



## CENTRE LEVEL STANDARD EVENTS TABLE 2020-2021

### TRACK & FIELD

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

### RELAYS

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

### XC

EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
Cross-Country Season	500m	1km	1km	1.5km	1.5km	2km	2km*	3km	3km	3km*	3km*

This is a full selection of events a Centre may run. Events may be modified within (less than) these specifications. Centres cannot exceed the distances, heights, and weight specification for each age group. \*Cross-Country distances currently under review by LAA.

## **CENTRE LEVEL STANDARD EVENTS TABLE 2020-2021**

### **Events Not Allowed**

In addition to the Standard Events listed previously, 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**

### **Alternative Competition Styles**

Centres may consider alternative styles of competition which fit within this set of standard events. This means that competition structures like Combined Events, Nitro style competitions Team Challenges and Inter Centre competitions are recommended.

For example: If a Centre wants to run a short sharp competition with older athletes competing over 150m sprint, vortex throw and an 8 X 50m relay, as it is less than the standard event specifications, these are eligible events.

Athletes in the U11 or U12 age group cannot compete in the 200m Hurdles or athletes in U10 cannot compete in the 1500m, as these are greater than the standard event specifications for these age groups.

Centres are encouraged to be creative, fun and innovative with their programming.

### **On Track**

On Track is a skills based program in which the athletes are taught the skills at 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 fundamental skills are taught, the program is 1 ½ hours in length, athletes have maximum participation and activity time with increased practice for the athletes.

All athletic skills are derived from the fundamental motor skills, athletes require competency in these to perform the more complex athletics skills.

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

The complete On Track program and training courses are available. Contact [office@lavic.com.au](mailto:office@lavic.com.au) for details.