

Tiny Tots	UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13- Seniors
100m	100m	100m	100m	100m	100m	100m	100m	100m
Long	300m	500m	Long	800m	Long	Triple	800m	800m
Hurdles	Shot	Long	700m	Shot	800m	800m	Long	Triple
Discus	Long	Discus	Shot	High	Discus	Javelin	Shot	Javelin

Also available will be a 400m Walk Demonstration

All Field events will be only 2 Throws or Jumps, High Jump will be using Training Bar