

LAQ STANDARD EVENTS

Standard Competition Track and Field Events (U9 to U17)

All events are for boys and girls unless otherwise stated.

EVENTS	U9	U10	U11	U12	U13	U14	U15	U16	U17
70 metre	✓	✓							
100 metre	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metre	✓	✓	✓	✓	✓	✓	✓	✓	✓
300 metre									
400 metre	✓	✓	✓	✓	✓	✓	✓	✓	✓
500 metre									
700 metre									
800 metre	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 metre			✓	✓	✓	✓	✓	✓	✓
60m Hurdle	✓	✓							
80m Hurdle			✓	✓	✓	G			
90m Hurdle						B	G	G	
100m Hurdle							B	B	G
110m Hurdle									B
200m Hurdle					✓	✓			
300m Hurdle							✓	✓	✓
300m Race Walk									
700m Race Walk	✓								
1100m Race Walk		✓	✓						
1500m Race Walk				✓	✓	✓	✓	✓	✓
3000m Race Walk								✓	✓
4 x 70 Relay									
4 x 100 Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x Swedish Relay	✓	✓				✓	✓	✓	✓
4 x Distance Relay			✓	✓	✓				
1000m Cross Country	✓	✓	✓	✓	✓	✓	✓	✓	✓
2000m Cross Country			✓	✓	✓	✓	✓	✓	✓
3000m Cross Country					✓	✓	✓	✓	✓
4000m Cross Country							✓	✓	G
6000m Cross Country									B
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump			✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin			✓	✓	✓	✓	✓	✓	✓

Legend: ✓ Centre & LAQ Competition
 Optional at Centre only

Not permitted
 LAA Standard Events (may be eligible for ABP)

LAQ STANDARD EVENTS

Development Events (U6 to U8)

All events are for boys and girls unless otherwise stated.

Events must not exceed the distances and/or specifications as listed.

EVENT TYPE	U6	U7	U8
Sprints	Up to and including 100m	Up to and including 200m	Up to and including 200m
Middle to Distance	Up to and including 300m (<i>pack start</i>)	Up to and including 500m (<i>pack start</i>)	Up to and including 700m (<i>pack start</i>)
Hurdles	60m, max height 20cm (<i>PVC training hurdles</i>)	60m, max height 30cm	60m, max height 45cm
Race Walks	N/A	N/A	Up to and including 700m
Relay	Max leg of 100m	Max leg of 100m	Max leg of 100m
Jumps Horizontal	Long Jump (<i>using mat and/or sand</i>)	Long Jump (<i>using mat and/or sand</i>)	Long Jump (<i>using mat and/or sand</i>)
Jumps Vertical	N/A	N/A	High Jump (<i>scissor technique only: bar or flexible foam bar</i>)
Throws	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1.5kg Discus - 500g Vortex or Turbo Jav - 300g

Multi-Class Competition Track and Field Events (U9 to U17)

Events offered for boys and girls at LAQ Carnivals, Regional Relays and Championships, and State Relays and Championships unless otherwise stated.

At LAQ competitions, Multi-Class athletes may not compete in offered events that do not have a base line performance for their relevant classification.

EVENTS	U9 and U10	U11 and U12	U13 and U14	U15 to U17
100m	✓	✓	✓	✓
200m	✓	✓	✓	✓
400m	✓	✓	✓(*)	✓(*)
800m	✓	✓	✓	✓
2 x 100 Relay	✓	✓	✓	✓
Long Jump	✓(*)	✓(*)	✓(*)	✓(*)
Discus	✓(*)	✓(*)	✓(*)	✓(*)
Javelin		✓(*)	✓(*)	✓(*)
Shot Put	✓	✓	✓	✓

(*) - ambulant only