

<b>8 and under Boys</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
4x100m relay
Long Jump
Shot Put (4lbs)
Turbo Javelin (300g)

<b>8 and under Girls</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
4x100m relay
Long Jump
Shot Put (4lbs)
Turbo Javelin (300g)

<b>9 &amp; 10 year old Boys</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
1500m Racewalk
4x100m relay
4x400m relay
Long Jump
High Jump
Shot Put (6lbs)
Turbo Javelin (400g)

<b>9 &amp; 10 year old Girls</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
1500m Racewalk
4x100m relay
4x400m relay
Long Jump
High Jump
Shot Put (6lbs)
Turbo Javelin (400g)

<b>9 &amp; 10 year old Boys</b>
<b>Multi Events (Triathlon)</b>
Shot Put (6 lbs.)
High Jump
400m Dash

<b>9 &amp; 10 year old Girls</b>
<b>Multi Events (Triathlon)</b>
Shot Put (6 lbs.)
High Jump
200m Dash

<b>11 &amp; 12 year old Boys</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
1500m Racewalk
3000m run
80m Hurdles (8-30")
4x100m relay
4x400m relay
4x800m relay
Long Jump
High Jump
Shot Put (6lbs)
Discus (1.0 kg)
Turbo Javelin (400g)

<b>11 &amp; 12 year old Girls</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
1500m Racewalk
3000m run
80m Hurdles (8-30")
4x100m relay
4x400m relay
4x800m relay
Long Jump
High Jump
Shot Put (6lbs)
Discus (1.0 kg)
Turbo Javelin (400g)

<b>11 &amp; 12 year old Boys</b>
<b>Multi Events (Pentathlon)</b>
80m Hurdles (8-30")
Shot Put (6lbs)
Long Jump
High Jump
1500m Run

<b>11 &amp; 12 year old Girls</b>
<b>Multi Events (Pentathlon)</b>
80m Hurdles (8-30")
Shot Put (6lbs)
Long Jump
High Jump
800m Run

<b>13 &amp; 14 year old Boys</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
3000m Run
3000m Racewalk
200m Hurdles (5-30")
100m Hurdles (10-33")
4x100m relay
4x400m relay
4x800m relay
Shot Put (4 kg)
Long Jump
Triple Jump
High Jump
Pole Vault
Javelin (600g)

<b>13 &amp; 14 year old Girls</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
3000m Run
3000m Racewalk
200m Hurdles (5-30")
100m Hurdles (10-30")
4x100m relay
4x400m relay
4x800m relay
Shot Put (6 lbs.)
Long Jump
Triple Jump
High Jump
Pole Vault
Javelin (600g)

<b>13 &amp; 14 year old Boys</b>
<b>Multi Events (Pentathlon)</b>
100m Hurdles (10-33")
Shot Put (4 kg)
High Jump
Long Jump
1500m Run

<b>13 &amp; 14 year old Girls</b>
<b>Multi Events (Pentathlon)</b>
100m Hurdles (10-30")
Shot Put (6 lbs.)
High Jump
Long Jump
800m Run

<b>15 &amp; 16 year old Boys</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
3000m Run
3000m Racewalk
110m Hurdles (10-39")
400m Hurdles (10-36")
4x100m relay
4x400m relay
4x800m relay
Shot Put (12 lbs.)
Discus (1.6 kg)
Javelin (800g)
Long Jump
Triple Jump
High Jump
Pole Vault
2000m Steeplechase (36") 18 hurdle jumps, 5 water jumps

<b>15 &amp; 16 year old Girls</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
3000m Run
3000m Racewalk
110m Hurdles (10-33")
400m Hurdles (10-30")
4x100m relay
4x400m relay
4x800m relay
Shot Put (4 kg)
Discus (1.0 kg)
Javelin (600g)
Long Jump
Triple Jump
High Jump
Pole Vault
2000m Steeplechase (30") 18 hurdle jumps, 5 water jumps

<b>15 &amp; 16 year old Boys</b>
<b>Multi Events Decathlon</b>
100m Dash
Long Jump
Shot Put (12 lbs.)
High Jump
400m Dash
110m Hurdles (10-39")
Discus (1.6 kg)
Pole Vault
Javelin (800g)
1500m Run

<b>15 &amp; 16 year old Girls</b>
<b>Multi Events Heptathlon</b>
100m Hurdle (10-33")
High Jump
Shot Put (4 kg)
200m Dash
Long Jump
Javelin (600g)
800m Run

<b>17 &amp; 18 year old Men</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
3000m Run
3000m Racewalk
110m Hurdles (10-39")
400m Hurdles (10-36")
4x100m relay
4x400m relay
4x800m relay
Shot Put (12 lbs.)
Discus (1.6 kg)
Javelin (800g)
Long Jump
Triple Jump
High Jump
Pole Vault
2000m Steeplechase (36") 18 hurdle jumps, 5 water jumps

<b>17 &amp; 18 year old Woman</b>
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
3000m Run
3000m Racewalk
110m Hurdles (10-33")
400m Hurdles (10-30")
4x100m relay
4x400m relay
4x800m relay
Shot Put (4 kg)
Discus (1.0 kg)
Javelin (600g)
Long Jump
Triple Jump
High Jump
Pole Vault
2000m Steeplechase (30") 18 hurdle jumps, 5 water jumps

<b>17 &amp; 18 year old Men</b>
<b>Multi Events Decathlon</b>
100m Dash
Long Jump
Shot Put (12 lbs.)
High Jump
400m Dash
110m Hurdles (10-39")
Discus (1.6 kg)
Pole Vault
Javelin (800g)
1500m Run

<b>17 &amp; 18 year old Woman</b>
<b>Multi Events Heptathlon</b>
100m Hurdle (10-33")
High Jump
Shot Put (4 kg)
200m Dash
Long Jump
Javelin (600g)
800m Run