

TRACK EVENTS BY AGE GROUP

Age Grp	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Event	Centre Only	Centre & Zone Only	Centre, Zone & Region	These Age groups may attend Zone, Region and State Championships							
50 m	✓	✓									
70 m	✓	✓	✓	✓	✓						
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m				✓	✓	✓	✓	✓	✓	✓	✓
Pack	200m ^{5,6} 300m	500m	400m ⁵ 700m								
800m				✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓
3000m ¹								✓	✓	✓	✓
Walk ²				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
Hurdles			60m	60m	60m	80m ⁴	80m ⁴	80m	G 80m B 90m	G 90m B 100m	G 100m B 110m
200m Hurdles ¹								✓	✓		
300m Hurdles ¹										✓	✓
Jnr Relay 4x100m ³				✓	✓	✓	✓				
Snr Relay 4x100m ³								✓	✓	✓	✓

¹ Offered occasionally, from October, subject to demand. ² Walks are not offered. ³ Not currently planned to offer relays.

⁴ U11 and U12 Hurdles changed from 60m to 80m from the 2019/20 season and new records established.

⁵ LANSW changed U6x200m and U8x400m to pack starts from season 2021/22. ⁶ We may run the U6 200m event as a Laned event.

FIELD EVENTS BY AGE GROUP											
Age Grp	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Event	Centre Only	Centre & Zone Only	Centre, Zone & Region	These Age groups may attend Zone, Region and State Championships							
High Jump				✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓
Discus Boys	350gm	350gm	500gm	500gm	500gm	500gm ¹	750gm	750gm ²	1kg	1kg	1.5kg
Discus Girls	350gm	350gm	500gm	500gm	500gm	500gm ¹	750gm	750gm	1kg	1kg	1kg
Shot Put Boys	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg ³ Orange	3kg White	3kg White	4kg Red	5kg Green
Shot Put Girls	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	3kg White	3kg White
Javelin Boys						400gm	400gm	600gm	600gm	700gm	700gm
Javelin Girls						400gm	400gm	400gm	400gm	500gm	500gm

¹ Reduced from 750g in 2017/18. New Records to be established from 2018/19.

² Reduced from 1kg in 2017/18. New Records to be established from 2018/19.

³ Reduced from 3kg in 2017/18. New Records to be established from 2018/19.