

| | 6G&6B | 7G | 7B | 8G | 8B | 9G | 9B | 10G | 10B | 11G | 11B | 12G | 12B | 13G | 131415B | 141516G |
|---------------------------|-------------|-------------|-------------|-------------|------------|------------|------------|-----------|-----|----------|-------------|----------|----------|------------|-------------|-------------|
| Rotation 1 from 8.30am | SP3 -1kg | Long Jump 3 | Long Jump 3 | 70 (4) | 70 (3) | | | 70 (1) | | 800 | | | | Triple 1 | Triple 2@LJ | Open Throw |
| | | | | | SP1 -1.5kg | | | 70 (2) | | 800 | | | | | | |
| | | | | SP2 - 1.5kg | | 70 (6) | | Scissor1 | | | | 800 | | | | |
| | 70 (7) | | | | | | 70 (5) | Scissor 2 | | | | | 800 | | | |
| Rotation 2 | | 70 (8) | | | | Long 1 mat | Long 2 mat | | | SP1 -2kg | SP2 -2kg | Triple 1 | Triple 2 | 800 | | |
| | | SP3 -1kg | 70 (9) | | | | | | | | | | | | 800 | |
| | | | | | 100 | | | | | | | | | | | 800 |
| | 100 | | | | | | | | | | | | | | Open Throw | Open Throw |
| Rotation 3 | Long Jump 3 | | | Scissor1 | Scissor 2 | 800 | | | | | | SP1 -2kg | SP2-2kg | 100 | | Triple 2@LJ |
| | | | SP3 -1kg | | | | 800 | | | | | | | | 100 | |
| | | | | | | | | 800 | | 100 | | | | | | |
| | | | | | | | | | 800 | | 100 | | | | | |
| Rotation 4 | | 100 | | | | 100 | | | | Triple 1 | Triple 2@LJ | 100 | | SP1 - 3kg | Open Throw | Open Throw |
| | | | 100 | | | | 100 | | | | | | 100 | | | |
| | | | | | | | | 100 | | | | | | | | 100 |
| | | | | | | | | | 100 | | | | | | | |
| Open Throws | | | | | | | | | | | | | | SP2-3kg4kg | SP2-3kg4kg | |

| | Events | Club | KO | Starter | Note |
|---------------|--------|------------|----|---------|------|
| FRONT | 22 | TAS | | | |
| CIRC | 11 | DH | | | |
| Sciss1* | 2 | BT | | | |
| Sciss2* | 2 | BT | | | |
| Triple1 +u9LJ | 5 | ED/Kew | | | |
| Triple2 | 5 | ED/Kew | | | |
| SP1 | 4 | DH | | | |
| SP2 | 4 | ED | | | |
| SP3* | 4 | OT Coaches | | | |
| LJ3* | 4 | OT Coaches | | | |

| SP1 | SP2 | SP3 | LJ | TJ | LJ3 | SJ | 70 | 100 | 800 | |
|-------------------|-----|-----|--------------|--------------|-------|-----|-------|----------------|---------|-----|
| OPEN THROWS - 13+ | | | 6G/B* | 131415B (TJ) | 13G | 7B* | 10G | 9G | 8G | 11G |
| 8B | 8G | | 9G | 12G | 7G* | 10B | 9B | 8B | 11B | |
| 11G | 11B | 7G* | 9B | 12B | 6G/B* | 8G | 8G | 6G/B* | 12G | |
| 12G | 12B | 7B* | 141516G (TJ) | 11G | | 8B | 8B | 13G | 12B | |
| 13G | | | 11B (TJ) | | | | 10B | 131415B | 13G | |
| OPEN THROWS - 13+ | | | | | | | 10G | 11G | 131415B | |
| | | | | | | | 6G/B* | 11B | 141516G | |
| | | | | | | | 7B* | 7G | 9G | |
| | | | | | | | 7G* | 7B | 9B | |
| | | | | | | | | Young siblings | 10G | |
| | | | | | | | | | 12G | 10B |
| | | | | | | | | | 12B | |
| | | | | | | | | | 9B | |
| | | | | | | | | | 9G | |
| | | | | | | | | | 141516G | |
| | | | | | | | | | 10G | |
| | | | | | | | | | 10B | |