

HART REGIONAL CHAMPIONSHIPS: TABLE OF EVENT

U7s	70m	100m	200m								LJ		Discus		Shot Put
U8s	70m	100m	200m					60mH			LJ		Discus		Shot Put
U9s	70m	100m	200m	400m	800m		700mW	60mH		^HJ	LJ		Discus		Shot Put
U10s	70m	100m	200m	400m	800m		1100mW	60mH		^HJ	LJ		Discus		Shot Put
MULTI-CLASS U9-U10		100m	200m	400m	800m						*LJ		*Discus		Shot Put
U11s		100m	200m	400m	800m	1500m	1100mW	80mH		HJ	LJ	TJ	Discus	Javelin	Shot Put
U12s		100m	200m	400m	800m	1500m	1500mW	80mH		HJ	LJ	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U11-U12		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put
U13s		100m	200m	400m	800m	1500m	1500mW	80mH	200mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U14s		100m	200m	400m	800m	1500m	1500mW	80/90mH	200mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U13-U14		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put
U15s		100m	200m	400m	800m	1500m	1500mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U16s		100m	200m	400m	800m	1500m	1500mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U17s		100m	200m	400m	800m	1500m	1500mW	100/110m H	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U15-U17		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put

Refer to the Multi-Class Handbook or Nomination Form for nomination restrictions & requirements * Ambulant Only

The nomination fee is \$20.00 (GST incl.) per Athlete.

^ Scissors only

Starting Heights for High Jump:

*U9: 0.75 (b), 0.70 (g)

*U10: 0.85 (b), 0.80 (g)

U11: 0.95 (b), 0.90 (g)

U12: 1.05 (b), 1.00 (g)

^Scissors only

U13: 1.15 (b), 1.10 (g)

U14: 1.20 (b), 1.15 (g)

U15: 1.25 (b), 1.20 (g)

U16 & u17: 1.30 (b), 1.25 (g)

The bar will be raised by 5cm until six (6) athletes remain then not less than 2cm. The last remaining athlete of an event, in consultation with the Chief may elect the increments not less than 1 cm.

ATHLETE'S NOMINATIONS MUST INCLUDE THE CENTRE BEST PERFORMANCE (CBP)

MAXIMUM OF FIVE (5) EVENTS FOR: WINTER U7 - U8s

SUMMER U7 - U17s

MAXIMUM OF SEVEN (7) EVENTS FOR: WINTER U9-U17s