

|                 | 50 m  | 60 m H | 70 m   | 80 m H | 90 m H | 100 m H | 100 m  | 200 m | 200 m H | 300 m PS | 300 m H | 400 m  | 500 m PS | 700 m PS | 700 m Walk | 800 m  | 1100 m Walk | 1500 m | 1500 m Walk | 3000 m | Javelin | Discus | Shot Put | Long Jump | High Jump | Triple Jump |  |
|-----------------|-------|--------|--------|--------|--------|---------|--------|-------|---------|----------|---------|--------|----------|----------|------------|--------|-------------|--------|-------------|--------|---------|--------|----------|-----------|-----------|-------------|--|
| <b>UNDER 6</b>  |       |        |        |        |        |         |        |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        |          |           |           |             |  |
| Week A          | Red   |        | Red    |        |        |         | Red    |       |         |          |         |        |          |          |            |        |             |        |             |        |         | Red    | Red      |           |           |             |  |
| Week B          |       |        | Orange |        |        |         | Orange |       | Orange  |          |         |        |          |          |            |        |             |        |             |        |         |        | Orange   | Orange    |           |             |  |
| Week C          | Green |        |        |        |        |         | Green  |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        | Green    | Green     | Green     |             |  |
| Week D          |       |        | Blue   |        |        |         | Blue   |       |         | Blue     |         |        |          |          |            |        |             |        |             |        |         |        | Blue     |           | Blue      |             |  |
| <b>UNDER 7</b>  |       |        |        |        |        |         |        |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        |          |           |           |             |  |
| Week A          |       |        | Red    |        |        |         | Red    |       |         |          |         |        | Red      |          |            |        |             |        |             |        |         |        | Red      | Red       |           |             |  |
| Week B          |       |        | Orange |        |        |         | Orange |       | Orange  |          |         |        |          |          |            |        |             |        |             |        |         |        | Orange   | Orange    | Orange    |             |  |
| Week C          |       |        | Green  |        |        |         | Green  |       |         |          |         |        | Green    |          |            |        |             |        |             |        |         |        | Green    | Green     | Green     |             |  |
| Week D          |       |        | Blue   |        |        |         | Blue   |       | Blue    |          |         |        |          |          |            |        |             |        |             |        |         |        | Blue     |           | Blue      |             |  |
| <b>UNDER 8</b>  |       |        |        |        |        |         |        |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        |          |           |           |             |  |
| Week A          |       |        | Red    |        |        |         |        |       |         |          |         | Red    |          |          |            |        |             |        |             |        |         |        | Red      | Red       | Red       |             |  |
| Week B          |       |        |        |        |        |         | Orange |       | Orange  |          |         |        |          | Orange   |            |        |             |        |             |        |         |        | Orange   | Orange    | Orange    |             |  |
| Week C          |       |        | Green  |        |        |         |        |       |         |          |         | Green  |          | Green    |            |        |             |        |             |        |         |        | Green    | Green     |           |             |  |
| Week D          |       | Blue   |        |        |        |         | Blue   |       | Blue    |          |         |        |          |          |            |        |             |        |             |        |         |        |          | Blue      | Blue      | Blue        |  |
| <b>UNDER 9</b>  |       |        |        |        |        |         |        |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        |          |           |           |             |  |
| Week A          |       |        | Red    |        |        |         | Red    |       |         |          |         |        |          |          | Red        |        |             |        |             |        |         |        | Red      | Red       | Red       |             |  |
| Week B          |       |        |        |        |        |         | Orange |       | Orange  |          |         | Orange |          |          |            | Orange |             |        |             |        |         |        | Orange   | Orange    | Orange    | Orange      |  |
| Week C          |       |        | Green  |        |        |         | Green  |       |         |          |         |        |          |          |            | Green  |             |        |             |        |         |        | Green    | Green     | Green     |             |  |
| Week D          |       | Blue   |        |        |        |         | Blue   |       | Blue    |          |         |        |          |          |            | Blue   |             |        |             |        |         |        | Blue     | Blue      | Blue      | Blue        |  |
| <b>UNDER 10</b> |       |        |        |        |        |         |        |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        |          |           |           |             |  |
| Week A          |       |        | Red    |        |        |         | Red    |       |         |          |         |        |          |          |            |        | Red         |        |             |        |         |        | Red      | Red       | Red       | Red         |  |
| Week B          |       |        |        |        |        |         | Orange |       | Orange  |          |         | Orange |          |          |            | Orange |             |        |             |        |         |        | Orange   | Orange    | Orange    | Orange      |  |
| Week C          |       |        | Green  |        |        |         | Green  |       |         |          |         |        |          |          |            | Green  |             |        |             |        |         |        | Green    | Green     | Green     | Green       |  |
| Week D          |       | Blue   |        |        |        |         | Blue   |       | Blue    |          |         |        |          |          |            | Blue   |             |        |             |        |         |        | Blue     | Blue      | Blue      | Blue        |  |
| <b>UNDER 11</b> |       |        |        |        |        |         |        |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        |          |           |           |             |  |
| Week A          |       |        |        |        |        |         | Red    |       | Red     |          |         |        |          |          |            |        |             | Red    |             |        |         |        | Red      | Red       | Red       | Red         |  |
| Week B          |       |        |        |        |        |         | Orange |       | Orange  |          |         | Orange |          |          |            | Orange |             |        |             |        |         |        | Orange   | Orange    | Orange    | Orange      |  |
| Week C          |       |        |        |        |        |         | Green  |       |         |          |         | Green  |          |          |            |        |             |        |             |        |         |        | Green    | Green     | Green     | Green       |  |
| Week D          |       | Blue   |        |        |        |         | Blue   |       | Blue    |          |         |        |          |          |            | Blue   |             |        |             |        |         |        | Blue     | Blue      | Blue      | Blue        |  |
| <b>UNDER 12</b> |       |        |        |        |        |         |        |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        |          |           |           |             |  |
| Week A          |       |        |        |        |        |         | Red    |       |         |          |         | Red    |          |          |            |        |             |        | Red         |        |         |        | Red      | Red       | Red       | Red         |  |
| Week B          |       |        |        |        |        |         | Orange |       | Orange  |          |         |        |          |          |            |        |             |        |             |        |         |        | Orange   | Orange    | Orange    | Orange      |  |
| Week C          |       |        |        |        |        |         |        |       |         |          |         | Green  |          |          |            |        |             |        |             | Green  |         |        | Green    | Green     | Green     | Green       |  |
| Week D          |       | Blue   |        |        |        |         | Blue   |       | Blue    |          |         |        |          |          |            | Blue   |             |        |             |        |         |        | Blue     | Blue      | Blue      | Blue        |  |
| <b>UNDER 13</b> |       |        |        |        |        |         |        |       |         |          |         |        |          |          |            |        |             |        |             |        |         |        |          |           |           |             |  |
| Week A          |       |        |        |        |        |         | Red    |       |         |          |         | Red    |          |          |            |        |             |        |             | Red    |         |        | Red      | Red       | Red       | Red         |  |
| Week B          |       |        |        |        |        |         | Orange |       | Orange  |          |         | Orange |          |          |            | Orange |             |        |             |        |         |        | Orange   | Orange    | Orange    | Orange      |  |
| Week C          |       |        |        |        |        |         | Green  |       | Green   |          |         |        |          |          |            | Green  |             |        |             |        |         |        | Green    | Green     | Green     | Green       |  |
| Week D          |       |        |        | Blue   |        |         | Blue   |       | Blue    |          |         |        |          |          |            |        |             |        |             |        | Blue    |        | Blue     | Blue      | Blue      | Blue        |  |

|                 | 50 m | 60 m H | 70 m | 80 m H | 90 m H | 100 m H | 100 m | 200 m  | 200 m H | 300 m PS | 300 m H | 400 m  | 500 m PS | 700 m PS | 700 m Walk | 800 m | 1100 m Walk | 1500 m | 1500 m Walk | 3000 m | Javelin | Discus | Shot Put | Long Jump | High Jump | Triple Jump |        |
|-----------------|------|--------|------|--------|--------|---------|-------|--------|---------|----------|---------|--------|----------|----------|------------|-------|-------------|--------|-------------|--------|---------|--------|----------|-----------|-----------|-------------|--------|
| <b>UNDER 14</b> |      |        |      |        |        |         |       |        |         |          |         |        |          |          |            |       |             |        |             |        |         |        |          |           |           |             |        |
| Week A          |      |        |      |        |        |         | Red   |        |         |          |         | Red    |          |          |            |       |             | Red    |             |        |         |        | Red      |           | Red       | Red         |        |
| Week B          |      |        |      |        |        |         |       | Orange |         |          |         | Orange |          |          |            |       | Orange      |        |             |        |         | Orange |          | Orange    |           |             | Orange |
| Week C          |      |        |      |        |        |         | Green |        | Green   |          |         |        |          |          |            | Green |             |        | Green       |        |         |        | Green    |           | Green     |             |        |
| Week D          |      |        |      | Blue   |        |         |       | Blue   |         |          |         |        |          |          |            |       |             |        |             | Blue   |         |        | Blue     |           | Blue      | Blue        | Blue   |
| <b>UNDER 15</b> |      |        |      |        |        |         |       |        |         |          |         |        |          |          |            |       |             |        |             |        |         |        |          |           |           |             |        |
| Week A          |      |        |      |        |        |         | Red   |        |         |          |         | Red    |          |          |            |       |             | Red    |             |        |         |        | Red      |           | Red       | Red         |        |
| Week B          |      |        |      |        |        |         |       | Orange |         |          |         | Orange |          |          |            |       | Orange      |        |             |        |         | Orange |          | Orange    |           |             | Orange |
| Week C          |      |        |      |        |        |         | Green |        | Green   |          | Green   |        |          |          |            | Green |             |        | Green       |        |         |        | Green    |           | Green     |             |        |
| Week D          |      |        |      | Blue   |        |         |       | Blue   |         |          |         |        |          |          |            |       |             |        |             | Blue   |         |        | Blue     |           | Blue      | Blue        | Blue   |
| <b>UNDER 17</b> |      |        |      |        |        |         |       |        |         |          |         |        |          |          |            |       |             |        |             |        |         |        |          |           |           |             |        |
| Week A          |      |        |      |        |        |         | Red   |        |         |          |         | Red    |          |          |            |       |             | Red    |             |        |         |        | Red      |           | Red       | Red         |        |
| Week B          |      |        |      |        |        |         |       | Orange |         |          |         | Orange |          |          |            |       | Orange      |        |             |        |         | Orange |          | Orange    |           |             | Orange |
| Week C          |      |        |      |        |        |         | Green |        | Green   |          | Green   |        |          |          |            | Green |             |        | Green       |        |         |        | Green    |           | Green     |             |        |
| Week D          |      |        |      |        | Blue   |         |       | Blue   |         |          |         |        |          |          |            |       |             |        |             | Blue   |         |        | Blue     |           | Blue      | Blue        | Blue   |