

MLAC - Competition Night 1 - 23 October 2017

U6 GIRLS	U6 BOYS	U7 GIRLS	U7 BOYS	U8 GIRLS	U8 BOYS	U9 GIRLS	U9 BOYS
100M SPRINT	100M SPRINT	SHOT PUT	LONG JUMP	70M SPRINT	70M SPRINT	800M RUN	DISCUS
300M PACK START	300M PACK START	50M SPRINT	DISCUS	SHOT PUT	LONG JUMP	70M SPRINT	800M RUN
70M SPRINT	70M SPRINT	500M PACK START	500M PACK START	100M SPRINT	100M SPRINT	SHOT PUT	70M SPRINT
SHOT PUT	LONG JUMP	70M SPRINT	70M SPRINT	700M PACK START	700M PACK START	100M SPRINT	LONG JUMP
							100M SPRINT

U10 GIRLS	U10 BOYS	U11 GIRLS	U11 BOYS	U12 GIRLS	U12 BOYS	U13 GIRLS/BOYS	U14-17 GIRLS/BOYS
100M SPRINT	100M SPRINT	SHOT PUT	DISCUS	HIGH JUMP	LONG JUMP	800M RUN	800M RUN
800M RUN	800M RUN	100M SPRINT	SHOT PUT	LONG JUMP	DISCUS	HIGH JUMP	100M SPRINT
70M SPRINT	DISCUS	800M RUN	800M RUN	100M SPRINT	100M SPRINT	SHOT PUT	LONG JUMP
SHOT PUT	70M SPRINT	HIGH JUMP	100M SPRINT	400M RUN	400M RUN	100M SPRINT	DISCUS
	LONG JUMP						
		Triple Jump	Triple Jump	Triple Jump or	Triple Jump or	Triple Jump or	Triple Jump or
				Javelin	Javelin	Javelin	Javelin

Optional Events : 7.30pm-8.00pm for athletes with previous experience of triple jump and javelin. Coaching in these events will be offered from early November.