



**CENTRE LEVEL STANDARD EVENTS TABLE** as at 01.09.2024

**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)*
Road Racewalking				1.2km	1.5km	2km	2km	3km	3km	5km	5km(G)/ 8km(B)	5km(G)/ 8km(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#

Events may be modified to be less than the specifications in the Centre Level Standard Events Table, however not exceeded – these same rules apply to Multi-Class events, including race (frame) running, and wheelchair events (Specifications for Multi-Class throws events can be found at [www.lavic.com.au](http://www.lavic.com.au)).

- \* 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**

Events that may be offered at Centre level for Multi-Class athletes include 70m, 100m, 200m, 400m, 800m, Shot Put, Discus, Javelin, and Long Jump. All events, except the 70m, will be offered at Region and State level.

Guide runners are permitted for Multi-Class athletes at Cross-Country.

## **EVENTS NOT PERMITTED**

There are events and specifications that are deemed inappropriate for inclusion at all levels of competition and athletic skill development activities. Hammer throw, pole vault, and steeplechase are not allowed at Little Athletics.

## **ON TRACK**

On Track is a 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, and Centres can stage On Track alongside the standard competition program for U6-U8 age groups.

On Track Training for Facilitators and resources are available from the LAVic office. Contact [office@lavic.com.au](mailto:office@lavic.com.au) for more information.