The following table shows the standard list of events recommended for each age group.

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
100m	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
200m	Distance	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
300m		Distance										
400m				yes	yes	yes	yes	yes	yes	yes	yes	yes
500m			Distance									
800m				yes	yes	yes	yes	yes	yes	yes	yes	yes
1500m						yes	yes	yes	yes	yes	yes	yes
Sprint Hurdles	60m Mini Hurdles	60m Mini Hurdles	60m	60m	60m	60m	60m	80m	80m G 90m B	90m 100m B	90m 100m B	90m 100m B
200m Hurdles								yes	yes	yes	yes	yes
Short Walk	300m	300m	300m	300m	700m	700m	700m	700m	700m	700m	700m	700m
Long Walk				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m
High Jump			yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Long Jump	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Triple Jump						yes	yes	yes	yes	yes	yes	yes
Shot put	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Discus	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Javelin	Vortex	Vortex	Vortex	Turbo Jav	Turbo Jav	yes	yes	yes	yes	yes	yes	yes