

NEW AGE GROUPS AVAILABLE EVENTS AND IMPLEMENT WEIGHTS

Age Group	U10	U12	U14	U16	U18	U20	Senior & U23						
Years Old	7-9 yrs	9-11 yrs	11-13 yrs	13-15 yrs	15-17 yrs	17-19 yrs							
School years	Yr 3 & Yr 4	Yr 5 & Yr 6	Yr 7 & Yr 8	Yr 9 & Yr 10	Yr 11 & Yr 12	Yr 13 & Yr 14							
Sprints													
50m	Yes	Optional	x	x	x	x	x						
60m (Indoor)	Optional	Yes	Yes	Yes	Yes	Yes	Yes						
75m	Optional	Yes	Optional	x	x	x	x						
100m	x	Optional	Yes	Yes	Yes	Yes	Yes						
150m	x	Yes	Yes	x	x	x	x						
200m	x	x	Yes	Yes	Yes	Yes	Yes						
300m (M)	x	x	x	Yes	Optional	Optional	Optional						
300m (W)	x	x	x	Yes	Optional	Optional	Optional						
400m (M&F)	x	x	x	x	Yes	Yes	Yes						
Hurdles:													
Weights		2.7kg		2.7kg		2.7kg		3.6kg		3.6kg		3.6kg	
60m (Indoor-M)	x	68.5cm	Orange	76.2cm	Black	84.0cm	Yellow	91.4cm	Blue	99.1cm	Blue	106.7cm	Blue
60m (Indoor-F)	x	68.5cm	Pink	68.5cm	Orange	76.2cm	Black	76.2cm	Yellow	84.0cm	Yellow	84.0cm	Yellow
70m (F)	x	68.5cm	Pink		x		x		x		x		x
75m (M)	x	68.5cm	Orange		x		x		x		x		x
75m (F)	x		x	68.5cm	Orange		x		x		x		x
80m (M)	x		x	76.2cm	Black		x		x		x		x
80m (F)	x		x		x	76.2cm	Black		x		x		x
100m (M)	x		x		x	84.0cm	Yellow		x		x		x
100m (F)	x		x		x		x	76.2cm	Yellow		x		x
110m (M)	x		x		x		x	91.4cm	Blue		x		x
100m (F)	x		x		x		x		x	84.0cm	Yellow		x
110m (M)	x		x		x		x		x	99.1cm	Blue		x
110m (M)	x		x		x		x		x		x	106.7cm	Blue
100 (F)	x		x		x		x		x		x	84.0cm	Yellow
300m (M)	x		x		x	76.2cm	Green		x		x		x
300m (F)	x		x		x	76.2cm	Green		x		x		x
400m (M)	x		x		x		x	84.0cm	Green	91.4cm	Green	91.4cm	Green
400m (F)	x		x		x		x	76.2cm	Green	76.2cm	Green	76.2cm	Green
Endurance Events													
400m	Yes	Optional		x		x		x		x		x	
600m	x	Yes		Optional		x		x		x		x	
800m	x	Optional		Yes		Yes		Yes		Yes		Yes	
1200m	x	Optional		Yes		x		x		x		x	
1500m	x	x		Yes		Yes		Yes		Yes		Yes	
3000m	x	x		Optional		Yes		Yes		Yes		Yes	
5000m	x	x		x		x		x		Yes		Yes	
Race Walking													
2000m	x	x		Yes		Optional		x		x		x	
3000m	x	x		x		Yes		Optional		x		x	
5000m	x	x		x		x		Yes		Yes		Yes	

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School years	Yr 3 & Yr 4	Yr 5 & Yr 6	Yr 7 & Yr 8	Yr 9 & Yr 10		Yr 11 & Yr 12		Yr 13 & Yr 14		
Steeple-Chase										
1500m (M)	x	x	x	Yes	76.2cm	x		x		x
1500m (F)	x	x	x	Yes	76.2cm	x		x		x
2000m (M)	x	x	x	x		Yes	83.8cm	x		x
2000m (F)	x	x	x	x		Yes	76.2cm	x		x
3000m (M)	x	x	x	x		x		Yes	91.4cm	Yes 91.4cm
3000m (F)	x	x	x	x		x		Yes	76.2cm	Yes 76.2cm
Jumps										
High Jump	x	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pole Vault	x	Optional	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Long Jump	Optional	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Triple Jump	x	x	x	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Throwing Events <i>Option to introduce U12's Hammer (if appropriate) using the 2.00kg Hammer</i>										
Shot Put (M)	x	2.00kg or 2.72kg	3.00kg	4.00kg	5.00kg	6.00kg	7.26kg			
Shot Put (F)	x	2.00kg or 2.72kg	2.72kg	3.00kg	3.00kg	4.00kg	4.00kg			
Discus (M)	x	0.75kg	1.00kg	1.25kg	1.50kg	1.75kg	2.00kg			
Discus (F)	x	0.75kg	0.75kg	1.00kg	1.00kg	1.00kg	1.00kg			
Hammer (M)	x	2.00kg	3.00kg	4.00kg	5.00kg	6.00kg	7.26kg			
Hammer (F)	x	2.00kg	2.00kg	3.00kg	3.00kg	4.00kg	4.00kg			
Javelin (M)	x	400g	500g	600g	700g	800g	800g			
Javelin (F)	x	400g	400g	500g	500g	600g	600g			
Howler	Yes	Yes	x	x	x	x	x	x		
Push Throw	Yes	Yes	x	x	x	x	x	x		
Combined Events										
Triathlon	Yes	Yes	Optional for Participation Pathway							
Quadrathlon (M & F)	Yes	Yes	Optional for Participation Pathway							
Pentathlon	x	x	Yes	Optional	x	x	x	x		
Pentathlon (Indoor F)	x	x	Yes	Yes	Yes	Yes	Yes	Yes		
Heptathlon	x	x	Intro to Jav, Key eve		Yes	Yes	Yes	Yes		
Heptathlon (Indoor M)	x	x	Intro to PV, DT Key c		Yes	Yes	Yes	Yes		
Octathlon (M)	x	x	Intro to PV, DT Key c		Yes	Yes	Yes	Yes		
Decathlon	x	x	Intro to PV, DT Key c		Yes	Yes	Yes	Yes		