

## TRACK EVENTS BY AGE GROUP

Age Grp <sup>4</sup>	U6	U7	U8	U9	U10	U11	U12	U14	U15	U16	U17/18
Event	"Little Athletics"							"Junior Athletics"			
50 m	✓	✓									
70 m	✓	✓	✓	✓	✓						
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m				✓	✓	✓	✓	✓	✓	✓	✓
Pack	200m <sup>6</sup> 300m	500m	400m 700m								
800m				✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓
3000m <sup>1</sup>								✓	✓	✓	✓
Walk <sup>2</sup>				700m	1100m	1100m	1500m	3000m	3000m	3000m	5000m
Hurdles <sup>5</sup>			60m	60m	60m	80m	80m	G 80m B 90m	G 90m B 100m	G 90m B 100m	G 100m B 110m
200m Hurdles <sup>1</sup>								✓			
300m Hurdles <sup>1</sup>									✓	✓	
400m Hurdles <sup>5</sup>											✓
Jnr Relay 4x100m <sup>3</sup>				✓	✓	✓	✓				
Snr Relay 4x100m <sup>3</sup>								✓	✓	✓	✓

### NOTES

<sup>1</sup> Offered occasionally, from October, subject to demand. <sup>2</sup> Walks are not offered. <sup>3</sup> Relays not offered.

<sup>4</sup> From 2024/25, the State governing bodies made changes to Age Groups to eliminate "U13" and to introduce U16 and U18. U12 athletes in 2023/24 register as U14 in 2024/25 and so on for older groups.

<sup>5</sup> Details of hurdle events and heights offered are TBC. <sup>6</sup> We may run the U6 200m event as a Laned event.

FIELD EVENTS BY AGE GROUP												
Age Grp <sup>1</sup>	U6	U7	U8	U9	U10	U11	U12	U14	U15	U16	U17/18	
Event	“Little Athletics”							“Junior Athletics”				
High Jump				✓ scissor	✓ scissor	✓	✓	✓	✓	✓	✓	
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Triple Jump						✓	✓	✓	✓	✓	✓	
Discus Boys	350g	350g	500g	500g	500g	500g	750g	750g <sup>2</sup>	1kg	1kg	1.5kg	
Discus Girls	350g	350g	500g	500g	500g	500g	750g	750g <sup>2</sup>	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	

<sup>1</sup> From 2024/25, the State governing bodies made changes to Age Groups to eliminate “U13” and to introduce U16 and U18 and adjust various specifications.

U12 athletes in 2023/24 register as U14 in 2024/25 and so on for older groups.

<sup>2</sup> U14 Discus changed to 750g in 2024/25. Previously 1kg