

## MLAC Program 2022-23

### Week 1

	1	2	3	4	5	6
<b>U6 M</b>	Dis (1)	50 m	70 m	300 m		
<b>U7 B</b>	70 m	50 m	500 m	Dis (2)		
<b>U7 G</b>	70 m	Dis (2)	50 m	500 m		
<b>U8 B</b>	70 m	HJ (3)	700 m	SP (2)		
<b>U8 G</b>	SP (2)	70 m	700 m	HJ (2)		
<b>U9 B</b>	400 m	SP (1)	100 m	HJ (3)	700 W	
<b>U9 G</b>	100 m	HJ (2)	400	SP (1)	700 W	
<b>U10 M</b>	LJ (1)	400 m	SP (1)	100 m	1100 W	
<b>U11 B</b>	Jav	200 m	LJ (1)	100 m	HJ (1)	
<b>U11 G</b>	HJ (1)	200 m	Jav	100 m	LJ (1)	800 m
<b>U12</b>	SP (1)	100 m	200 m	Jav	TJ (2)	800 m
<b>U13</b>	TJ (2)	100 m	Dis (1)	200 m	Jav	800 m
<b>U14+</b>	100 m	Jav	TJ (2)	200 m	Dis (1)	800 m

**B** = Boys, **G** = Girls, **M** = Mixed age groups

HJ(1) = high mats

HJ(2) and (3) = low mats

### Week 2

	1	2	3	4	5	6	7
<b>U6 M</b>	60 Hur	200 m	LJ (1)	100 m	SP (2)		
<b>U7 B</b>	LJ (Gurrs)	60 Hur	SP (2)	100 m	200		
<b>U7 G</b>	SP (2)	60 Hur	LJ (Gurrs)	200 m	100 m		
<b>U8 B</b>	100 m	60 Hur	Dis (1)	LJ (Gurrs)	200 m		
<b>U8 G</b>	Dis (2)	60 Hur	100 m	200 m	LJ (Gurrs)		
<b>U9 B</b>	70 m	LJ (1)	60 Hur	200 m	800 m	Dis (2)	
<b>U9 G</b>	200	70 m	60 Hur	Dis (1)	800 m	LJ (2)	
<b>U10 M</b>	70 m	HJ (2)	60 Hur	200 m	800 m	Dis (1)	
<b>U11 B</b>	TJ (2)	Dis (2)	SP (1)	80 Hur	400 m	1500 m	1100 m Walk
<b>U11 G</b>	Dis (1)	400	TJ (2)	80 Hur	SP (1)	1500 m	1100 m Walk
<b>U12</b>	400 m	Dis (1)	80 m Hur	LJ (1)	HJ (1)	1500 m	1500 m Walk
<b>U13</b>	HJ (1)	SP (1)	400 m	80 Hur	LJ 1	1500 m	1500 Walk
<b>U14+</b>	LJ (1)	400 m	HJ (1)	SP (1)	Hurdles	1500 m	1500 Walk