



CENTRE LEVEL STANDARD EVENTS TABLE 2023-2024 – Version 1.0

TRACK & FIELD

| EVENT | ON TRACK | | | AGE GROUP | | | | | | | | |
|--|----------|--------|---------------------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|
| | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
| 70m | X | X | X | X | X | X | X | X | X | X | X | X |
| 100m | X | X | X | X | X | X | X | X | X | X | X | X |
| 200m | | X | X | X | X | X | X | X | X | X | X | X |
| 400m | | | | X | X | X | X | X | X | X | X | X |
| Unlaid: up to and including, group start | 300m | 500m | 700m | | | | | | | | | |
| 800m | | | | X | X | X | X | X | X | X | X | X |
| 1500m | | | | | | X | X | X | X | X | X | X |
| Sprint Hurdles (Boys) | 60m | 60m | 60m | 60m | 60m | 80m | 80m | 80m | 90m | 100m | 100m | 110m |
| Sprint Hurdles (Girls) | 60m | 60m | 60m | 60m | 60m | 80m | 80m | 80m | 80m | 90m | 90m | 100m |
| Long Hurdles | | | | | | | | 200m | 200m | 300m | 300m | 300m |
| Race Walk | | | 700m | 700m | 1100m | 1100m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m |
| High Jump (Scissor) | | | X | X | X | | | | | | | |
| High Jump | | | | | | X | X | X | X | X | X | X |
| Long Jump (mat) | X | X | X | X | X | | | | | | | |
| Long Jump (board) | | | | | | X | X | X | X | X | X | X |
| Triple Jump | | | | | | X | X | X | X | X | X | X |
| Discus (Boys) | 350g | 350g | 500g | 500g | 500g | 500g | 750g | 750g | 1kg | 1kg | 1kg | 1.5kg |
| Discus (Girls) | 350g | 350g | 500g | 500g | 500g | 500g | 750g | 750g | 1kg | 1kg | 1kg | 1kg |
| Javelin (Boys) | Vortex | Vortex | Vortex or Turbo Jav | | | 400g | 400g | 600g | 600g | 700g | 700g | 700g |
| Javelin (Girls) | Vortex | Vortex | Vortex or Turbo Jav | | | 400g | 400g | 400g | 400g | 500g | 500g | 500g |
| Shot Put (Boys) | 1kg | 1kg | 1.5kg | 2kg | 2kg | 2kg | 2kg | 3kg | 3kg | 4kg | 4kg | 5kg |
| Shot Put (Girls) | 1kg | 1kg | 1.5kg | 2kg | 2kg | 2kg | 2kg | 3kg | 3kg | 3kg | 3kg | 3kg |

RELAYS

| EVENT | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
|---------------------------------------|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|
| Shuttle Relay | X | X | X | X | X | X | X | X | X | X | X | X |
| 4x100m | X | X | X | X | X | X | X | X | X | X | X | X |
| Mixed Sex 4x100m | X | X | X | X | X | X | X | X | X | X | X | X |
| 4x200m | | X | X | X | X | X | X | X | X | X | X | X |
| Mixed Sex 4x200m | | X | X | X | X | X | X | X | X | X | X | X |
| Swedish Medley 100m,300m,200m,400m | | | | X | X | X | X | X | X | X | X | X |

XC

| EVENT | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
|---------------------------|------|-----|-----|-------|-------|-----|-----|------|------|------|------|----------------|
| Cross-Country Season | 500m | 1km | 1km | 1.5km | 1.5km | 2km | 2km | 3km | 3km | 4km* | 4km* | 4km(G)/5km(B)* |
| EVENT | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
| Multi-Class Cross-Country | 500m | 1km | 1km | 1.5km | 1.5km | 2km | 2km | 3km# | 3km# | 3km# | 3km# | 3km# |

This is a full selection of events a **Centre** may run. Events may be modified **less than** these specifications. Centres **cannot exceed** the distances, heights, and weight specification for each age group.

*Whilst the maximum distance allowed for U15, U16 & U17 Girls is 4km and U17 Boys is 5km, Region and State events will remain at 3km.

#Whilst the maximum distance allowed for U13 to U17 Multi-Class is 3km, Region and State events will remain at 2km.

Multi-Class Cross-Country, Athletes can run shorter distances, by combining with a younger age group as required. Guide runners are permitted for Multi-Class athletes.

Note that **Race (Frame) Running** and **Wheelchair** events can be offered at Centre level for all age groups provided that the distance restrictions for each age group listed in the table above are not exceeded.

Events Not Allowed

There are events and specifications that are deemed inappropriate for inclusion at all levels of competition and athletic skill development activities. The following events are not allowed at Little Athletics.

Hammer Throw

Pole Vault

Steeple Chase

Multi-Class events

The following events may be offered at Centre level for Multi-Class athletes:

- 70m
- 100m
- 200m
- 400m
- 800m
- Shot Put
- Discus
- Javelin
- Long Jump

Apart from 70m, each of the above events will be offered at Region and State level.

The throwing specifications for Multi-Class is provided in a separate document.

On Track

Centres can combine On Track in a modified competition program for the U6-U8 age groups.

On Track is a skills based program in which the athletes are taught the skills of each event in a sequential manner. On Track has 5 levels from simple to complex. Levels 1 – 2 focus on the U6-U8 age group. The program is 1 ½ hours in length, athletes have maximum participation and activity time with increased practice for the athletes.

The complete On Track program and training courses are available from the LAVic office. Contact office@lavic.com.au for details.