+ | 1500m | High Jump |  | 100m | Relays |