

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. *Max allowed distance for U16 has increased to 4km, however Region and State events will remain at 3km.

Multi-Class specifications

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

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

Events Not Allowed

In addition, 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 for details.