

McDONALD'S REGIONAL RELAYS: TABLE OF EVENTS

The standard events for U7s & U8s are 4x70m, 4x100m & Long Jump, plus Discus for U7s and Shot Put for U8s. However; it is at the Regions discretion to offer some/all of these events and may vary between the Regions. Refer to the Region Event Order for events offered.

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|------------------------|---------|----------|----------|---------------|-------------|-----------|--------|----------|
| U7s | 4 x 70m | 4 x 100m | | | | Long Jump | Discus | |
| U8s | 4 x 70m | 4 x 100m | | | | Long Jump | | Shot Put |
| U9s | | 4 x 100m | 4 x 200m | | ^ High Jump | | Discus | Shot Put |
| U10s | | 4 x 100m | 4 x 200m | | ^ High Jump | Long Jump | | Shot Put |
| U11s | | 4 x 100m | | Swedish Relay | | Long Jump | Discus | Shot Put |
| U12s | | 4 x 100m | | Swedish Relay | High Jump | Long Jump | Discus | |
| U13s | | 4 x 100m | | Medley Relay | High Jump | | Discus | Shot Put |
| U14s | | 4 x 100m | | Medley Relay | High Jump | Long Jump | | Shot Put |
| U15s | | 4 x 100m | | Swedish Relay | High Jump | Long Jump | Discus | |
| U16s | | 4 x 100m | | Swedish Relay | | Long Jump | Discus | Shot Put |
| U17s | | 4 x 100m | | Swedish Relay | | Long Jump | Discus | Shot Put |
| MULTI-CLASS U9 - U12s | | 2 x 100m | | | | | | |
| MULTI-CLASS U13 - U17s | | 2 x 100m | | | | | | |
| MULTI-CLASS U9 - U17s | | | | | | Long Jump | Discus | |

The nomination fee is \$3.50 (GST incl.) per event per athlete.

^Scissors only

ATHLETE'S FIELD NOMINATIONS MUST INCLUDE THE CENTRE BEST PERFORMANCE (CBP)
MAXIMUM OF FIVE (5) EVENTS FOR U7 - U17S