MLAC OPEN DAY - COMBINED EVENT 2020

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls	Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	U13 - U16 Boys	U13 - U16 Girls
Warm UP															
Long Jump (JP1)	Long Jump (JP3)	Discus (DS2a)	Shot Put (SP3)	Discus (DS1a)	Shot Put (SP2)	Discus (DS2)	Shot Put (SP1)	800m	800m	800m	800m	80mH U12 68cm		100mH (U15B,16B) 90mH (U16G,U15G,U14B) 80mH (U14G,U13)	
								60mH 60cm		80mH U11 60cm					
400m	400m	400m	400m	60mH 45cm		60mH 45cm		Discus (DS2)	Long Jump (JP1)	Discus (DS2)	Shot Put (SP2)	Long Jump (JP2)	Long Jump (LJ4)	Discus (DS1)	Shot Put (SP1)
Discus (DS1a)	Shot Put (SP3)	Long Jump (JP1)	Long Jump (JP3)	400m	400m	Long Jump (JP2)	Long Jump (LJ4)					100m	100m	100m	100m
								100m	100m	100m	100m	Discus (DS1)	Shot Put (SP1)	Long Jump (JP1)	Long Jump (JP3)
60mH - Back 20cm		60mH - Back 30cm		Long Jump (JP2)	Long Jump (LJ4)	100m	100m	Long Jump (LJ4)	Shot Put (SP2)	Long Jump (JP1)	Long Jump (JP3)				
70m	70m	70m	70m			800m	800m					800m	800m	800m	800m
				70m	70m										
Wrap UP															

	Hurdle Information												
	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	U14 Girls	U14 Boys	U15/16 G	U15/16 B	
Distance	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH	90mH	100mH	Distance
Height	20cm	30cm	45cm	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm	76cm	Height
Colour	Red	Red	Red	Red	Red	Black	Black	Black	Black	White	White	Yellow	Colour
Number	6	6	6	6	6	9	9	9	9	9	9	10	Number