

| Program | C | | | | | | | | | | | | | Version 2 - 2023/24 |
|---------|--------------|----------------|----------------|----------------|---------------------------|---------------|---------------|---------------|---------------------|--|---------------------|---------------|--------------------|----------------------------------|
| Time | Tots | U 6 B/G | U 7 B/G | U 8 B/G | U 9 G | U 9 B | U 10 G | U 10 B | U 11/13 G | U 11 B | U 12 B | U 13/17 B | U 14/17 G | Seniors/Masters |
| | | | | | | | | | U11G - 1100 Walk | | | | | |
| 17:45 | | | | | 700 Walk | 700 Walk | 1100 Walk | 1100 Walk | U12G - 1500 Walk | 1100 Walk | 1100 Walk | 1500 Walk | 1500 Walk | |
| 17:50 | | | | | | | | | U13G - 1500 Walk | | | | | |
| 18:00 | Warm Up | Warm Up | Warm Up | Warm Up | Warm Up | Warm Up | | Warm Up | Warm Up | Warm Up | Warm Up | Warm Up | Warm Up | Warm Up |
| 18:10 | | 300 pack start | 500 pack start | 700 pack start | 60mH | 60mH | 60mH | 60mH | SP2 | TJ2 | HJ2 | SP3 (pack up) | TJ4 | 60m |
| 18:20 | | | | | | | | | | | | | | |
| 18:30 | | SP1 | LJ3 | LJ1 | HJ1 (pack up) | Tjav1 | SP4 (pack up) | DT-Top | 60mH / 80mH | 60mH | 80mH | 80mH | 80mH | JT-Bottom FIELD MARSHAL REQUIRED |
| 18:40 | | | | | | | | | | | | | | |
| 18:50 | | | | | | | | | | | | | | |
| 19:00 | | | | | Tjav1 (pack up) | 200m | 200m | 200m | HJ2 (pack up) | JT-Bottom FIELD MARSHAL REQUIRED (pack up) | DT-Bottom (pack up) | TJ4 | DT-Top (pack up) | 100mH/110mH |
| 19:10 | | 200m | 200m | 200m | | | | | | | | | | LJ4 (pack up) |
| 19:20 | | | | | 200m | HJ1 (pack up) | LJ3 (pack up) | LJ1 (pack up) | | | | | | |
| 19:30 | | LJ2 (pack up) | SP1 (pack up) | SP2 (pack up) | | | | | | | | | | |
| 19:40 | Tots Program | | | | | | | | 200m | | 200m | 200m | 200m | 200m |
| 19:50 | | | | | | | | | | 200m | | | | |
| 20:00 | Return | | | | | | | | | | | | | |
| 20:10 | equipment | | | | | | | | | | | | | |
| 20:20 | to | | | | Hurdle Height Information | | | | | | | | | |
| 20:30 | shed | | | Age group | Distance | Height | Flights | | Age group | Distance | Height | Flights | | |
| 20:40 | | | | U8 Girls & Boy | 60m | 45cm | 6 | | U13 Girls & Boys | 80m | 76cm | 9 | | |
| | | | | U9 Girls & Boy | 60m | 45cm | 6 | | U14 Girls | 80m | 76cm | 9 | 90m Hurdles (14B) | |
| | | | | U10 Girls & Bo | 60m | 60cm | 6 | | U14 Boys & U15 Girl | 90m | 76cm | 9 | 100m Hurdles (15B) | |
| | | | | U11 Girls & Bo | 80m | 60cm | 9 | | U15 Boys & U17 Girl | 100m | 76cm | 10 | 100m Hurdles (17G) | |
| | | | | U12 Girls & Bo | 80m | 68cm | 9 | | U17 Boys | 110m | 76cm | 10 | 110m Hurdles (17B) | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U17 | All HighJump |
| Shot | Boys | 500gm Pink | 1kg Blue | 1.5kg Yellow | 2kg Orange | 2kg Orange | 2kg Orange | 2kg Orange | 2kg Orange | 3kg White | 3kg White | 4kg Red | 5kg Green | All LJ Pits |
| | Girls | 500gm Pink | 1kg Blue | 1.5kg Yellow | 2kg Orange | 2kg Orange | 2kg Orange | 2kg Orange | 2kg Orange | 3kg White | 3kg White | 3kg White | 3kg White | All Discus |
| Discus | Boys | 350gm | 350gm | 500gm | 500gm | 500gm | 500gm | 500gm | 750gm | 750gm | 1kg | 1kg | 1,5kg | All ShotPuts |
| | Girls | 350gm | 350gm | 500gm | 500gm | 500gm | 500gm | 500gm | 750gm | 750gm | 1kg | 1kg | 1kg | All Javelin |
| Jav | Boys | | | | | | | 400gm | 400gm | 600gm | 600gm | 700gm | 700gm | Hurdles |
| | Girls | | | | | | | 400gm | 400gm | 400gm | 400gm | 500gm | 500gm | |