

Chapter 6, Table 1 – Event and Specification Summary by age

	OPTIONAL AGE GROUPS						COMPULSORY AGE GROUPS														OPTIONAL AGE GROUPS				
	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17		
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	
70m			✓	✓	✓	✓	✓	✓	✓	✓															
100m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	*4 300	*4 300	*4 300	*4 300	*4 500	*4 500	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hurdles (m)	*1	*1	*2	*2	60	60	60	60	60	60	60	60	60	60	80	80	80	90	90	100	90	100	100	110	
Long Hurdles (m)															200	200	200	200	300	300	300	300	300	300	
Walk (m)					700	700	700	700	1100	1100	1100	1100	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
Long Jump (m)	1	1	1	1	1	1	0.5	0.5	0.5	0.5	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Triple Jump (m)											0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
High Jump Start Height					*3	*3	*3 0.95	*3 1.00	*3 1.00	*3 1.05	1.05	1.10	1.15	1.20	1.20	1.25	1.25	1.30	1.30	1.35	1.35	1.40	1.40	1.45	
Shot Put (kg)	1	1	1	1	1.5	1.5	2	2	2	2	2	2	2	2	3	3	3	3	3	4	3	4	3	5	
Discus (g)	350	350	350	350	500	500	500	500	500	500	500	500	500	500	750	750	750	750	750	1kg	1kg	1kg	1kg	1kg	1.5kg
Turbo Jav (g)	Vortex	Vortex	Vortex	Vortex	300	300	300	300	300	300															
Javelin (g)											400	400	400	400	400	600	400	600	500	700	500	700	500	700	
Relay 4 x 100m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relay 4 x 200m					✓	✓	✓	✓	✓	✓															
Relay 4 x 400m											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- *1 60m mini hurdles, max height 200mm
- *2 60m mini hurdles, max height 300mm
- *3 Scissor style onto scissor mats only (150mm-300mm High)
- *4 Pack start for U6 & U7 300m, and U8 500m
- *5 Events conducted as a combined age group
- Events may not be conducted at any level of competition
- Centres may offer these events but they will not be conducted at State Events


- U6 sprints Up to and including 100m
- U7-U8 sprints Up to and including 200m
- U7-U8 Athletes may progress to Zones (State Heats and Quarter Finals)
- U9-U15 Athletes may progress to Zones (State Heats and Quarter Finals) and subsequently qualify for State Championships
- U16-U17 Athletes may nominate directly to State Championships

*Please note - Under 11 & Under 12 athletes will change from 60m Hurdles to 80m Hurdles from 1 September 2019

- Spike Summary**
- 1 U6-U10 Athletes may not wear spike shoes for any event
 - 2 U11-U12 Athletes may wear spike shoes for:
 - events run entirely in lanes
 - long jump, triple jump, high jump and javelin
 - 3 U13-U17 Athletes may wear spike shoes for:
 - all track events except walks
 - long jump, triple jump, high jump and javelin

Chapter 6, Table 2 – Hurdle Specifications by age

HURDLE SPECIFICATIONS																								
Short Hurdles	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
Distance (m)	60	60	60	60	60	60	60	60	60	60	60	60	60	60	80	80	80	90	90	100	90	100	100	110
Height (cm)	20	20	30	30	45	45	45	45	60	60	60	60	68	68	76	76	76	76	76	76	76	76	76	76
Lead In (m)	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	13	13	13	13	13	13	13.72
Spacing (m)	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	8	8	8.5	8	8.5	8.5	9.14
Lead Out (m)	13	13	13	13	13	13	13	13	13	13	13	13	13	12	12	12	13	13	10.5	13	10.5	10.5	14.02	
No. of Flights	6	6	6	6	6	6	6	6	6	6	6	6	6	6	9	9	9	9	9	10	9	10	10	10

Hurdles Colour Code		
60m	Brown	
80m	Black	
90m	White	
100m	Yellow	
110m	Red	
200m	Green	
300m	Green	

Long Hurdles	U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B
Distance (m)	200	200	200	200	300	300	300	300	300	300
Height (cm)	68	68	76	76	76	76	76	76	76	76
Lead In (m)	20	20	20	20	50	50	50	50	50	50
Spacing (m)	35	35	35	35	35	35	35	35	35	35
Lead Out (m)	40	40	40	40	40	40	40	40	40	40
No. of Flights	5	5	5	5	7	7	7	7	7	7

Note: Hurdles must be transitioned to the collapsible type by 1 September 2019

*Please note - Under 11 & Under 12 athletes will change from 60m Hurdles to 80m Hurdles from 1 September 2019

Chapter 6, Table 3 – Jump Event Specifications

HIGH JUMP MAT SPECIFICATIONS			
Minimum Mat Dimensions	Height	Width	Depth
U9 - U10: Scissor technique onto scissor mats only	150mm - 300mm	5m	3m
U11 - U17: Legal jump technique onto flop mats	Minimum 500mm	5m	3m

Note: Existing mat heights between 400mm and 500mm are to be phased out.

From 2019/2020 the minimum height for flop mats of all competition levels will be 500mm

HIGH JUMP START HEIGHTS

1. Start heights indicated are used for State Competition.
2. U8 may do Scissor technique onto scissor mats at Centre level competition, at the discretion of the Centre.

HIGH JUMP BAR INCREMENTS

1. Bar rises in 5cm increments until there are six (6) or fewer competitors remaining and by increments of 2cm thereafter until only one competitor remains.
2. When only one athlete remains, that athlete may choose the increments.

HORIZONTAL JUMPS TAKE-OFF MAT / BOARD







1. U6 - U8: 1.0m x 1.22m mat
2. U9 - U10: 0.5m x 1.22m mat
3. U11 - U17: 0.2m x 1.22m mat or board sunk level with the runway, or painted on to the runway.

TRIPLE JUMP TAKE-OFF MAT / BOARD

1. Take off area shall be in whole metre increments from the edge of the pit, commencing from 4m.

Chapter 6, Table 4 – Throw Equipment Specifications

The shot shall be made from solid metal and conform to these specifications:

SHOT PUT SPECIFICATIONS			
Weight	Colour		Diameter Tolerance
1kg	Blue		76 - 86 mm
1.5kg	Yellow		76 - 86 mm
2kg	Orange		76 - 90 mm
3kg	White		85 - 110 mm
4kg	Red		95 - 110 mm
5kg	Green		100 - 120 mm

Weight Tolerance + 0.025kg

DISCUS SPECIFICATIONS				
Weight	Diameter Tolerance	Thickness at Centre	Flat	Radius
350g	Not specified	Not Specified	Not Specified	Not Specified
500g	130 - 136 mm	22 - 27 mm	n/a	5 mm
750g	154 - 156 mm	26 - 30 mm	n/a	5 mm
1kg	180 - 182 mm	37 - 39 mm	50 - 57 mm	6 mm
1.5kg	200 - 202 mm	38 - 40 mm	50 - 57 mm	6 mm

Weight Tolerance + 0.025kg

JAVELIN SPECIFICATIONS		
Weight	Overall Length	Length from metal tip to Centre of Gravity
400g	1.85m - 1.95m	750mm - 800mm
500g	2.00m - 2.10m	780mm - 880mm
600g	2.20m - 2.30m	800mm - 920mm
700g	2.30m - 2.40m	860mm - 1000mm

Weight Tolerance + 0.025kg

Chapter 6, Table 5 – Winter Competition Distances

Cross Country Distances

Age Group	Distance	Flag Colour
U7, U8	1000m	Pink
U9, U10	1500m	White
U11, U12	2000m	Green
U13, U14, U15, U16, U17	3000m	Orange

Note: There may be a variance of up to 100m either way for each distance.

Road Walk Distances

Age Group	Distance
U7, U8	N/A (Note 1)
U9	1000m
U10, U11	1500m
U12, U13, U14, U15, U16, U17	2000m

Note 1: Under LAA Standard Rules of Competition rules, Out of Stadia Road Walks are not to be offered to athletes in these age group.