

MCDONALD'S COMBINED EVENT CHAMPIONSHIPS: TABLE OF EVENTS

Nomination fees: LAQ Registered U7 - U17: \$20.00
Nomination fees will not be refunded

Age Group	Combined Events	Track 1	Track 2	Track 3	Jump 1	Jump 2	Throw 1	Throw 2
Multi-Class U9-U17s	Triathlon Sunday	100m			Long Jump		Discus	
U7s	Triathlon Saturday	100m			Long Jump		Discus	
U8s		100m			Long Jump		Shot Put	
U9 Girls	Tetrathlon Sunday	100m	800m		Long Jump		Shot Put	
U9 Boys		100m	800m		^ High Jump		Discus	
U10 Girls		100m	800m		^ High Jump		Discus	
U10 Boys		100m	800m		Long Jump		Shot Put	
U11 Girls		100m	800m		Long Jump		Shot Put	
U11 Boys		100m	800m		Long Jump		Discus	
U12 Girls		Pentathlon Saturday	80mH	100m	800m	High Jump		Discus
U12 Boys	80mH		100m	800m	High Jump		Shot Put	
U13 Girls	80mH		100m	800m	Long Jump		Shot Put	
U13 Boys	80mH		100m	800m	High Jump		Discus	
U14 Girls	80mH		100m	800m	High Jump		Shot Put	
U14 Boys	90mH		100m	800m	High Jump		Shot Put	
U15 Girls	Heptathlon Saturday & Sunday		90mH	200m	800m	Long Jump	High Jump	Shot Put
U15 Boys		100mH	100m	800m	Long Jump	High Jump	Discus	Javelin
U16 Girls		90mH	200m	800m	Long Jump	High Jump	Shot Put	Javelin
U16 Boys		100mH	100m	800m	Long Jump	High Jump	Discus	Javelin
U17 Girls		100mH	200m	800m	Long Jump	High Jump	Shot Put	Javelin
U17 Boys		110mH	100m	800m	Long Jump	High Jump	Discus	Javelin
U13-U17s	Track Triathlon Saturday or Sunday	100m	200m	Sprint Hurdle	High Jump Starting height shall be agreed by consultation between athletes & Chief The bar will be raised 3cm throughout the competition. ^ Scissors only			
	Jumps Triathlon Saturday or Sunday	High Jump	Long Jump	Triple Jump				
	Throws Triathlon Saturday or Sunday	Discus	Javelin	Shot Put				

U13 - U17 athletes may nominate for two Combined Events provided events are programmed on separate days. Check program on LAQ webpage for specific event details

