

TRACK EVENTS BY AGE GROUP

		"Little Athletics"						"Junior Athletics"					
Age Grp ¹		6's	7's	8's	9's	10's	11's	12's	13's	14's	15's	16's	17's
Event	Age ¹	5	6	7	8	9	10	11	12	13	14	15	16
50 m		✓	✓										
70 m		✓	✓	✓	✓	✓							
100m		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m					✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack	200m ⁶ 300m	500m	400m 700m										
800m				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓	✓	✓
3000m ²								✓	✓	✓	✓	✓	✓
Walk ³				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m	1500m
Sprint Hurdles ⁴			60m	60m	60m	80m	80m	G 80m B 90m	G 90m B 100m	G 90m B 100m	G 100m B 110m	G 100m B 110m	G 100m B 110m
200m Hurdles ⁴								✓					
300m Hurdles ⁴									✓	✓			
400m Hurdles											✓	✓	
Jnr Relay 4x100m ⁵				✓	✓	✓	✓						
Snr Relay 4x100m ⁵								✓	✓	✓	✓	✓	✓

NOTES

¹ From 2024/25, the State governing bodies made changes to some event specification for "Junior" athletics.

"U12" athletes in 2023/24 register as 13's in 2024/25 and so on for the older groups.

"Age" is the age the athlete turns in the first year of the season (ie. for the 2024/25 season – it's the athlete's age on 31 December 2024.)

² Offered occasionally, from October, subject to demand. ³ Availability of Walks is TBA.

⁴ Sprint Hurdles "participation pathway" (max hurdle height 76cm). 2/3/400m Hurdles are all at 76cm at club and Zone level.

⁵ Relays not offered. ⁶ We may run the 6's 200m as a "laned" event.

FIELD EVENTS BY AGE GROUP

		"Little Athletics"						"Junior Athletics"				
Age Grp ¹		6's	7's	8's	9's	10's	11's	12's	13's	14's	15's	16/17's
Event	Age ¹	5	6	7	8	9	10	11	12	13	14	15/16
High Jump					✓ scissor	✓ scissor	✓	✓	✓	✓	✓	✓
Long Jump		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump							✓	✓	✓	✓	✓	✓
Discus Boys		350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1.5kg
Discus Girls		350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg
Shot Put Boys		500g Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	4kg Red	4kg Red	5kg Green
Shot Put Girls		500g Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	3kg White	3kg White
Javelin Boys							400g	400g	600g	700g	700g	700g
Javelin Girls							400g	400g	400g	500g	500g	500g

¹ From 2024/25, the State governing bodies made changes to Age Group naming, and to some event specifications for "Junior" athletics. "U12" athletes in 2023/24 register as 13's in 2024/25 and so on for the older groups. "Age" is the age the athlete turns in the first year of the season (ie. for the 2024/25 season – it's the athlete's age on 31 December 2024.)