



2025 DRAFT PROGRAMME

*Updated October 2025

The draft programme is set out below - this gives events only - the order and timing will be finalised once entries are known. Athletes should check the programme to ensure adequate recovery and minimal clashes.

DAY ONE - Morning

Girls / Boys 400m Heats Grades 12, 13, 14

Girls / Boys 800m Heats Grades 10, 11

Girls 200m Heats Grade 10, 11

Girls Long Jump Grade 8, 12, 14

Girls High Jump 10, 11

Girls Shot Put Grade 9, 14 and Para

Girls Discus Grade 13

Boys 100m Heats Grade 10, 11

Boys Long Jump Grade 8

Boys High Jump Grade 12

Boys Shot Put Grade 9, 14

Boys Discus Grade 7, 10, 11 and Para

Boys 60m Grade 7, 8, 9

Girls/Boys 1200m Race Walk Grade 12

Girls/Boys 1600m Race Walk Grade 13

Girls/Boys 2000m Race Walk Grade 14

DAY ONE – Afternoon

Girls / Boys 400m Finals Grade 12, 13, 14

Girls / Boys 800m Finals Grade 10, 11

Girls / Boys 4 x 100m Relays Heats Grade 10,11

Medley Relays Grade 12,13,14

Girls 200m Grade 7,8,9

Girls 200m Semis, Finals Grade 10, 11

Girls Long Jump Grade 13

Girls Shot Put Grade 11, 12

Girls Discus Grade 7

Boys 100m Hurdles Heats, Finals Grade 14

Boys 100m Semis, Finals Grade 10, 11

Boys 4 x 100m Relays Grade 7,8,9

Boys Long Jump Grade 14

Boys Discus Grade 12

Girls/ Boys 80m Hurdles Heats, Finals Grade 12, 13,

Girls 80m Hurdle Grade 14 Heat, Final

Boys High Jump Grade 13

DAY TWO - Morning

Girls 100m Heats Grade 10, 11, 12, 13, 14

Boys High Jump Grade 11

Girls High Jump Grade 13

Girls Discus Grade 8, 11, 12

Boys 200m Heats Grade 10, 11, 12, 13, 14

Boys Long Jump Grade 9, 10, 13

Boys Shot Put Grade 7, 13

Girls/Boys 1500m Grade 10, 11, 12,13, 14

Girls Long Jump Grade 10

DAY THREE - Morning

Girls / Boys 400m Heats Grade 10, 11

Girls / Boys 800m Heats Grade 12, 13, 14

Girls 200m Heats Grade 12, 13, 14

Girls Discus Grade 14

Boys Discus Grade 13

Girls Long Jump Grade 7, 11

Girls High Jump Grade 12

Girls Shot Put Grade 13

Girls Discus Grade 9

Boys 100m Heats Grade 12, 13, 14

Boys 100m Grade 7, 8, 9

Boys Long Jump Grade 7, 12

Boys High Jump Grade 14

Boys Shot Put Grade 8, 10, 11

Girls/Boys 1200m Race Walk Grade 10, 11

DAY TWO – Afternoon

Girls / Boys 4 x 100m Relay Grade 10,11,12,13,14

Boys Discus Grade 8

Girls 100m Grade 7, 8, 9

Girls 4 x 100m Relay Grade 7, 8, 9

Girls Shot Put Grade 7

Girls Discus Grade 10

Boys 200m Finals Grade 7, 8, 9

Boys 200m Semis, Finals Grade 10, 11, 12, 13, 14

Boys Discus Grade 14

Girls High Jump Grade 14

Girls 100m Semis Grade 10, 11, 12, 13, 14

Girls 100m Finals 10, 11, 12, 13, 14

Boys Shot Put Grade 12

Girls Long Jump Grade 9

DAY THREE – Afternoon

Girls / Boys 400m Final Grade 10, 11

Girls / Boys 800m Final Grade 12, 13, 14

Medley Relays Grade 10, 11

Girls / Boys 4 x 100m Relay Grade 12, 13, 14

Girls 60m Grade 7, 8 ,9 Divisions

Girls 200m Semis, Finals Grade 12, 13, 14

Girls Shot Put Grade 8, 10

Boys Long Jump Grade 11

Boys High Jump Grade 10

Boys Discus Grade 9

Boys 100m Semis, Finals Grade 12, 13, 14

