

THE COMPETITIONS

Competitions are conducted across a number of levels from Centre to National Championships.

COMPETITION LEVELS

	CENTRE	INTER-CENTRE	LAQ REGION	LAQ STATE CONDUCTED	LAA NATIONAL
U6	Play training Few individual events Fun Relays	Play training Maximum of 4 events	==== ==== ====	==== ==== ====	==== ==== ====
U7	Play training Individual events Relays Modified Combined Event	==== Individual events Relays Modified Combined Event	==== Individual events Relays ====	==== ==== ==== Modified Triathlon	==== ==== ====
U8	Play training Individual events Relays Modified Combined Event	==== Individual events Relays Modified Combined Event	==== Individual events Relays ====	==== ==== ==== Modified Triathlon	==== ==== ====
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	==== ==== ====

Combined Events at Centre and Inter-Centre competitions may only comprise of LAQ approved events for the age groups. Such events should not exceed a Pentathlon for U9 - U14's or a Heptathlon for the U15 - 17's age groups.

U7 & U8's shall not be offered more than a 4 Combined Event.