



# ACT Combined Events Championships

## U15 Boys and Girls Heptathlon & ALAC Selection Trial

The Australia Little Athletics Championships (ALAC) is a two-day event held every year with all States and Territories represented. It encompasses the Australian Teams Championships for Under 13 athletes and the Australian Combined Event Championships for Under 15 athletes and in 2021 Multi-Class athletes will be included in state teams for the first time! Although recognition is given to individual place-getters, the emphasis is on team performance and the main focus is on the team point scores.

All U15 athletes that wish to be considered for ALAC selection must compete in the U15 Heptathlon at the ACT Combined Events Championships on the weekend of Saturday 16 and Sunday 17 January at Woden Park Athletics Track.

**When:** Saturday 16 & Sunday 17 January 2021  
**Where:** Woden Park Athletics Track  
**Fee:** \$27.50

The Heptathlon is 7 consecutive events conducted over two days and will be the same at this event as at ALAC. The events are as follows:

### Girls

Day 1: 90m Hurdles, Shot Put, High Jump, 200m  
Day 2: Long Jump, Javelin, 800m

### Boys

Day 1: 100m Hurdles, Discus, 100m, Long Jump  
Day 2: Javelin, High Jump, 800m

Any Little Athlete in the U15 age group are encouraged to enter!

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