

MLAC - Competition Night B (weeks 2&4)

JUNIOR COMPETITION NIGHT PROGRAM BY AGE GROUP

U6 GIRLS	U6 BOYS	U7 GIRLS	U7 BOYS	U8 GIRLS	U8 BOYS	U9 GIRLS	U9 BOYS
100M SPRINT	100M SPRINT	LONG JUMP	SHOT PUT	60M HURDLES	DISCUS	400M RUN	400M RUN
300M PACK START	300M PACK START	100M SPRINT	100M SPRINT	LONG JUMP	60M HURDLES	DISCUS	60M HURDLES
50M SPRINT (HT)	50M SPRINT (HT)	500M PACK START	500M PACK START	100M SPRINT	SHOT PUT	60M HURDLES	SHOT PUT
LONG JUMP	SHOT PUT	DISCUS	50M SPRINT (HT)	DISCUS	100M SPRINT	LONG JUMP	100M SPRINT
				400M RUN	400M RUN	100M SPRINT	

SENIOR COMPETITION NIGHT PROGRAM BY AGE GROUP

U10 GIRLS	U10 BOYS	U11 GIRLS	U11 BOYS	U12 GIRLS	U12 BOYS	U13 GIRLS/BOYS	U14+ GIRLS/BOYS
60M HURDLES	60M HURDLES	100M SPRINT	100M SPRINT	800M RUN	SHOT PUT	LONG JUMP	HIGH JUMP
DISCUS	SHOT PUT	LONG JUMP	60M HURDLES	100M SPRINT	800M RUN	400M RUN	SHOT PUT
400M RUN	400M RUN	60M HURDLES	LONG JUMP	60M HURDLES	100M SPRINT	DISCUS	400M RUN
LONG JUMP	100M SPRINT	DISCUS	400M RUN	SHOT PUT	60M HURDLES	100M SPRINTS	100M SPRINT
100M SPRINT		400M RUN			HIGH JUMP	80M HURDLES	HURDLES
		1500m	1500m	1500m	1500m	1500m	1500m
		Triple Jump	Triple Jump	Triple Jump or	Triple Jump or	Triple Jump or	Triple Jump or
				Javelin	Javelin	Javelin	Javelin

Optional Events :	1500m @ 7.30pm (U11-U17).						
	Triple Jump (U11-U17) @ 7.30pm and Javelin (U12-U17)@ 7.45pm for athletes with previous experience.						