

LAQ COMPETITION LEVELS

Approved Competition Levels - Centre to National Championships.

All levels of competition are for boys and girls unless otherwise stated.

	CENTRE	INTER-CENTRE	LAQ REGION	LAQ STATE CONDUCTED	LAA NATIONAL
TinyTots	Play training	Play training	Play training	====	====
U6	Play training Relays Maximum of 4 events	Play training Maximum of 4 events	Play training	====	====
U7	Play training Individual events Relays Modified Combined Event	==== Individual events Relays Modified Combined Event	==== Individual events Relays ====	==== ==== ==== ====	==== ==== ==== ====
U8	Play training Individual events Relays Modified Combined Event	==== Individual events Relays Modified Combined Event	==== Individual events Relays ====	==== ==== ==== ====	==== ==== ==== ====
U9	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Modified Tetrathlon	==== ==== ====
U10	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Modified Tetrathlon	==== ==== ====
U11	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Modified Tetrathlon	==== ==== ====
U12	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U13	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	Team Competition Relays ====
U14	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U15	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays ====	Individual events Relays Heptathlon	==== Relays Heptathlon
U16	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays ====	Individual events Relays Heptathlon	==== ==== ====
U17	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays ====	Individual events Relays Heptathlon	==== ==== ====

Tiny Tots activities shall not be timed, placed or measured. All activities shall be in accordance with endorsed LAQ programs. Tiny Tots may be offered a track event to a maximum distance of 60m.

At Centre Carnivals, track, field or other events for the U6 athletes may be timed and distances measured but no placings or medals awarded.

Combined Events at Centre and Inter-Centre Competitions may only comprise of LAQ approved events for the age groups. Such events may not exceed three Combined Events for the U7 and U8 age groups, a Pentathlon for the U9 to U14 age groups or a Heptathlon for the U15 to 17 age groups.