



MLAC Program 2016-17



These programs are subject to change. Final programs will be listed in weekly folders.

Alterations can be made based on size of age groups and it is at the committee's discretion, when age groups will be divided into gender groups. It is our preference for all of an age group to participate together where possible.

Program 1

	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6
U6 B	70	LJ 3	300	DISC 2		
U6 G	LJ 2	70	DISC 2	300		
U7 B	SP 2	100	LJ 3	70	500	
U7 G	LJ 1	100	SP 1 & 2	70	500	
U8 B	HJ L	100	70	SP 2	700	
U8 G	HJ L	100	70	SP 1	700	
U9	DISC 2	800	HJ L	100	700w	
U10 B	SP 1	800	100	LJ 1	1100w	
U10 G	800	100	SP 1	LJ 2	1100w	
U11	JAV	800	LJ 1	100	DISC 1	1100w
U12	800	DISC 1	LJ 2	100	JAV	1500w
U13+	800	JAV	DISC 1	100	TJ 2	1500w

Program 2

	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Event 7
U6 B	SP 2	50	200	HURD**	100		
U6 G	SP 1	50	200	HURD**	100		
U7 B	DISC 2	HURD	200	50			
U7 G	50	HURD	DISC 2 & 3	200			
U8 B	LJ 3	HURD	200	DISC 2			
U8 G	DISC 1	HURD	LJ 3	200			
U9	HURD	200	SP 1	400	LJ 1	70	
U10 B	HJ L	200	HURD	DISC 1	70	400	
U10 G	HJ L	200	HURD	400	DISC 1	70	
U11	1500	TJ 2	200	HURD	SP 2	400	HJ H
U12	1500	HJ H	200	HURD	SP 1	400	TJ 2
U13+	1500	LJ 1	200	SP 1	400	HJ H	HURD

**U6 athletes participate in Hurdles as a practice. This event is run over approx. 40m with small 30cm mini hurdles and is not timed