

## 2023 KAML Christmas Challenge

Dec. 16, 2023 (Revised Nov 19/23))

Male										FEMALE											
Masters	Sr	U20	U18	U16	U14	U14	U12	U12	U10	AGE	U10	u12	U12	U14	U14	U16	U18	U20	Sr	Masters	
35+	20-34	18/19	16/17	14/15	13	12	11	10	9		9	10	11	12	13	14/15	16/17	18/19	20-34	35+	
X	X	X	X	X	X	X	X	X	X	60m	X	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X			200m			X	X	X	X	X	X	X	X	X
				X	X	X				300m				X	X	X					
X	X	X	X							400m								X	X	X	X
							X	X	X	600m	X	X	X								
X	X	X	X	X	X	X				800m				X	X	X	X	X	X	X	X
							X	X	X	1000m	X	X	X								
				X	X	X				1200m				X	X	X					
X	X	X	X							1500m								X	X	X	X
X	X	X	X	X	X	X	X	X	X	60mH	X	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X	X	LJ	X	X	X	X	X	X	X	X	X	X	X
										TJ											
X	X	X	X	X	X	X	X	X	X	HJ	X	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X					PV					X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X	X	SP	X	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X	X	4 x 100	X	X	X	X	X	X	X	X	X	X	X

**\*\* X = This COMPETITION is offered to these ages as of Dec. 31, 2023 \*\***