

MLAC – Event Program for 3rd September, 2021 – Competition Orientation

Under 6 & 7	Under 8 & 9	Under 10	Under 11 & 12	Under 13 - 17
70m	70m	Long Jump	<i>Flop HJ – intro*</i>	Shot
Long Jump	Discus	200m	200m	100m
100m	100m	100m	Shot	<i>Flop HJ – intro*</i>
Discus (<i>Jnr Pad</i>)	Long Jump	Discus	100m	400m

**Introduction to Flop High Jump with Shaun from LAQ - U11s upwards*

<u>FIELD ORDER</u>	Long Jump 2	Shot 1	Discus 1	FLOP HighJump
1st Event	Under 10	Under 13 - 17		Under 11 & 12
2nd Event	Under 6 & 7		Under 8 & 9	
3rd Event		Under 11 & 12		Under 13 - 17
4th Event	Under 8 & 9		Under 10	
			<i>Under 6 & 7 Jnr</i>	

<u>TRACK ORDER</u>				
1st Event	70m	Under 6	Under 7	Tiny Tots
1st Event	70m	Under 8	Under 9	Skills Activities
2nd Event	200m	Under 10		
2nd Event	200m	Under 11	Under 12	
2nd Event	100m	Under 13	Under 14 - 17	
3rd Event	100m	Under 6	Under 7	
3rd Event	100m	Under 8	Under 9	
3rd Event	100m	Under 10		
4th Event	100m	Under 11	Under 12	
4th Event	400m	Under 13	Under 14 - 17	