

# MACKAY ATHLETICS CLUB 2018 CLUB DAY PROGRAM

Updated: 4.02.2018

This listing should be taken as a guide only. Age Groups may be grouped together or separated depending on the number participating on the day and the volunteer helpers available.

Events listed in recommended order but may be changed on the day. Events may also be changed or cancelled to suit track and field conditions.

\* Walk or Sprint/Distance Run Offered. Hammer event only available to those competent in the event.

	5, 6, 7	8, 9	10	11	12 & 13	14-19	Open-Masters
A	<ul style="list-style-type: none"> <li>· 60m</li> <li>· Shot Put</li> <li>· 80m</li> <li>· Long Jump</li> <li>· Turbo Jav</li> </ul>	<ul style="list-style-type: none"> <li>· Long Jump</li> <li>· High Jump</li> <li>· 100m</li> <li>Discus</li> <li>800m</li> </ul>	<ul style="list-style-type: none"> <li>· Discus</li> <li>· Long Jump</li> <li>· 100m</li> <li>· High Jump</li> <li>· 800m</li> </ul>	<ul style="list-style-type: none"> <li>· High Jump</li> <li>· Long Jump</li> <li>· 100m</li> <li>· Discus</li> <li>· 800m</li> </ul>	<ul style="list-style-type: none"> <li>· Long Jump</li> <li>· Javelin</li> <li>· 100m</li> <li>· Shot Put</li> <li>· 800m</li> </ul>	<ul style="list-style-type: none"> <li>· Javelin</li> <li>· Shot Put</li> <li>· 100m</li> <li>· Triple Jump</li> <li>· 800m</li> </ul>	<ul style="list-style-type: none"> <li>· Shot Put</li> <li>· Triple/Long Jump</li> <li>· 100m</li> <li>· High Jump</li> <li>· 800m</li> </ul>
B	<ul style="list-style-type: none"> <li>· High Jump</li> <li>· 60m</li> <li>· Discus</li> <li>· Long Jump</li> <li>· 100m</li> <li>· (200m 7yr)</li> </ul>	<ul style="list-style-type: none"> <li>· Shot Put</li> <li>· 100m</li> <li>· Fly-Hi Jav</li> <li>· Long Jump</li> <li>· 200m</li> </ul>	<ul style="list-style-type: none"> <li>· Long Jump</li> <li>· 100m</li> <li>· Shot Put</li> <li>· Fly-Hi JAV</li> <li>· 200m</li> </ul>	<ul style="list-style-type: none"> <li>· Fly-Hi Jav</li> <li>· 100m</li> <li>· Long Jump</li> <li>· Shot Put</li> <li>· 200m</li> </ul>	<ul style="list-style-type: none"> <li>· 1500m Run or Walk*</li> <li>· Discus</li> <li>· High Jump</li> <li>· Triple Jump</li> <li>· 200m</li> </ul>	<ul style="list-style-type: none"> <li>· 1500m or 3000m Run or Walk*</li> <li>· High Jump</li> <li>· Long Jump</li> <li>· Discus</li> <li>· 200m</li> </ul>	<ul style="list-style-type: none"> <li>· 60m Sprint or 1500/3000m*</li> <li>· Javelin</li> <li>· Discus</li> <li>· Long Jump</li> <li>· 200m</li> </ul>
C	<ul style="list-style-type: none"> <li>· Long Jump</li> <li>· 60 Hurdles</li> <li>· Shot Put</li> <li>· Turbo JAV</li> <li>· 100m</li> </ul>	<ul style="list-style-type: none"> <li>· High Jump</li> <li>· 60m Hurdles</li> <li>· Fly-Hi Jav</li> <li>· Discus</li> <li>· 100m</li> </ul>	<ul style="list-style-type: none"> <li>· Discus</li> <li>· 60m Hurdles</li> <li>· Long Jump</li> <li>· High Jump</li> <li>· 400m</li> </ul>	<ul style="list-style-type: none"> <li>· Discus</li> <li>· 60m Hurdles</li> <li>· Long Jump</li> <li>· High Jump</li> <li>· 400m</li> </ul>	<ul style="list-style-type: none"> <li>· 80/90 Hurdles</li> <li>· Long Jump</li> <li>· Javelin</li> <li>· Shot Put</li> <li>· 400m</li> </ul>	<ul style="list-style-type: none"> <li>· 90/100 Hurdles</li> <li>· Long Jump</li> <li>· Shot Put</li> <li>· Javelin</li> <li>· 400m</li> </ul>	<ul style="list-style-type: none"> <li>· High Jump</li> <li>· Shot Put</li> <li>· 100m</li> <li>· Hammer Throw</li> <li>· 400m</li> </ul>
D	<ul style="list-style-type: none"> <li>· 100m</li> <li>· High Jump</li> <li>· Long Jump</li> <li>· Discus</li> <li>· Shuttle Relay</li> </ul>	<ul style="list-style-type: none"> <li>· 100m</li> <li>· Long Jump</li> <li>· 300 Walk</li> <li>· Shot Put</li> <li>· Shuttle Relay</li> </ul>	<ul style="list-style-type: none"> <li>· 100m</li> <li>· Shot Put</li> <li>· Fly-Hi Jav</li> <li>· Long Jump</li> <li>· 800 Walk or 1500m Run*</li> </ul>	<ul style="list-style-type: none"> <li>· 100m</li> <li>· Long Jump</li> <li>· Shot Put</li> <li>· Fly-Hi Jav</li> <li>· 200m Sprint or 1500m Walk/ Run*</li> </ul>	<ul style="list-style-type: none"> <li>· Long / Triple Jump</li> <li>· 100m</li> <li>· High Jump</li> <li>· Discus / Hammer</li> <li>· 200m Sprint or 1500m Walk/Run*</li> </ul>	<ul style="list-style-type: none"> <li>· High Jump</li> <li>· 100m</li> <li>· Discus/ Hammer</li> <li>· Long / Triple Jump</li> <li>· 200m Sprint or 3000 Walk/Run*</li> </ul>	<ul style="list-style-type: none"> <li>· Discus/Hammer</li> <li>· 60m</li> <li>· Long Jump</li> <li>· Javelin</li> <li>· 200m Sprint or 3000 Walk/Run*</li> </ul>