



## CENTRE LEVEL STANDARD EVENTS TABLE 2022-2023

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
Unlanced: 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*	4/5km*
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.

### **Cross-Country**

\*Max allowed distance for U15, U16 has increased to 4km, however Region and State events will remain at 3km. Max allowed distance for U17 is 4km for Girls and 5km for Boys, however Region and State events will remain at 3km.

#Max allowed distance for U13-U17 Multi-Class has increased to 3km, however Region and State events will remain at 2km.

### **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**

### **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.