

2. EVENT AND EQUIPMENT SPECIFICATIONS

2.1 Event Specifications

TABLE 1 – all events up to 12s listed in this table are aligned with LAA Rules and as described in Rule 1 above.

Age groups are defined in rule 5.2.2 of this document.

The 6s and 7s are recommended standard events that may be offered. Events in these age groups must not exceed the distances and/or specifications listed.

The 8s to 15s are standard events that may be offered at a Club level but must be offered at Zone, Region & State Championships. Events in these age groups must not exceed the distances and/or specifications listed.

The 16s, 17s and U20s are standard events that may be offered at a Club, Zone and Region level. Events in these age groups must not exceed the distances and/or specifications listed.

These event specifications provide a limit on the events an age group is able to compete in (including at clubs). Events that are not listed for an age group cannot be conducted for that age group.

	CLUB ONLY	CLUB & ZONE ONLY	CLUB, ZONE & REGION	CLUB, ZONE, REGION & STATE									
TRACK	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s	U20
50 metres	✓	✓											
70 metres	✓	✓	✓	✓	✓								
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓ Pack Start	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres			✓ Pack Start	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack Start	300m	500m	700m										
800 metres				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓	✓	✓
3000m								✓	✓	✓	✓	✓	✓
Walk (zone, region, state)				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m	
Walk (state only)								3000m	3000m	3000m	5000m	5000m	5000m 10000m
Sprint Hurdles			60m	60m	60m	80m	80m	80m (F) 90m (M)	90m (F) 100m (M)	90m (F) 100m (M)	100m (F) 110m (M)	100m (F) 110m (M)	100m (F) 110m (M)
Long Hurdles								200m	300m	300m	400m	400m	400m
Relay Jnr													
4 x 100m				✓	✓	✓	✓						
Relay Snr													
4 x 100m								✓	✓	✓	✓	✓	✓
FIELD	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s	U20
Scissor High Jump				✓	✓								
High Jump						✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓	✓	✓
Discus	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1kg (F) 1.5kg (M)	1kg (F) 1.5kg (M)	1kg (F) 1.75kg (M)
Shot Put	500gm	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg (F) 4kg (M) Red	3kg (F) 4kg (M) Red	3kg (F) 5kg (M) Green	3kg (F) 5kg (M) Green	4kg (F) 6kg (M)
Javelin						400gm	400gm	400gm(F) 600gm (M)	500gm (F) 700gm (M)	500gm (F) 700gm(M)	500gm (F) 700gm (M)	500gm (F) 700gm(M)	600g (F) 800g (M)
Total # Events	8 events	8 events	9 events	11 events	11 events	13 events	13 events	15 events	15 events	15 events	15 events	15 events	15 events