| Age Group | HDLAC Program 1 | | | | | | | | | | HDLAC Program 2 | | | | | | | | | | HDLAC Program 3 | | | | | | | | | |
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| **Track Event** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** |
| Sprint Hurdles | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | |
| 200m Hurdles | | | | | | | | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | |
| 70m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | |
| 100m | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 150m | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | | | | |
| 200m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | |
| 400m | | | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 800m | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | |
| 1500m | | | | | | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | |
| 700m Walk | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | |
| 1100m Walk | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | |
| 1500m Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ |
| **Field Event** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** |
| Shot Put | | ✓ | | | | | ✓ | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | ✓ | | | ✓ | | ✓ | | | | |
| Discus | | | ✓ | | ✓ | | | ✓ | | | ✓ | | | ✓ | | ✓ | | | | | | ✓ | | | | | ✓ | | ✓ | ✓ |
| Vortex / Turbo Jav / Jav | ✓ | | | ✓ | | ✓ | | | | | | ✓ | | | | | ✓ | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | |
| High Jump | | | ✓ | | | ✓ | | | | | | | | | ✓ | | | ✓ | ✓ | ✓ | | | | ✓ | | | ✓ | | | |
| Long Jump | ✓ | ✓ | | ✓ | ✓ | | ✓ | | | | ✓ | ✓ | ✓ | ✓ | | ✓ | | | | | ✓ | ✓ | ✓ | | ✓ | | | ✓ | ✓ | ✓ |
| Triple Jump | | | | | | | | ✓ | ✓ | ✓ | | | | | | | ✓ | | | | | | | | | ✓ | | | | |
| ASAP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |