

MLAC School Holiday Program Schedule

Tuesday 19th September – Beginners

Session	Date	Time	Duration	Event	Age Grp	Coach
1	19 Sep	9:30am	20 min	Warm up	Session 1	Brett
1	19 Sep	10:00am	45 min	Discus	U8,U9,U10	James
1	19 Sep	11:00am	45 min	Long Jump	U8,U9,U10	Geena
1	19 Sep	12:00pm	45 min	Shotput	U8,U9,U10	James
2	19 Sep	10:30am	20 min	Warm up	Session 2	Brett
2	19 Sep	11:00am	45 min	Discus	U8,U9,U10	James
2	19 Sep	12:00pm	45 min	Long Jump	U8,U9,U10	Geena
2	19 Sep	1:00pm	45 min	Shotput	U8,U9,U10	James

Tuesday 19th September – Intermediate

Session	Date	Time	Duration	Event	Age Grp	Coach
1	19 Sep	9:30am	20 min	Warm up	All	Brett
2	19 Sep	10:00am	75 min	Discus	U11-U15	Craig
3	19 Sep	10:00am	75 min	Long Jump	U11-U15	Choe
4	19 Sep	11:30am	75 min	Discus	U11-U15	Craig
5	19 Sep	11:30am	75 min	Long Jump	U11-U15	Chloe
6	19 Sep	1:00pm	75 min	Shotput	U11-U15	Craig
7	19 Sep	1:30pm	30 min	Blocks	U11-U15	Chloe
8	19 Sep	2:30pm	75 min	Shotput	U11-U15	Craig

MLAC School Holiday Program Schedule

Thursday 21st September – Beginners

Session	Date	Time	Duration	Event	Age Group	Coach
1	21 Sep	9:00am	25 min	Warm Up	U8,U9,U10	Brett
1	21 Sep	9:30am	45 min	Scissor Jump	U8,U9,U10	Darcy
1	21Sep	10:30am	45 min	Hurdles	U8,U9,U10	tbc
2	21 Sep	9:00am	25 min	Warm Up	U8,U9,U10	Brett
2	21 Sep	9:30am	45 min	Hurdles	U8,U9,U10	tbc
2	21 Sep	10:30am	45 min	Scissor Jump	U8,U9,U10	Darcy
3	21 Sep	10:00am	45 min	Javelin	U11,U12	James
3	21 Sep	11:00am	45 min	Triple Jump	U11,U12	Sarai
4	21 Sep	10:00am	45 min	Triple Jump	U11,U12	Sarai
4	21 Sep	11:00am	45 min	Javelin	U11,U12	James

Thursday 21st September – Intermediate

Session	Date	Time	Duration	Event	Age Grp	Coach
1	21 Sep	9:30am	75min	Triple Jump	U11-U16	Chloe
2	21 Sep	11:00am	75 min	Triple Jump	U11-U16	Chloe
3	21 Sep	12:00pm	75 min	Javelin	U11-U16	Craig
4	21 Sep	12:30pm	75 min	Hurdles	U11-U16	Chloe
5	21 Sep	1:30pm	75 min	Javelin	U11-U16	Craig
6	21 Sep	2:00pm	75 min	Hurdles	U11-U16	Chloe