

## Standard Events

**Legend:**

✓	Must offer at Association Championships
O	Available for programming at all levels of competition
■	Not allowed at any level of competition
O*	Where the venue does not have boards available

EVENT	AGE GROUP													
	Under 9		Under 10		Under 11		Under 12		Under 13		Under 14		Under 15	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70 metres	✓	✓	✓	✓	O	O	O	O	O	O	O	O	O	O
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 metres	■	■	■	■	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60 metre hurdles (45cm)	✓	✓	O	O	O	O	O	O	O	O	O	O	O	O
60 metre hurdles (60cm)	■	■	✓	✓	O	O	O	O	O	O	O	O	O	O
60 metre hurdles (68cm)	■	■	■	■	■	■	O	O	O	O	O	O	O	O
80 metre hurdles (45cm)	O	O	O	O	O	O	O	O	O	O	O	O	O	O
rdles (60cm)	■	■	■	■	✓	✓	O	O	O	O	O	O	O	O
rdles (68cm)	■	■	■	■	■	■	✓	✓	O	O	O	O	O	O
rdles (76cm)	■	■	■	■	■	■	■	■	✓	✓	✓	O	O	O
90 metre hurdles (76cm)	■	■	■	■	■	■	■	■	■	■	■	✓	✓	O
100 metre hurdles (76cm)	■	■	■	■	■	■	■	■	■	■	■	■	■	✓
200 metre hurdles (68cm)	■	■	■	■	■	■	■	■	✓	✓	O	O	O	O
urdles (76cm)	■	■	■	■	■	■	■	■	■	■	✓	✓	O	O
300 metre hurdles (76cm)	■	■	■	■	■	■	■	■	■	■	O	O	✓	✓
700 metre Race Walk	✓	✓	O	O	O	O	O	O	O	O	O	O	O	O
1100 metre Race Walk	■	■	✓	✓	✓	✓	O	O	O	O	O	O	O	O
1500 metre Race Walk	■	■	■	■	■	■	✓	✓	✓	✓	✓	✓	✓	✓
4 x 100 metre Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump (mat)	✓	✓	✓	✓	O*	O*	O*	O*	O*	O*	O*	O*	O*	O*
Long Jump (board)	■	■	■	■	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump (mat)	■	■	■	■	O*	O*	O*	O*	O*	O*	O*	O*	O*	O*
Triple Jump (board)	■	■	■	■	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump (scissor technique)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump (all techniques)	■	■	■	■	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put (2kg – orange)	✓	✓	✓	✓	✓	✓	✓	✓	O	O	O	O	O	O
Shot Put (3kg – white)	■	■	■	■	■	■	■	■	✓	✓	✓	✓	✓	O
Shot Put (4kg – red)	■	■	■	■	■	■	■	■	■	■	■	■	■	✓
Discus (500g)	✓	✓	✓	✓	✓	✓	O	O	O	O	O	O	O	O
Discus (750g)	■	■	■	■	■	■	✓	✓	✓	✓	O	O	O	O
Discus (1kg)	■	■	■	■	■	■	■	■	■	■	✓	✓	✓	✓
Javelin (400g)	■	■	■	■	✓	✓	✓	✓	✓	O	✓	O	O	O
Javelin (500g)	■	■	■	■	■	■	■	■	■	O	■	O	✓	O
Javelin (600g)	■	■	■	■	■	■	■	■	■	✓	■	✓	■	O
Javelin (700g)	■	■	■	■	■	■	■	■	■	■	■	■	■	✓

*Note: Changes to this table for 2019/20: U11 Boys & Girls - now 80mH, U12 Boys & Girls – now 80mH*

**Table 2 – Recommended Standard Events (Under 6 to Under 8)**

The events listed in table 2 are the recommended standard events that could be offered to Under 6 to Under 8's. Events must not exceed the distances and / or specifications as listed.

<b>Event Type</b>	<b>Under 6</b>	<b>Under 7</b>	<b>Under 8</b>
<b>Race Walks</b>	N/A	N/A	Up to and including 700m
<b>Sprints</b>	Up to and including 100m	Up to and including 200m	Up to and including 200m
<b>Hurdles</b>	60m, max height 200mm	60m, max height 300mm	60m, max height 450mm
<b>Middle Distances</b>	Up to and including 300m (pack start)	Up to and including 500m (pack start)	Up to and including 700m (pack start)
<b>Throws</b>	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1.5kg Discus - 500g Vortex or Turbo Jav - 300g
<b>Horizontal Jumps</b>	Long Jump (using mat or sand)	Long Jump (using mat or sand)	Long Jump (using mat or sand)
<b>Vertical Jumps</b>	N/A	N/A	High Jump (scissors only - bar or flexy rope)
<b>Relays</b>	Max leg of 100m	Max leg of 200m	Max leg of 200m

**Table 3 – Must Not Offer Events (Under 6 to Under 8)**

The events listed below **must not** be offered at any level of competition for these age groups.

<b>Event Type</b>	<b>Under 6</b>	<b>Under 7</b>	<b>Under 8</b>
<b>Race Walks</b>	Any	Any	Distances greater than 700m
<b>Throws</b>	Javelin / Turbo Jav	Javelin / Turbo Jav	Javelin
<b>Horizontal Jumps</b>	Triple Jump	Triple Jump	Triple Jump
<b>Vertical Jumps</b>	High Jump	High Jump	