

WEEK A

U10	Long Jump	70m	Discus	100m	400m	
U11	80m Hurdles	Discus	100m	800m	Triple Jump	400m
U12	80m Hurdles	1500m	Long Jump	100m	400m	Discus
U13	High Jump	80m Hurdles	100m	Long Jump	1500m	Shot Put
U14	Shot Put	80/90m Hurdles	1500m	100m	Long Jump	400m
U15 & 17	1500m	Triple Jump	90/100/110m Hurdles	Shot Put	100m	High Jump

****Walks to be held in between Session 1 and Session 2****

WEEK B

U10	High Jump	60m Hurdles	800m	Shot Put	200m	
U11	Long Jump	1500m	Shot Put	200m	High Jump	
U12	Shot Put	High Jump	200m	Triple Jump	800m	
U13	800m	200m Hurdles	Triple Jump	200m	400m	Discus
U14	200m Hurdles	Discus	200m	Triple Jump	800m	High Jump
U15 & 17	300m Hurdles	800m	Long Jump	100m	Discus	400m

****Javelin and 3000m to be held in between Session 1 and Session 2****