

Events and Equipment Used

Throws

AGE	GIRLS			BOYS		
	Discus	Shot	Javelin	Discus	Shot	Javelin
6 7	350g	1kg blue	Mini vortex	350g	1kg blue	Mini vortex
8	500g	1.5kg yellow	Mini vortex	500g	1.5kg yellow	Mini vortex
9 & 10	500g	2kg orange	300g turbo	500g	2kg orange	300g turbo
11	500g	2kg orange	400g	500g	2kg orange	400g
12	750g	2kg orange	400g	750g	2kg orange	400g
13	750g	3kg white	400g	750g	3kg white	600g
14	1kg	3kg white	400g	1kg	3kg white	600g
15	1kg	3kg white	500g	1kg	4kg red	700g
16	1kg	3kg white	500g	1kg	4kg red	700g
17	1kg	3kg white	500g	1.5kg	5kg green	700g

Hurdles

AGE	DISTANCE (m)	HEIGHT (cm)	LEAD IN (m)	NUMBER SPACING	RUN OUT (m)	MARKERS
6 7 B&G	60	micro	12	6 @ 7m	13	Red
8 9 B&G	60	45	12	6 @ 7m	13	Red
10 B & G	60	60	12	6 @ 7m	13	Red
11 B&G	80	60	12	9 @ 7m	12	Black
12 B & G	80	68	12	9 @ 7m	12	Black
13 B&G, 14G	80	76	12	9 @ 7m	12	Black
14B, 15G, 16G	90	76	13	9 @ 8m	13	White
15B, 16B 17G	100	76	13	10 @ 8.5m	10.5	Yellow
17B	110	76	13.72	10@9.14m	14.02	Blue
13 B&G	200	68	20	5 @ 35m	40	-
14 B&G	200	76	20	5 @ 35m	40	-
15-17 B&G	300m	76	50	7 @ 35m	40	

Jumps

High jump	U8 - U 11	Scissors only - onto low scissors mats
	U12 - U17	Scissors or Fosbury Flop - onto proper density & thickness mats
Long jump	U6 – U10	1 metre x ½ metre take-off mat
	U11 - U17	1 metre x 20cm board;
Triple jump	U6 - U10	1 metre x ½ metre take-off mat
	U11 - U17	1 metre x 20cm board, 5,7, & 9 metres from pit

High Jump Starting Heights:

For centre events there is no set starting height - athletes can start at any height. Increments should be no less than 5cm until only 3 or less competitors remain. **6 Jump rule** applies. At LAQ Regional events the following starting heights apply (NOT at Centre level):

U9 -.75cm u10 - .85cm u11 - .95 u12 – 1.05 u13 – 1.15
 U14 – 1.20 u15 - 1.25 u16 - 1.30cm u17 - 1.30cm.

Middle Distance	Walks
u7 300m	u6 u7 100m
u8 700m	u8 300m
u9-u17 1500m	u9 700m
	u10 u11 1100m
	u12-u7 1500m