

LAQ - Throw Specifications

RD:05/19

Age Group	Discus	Javelin	Shot Put
	Boys / Girls	Boys / Girls	Boys / Girls
U6 & U7	350g		1kg
U8	500g		1.5kg
U9 & U10	500g		2kg
U11	500g	400g	2kg
U12	750g	400g	2kg
U13	750g	600g / 400g	3kg
U14	1kg	600g / 400g	3kg
U15 & U16	1kg	700g / 500g	4kg / 3kg
U17	1.5kg / 1kg	700g / 500g	5kg / 3kg

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U13	750g	600g / 400g	3kg
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LAQ - Throw Specifications

RD:05/19

Discus:

U6 - U17 Athletes will use rubber / synthetic compound discus in normal Centre Competition.

U13 - U17 Athletes competing in any LAQ Association Competition shall have the choice of a metal rimmed discus (if available) or a rubber discus of the weight relevant to their age group.

Shot Put:

Colour match weight: Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg, Green=5kg

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Discus:

U6 - U17 Athletes will use rubber / synthetic compound discus in normal Centre Competition.

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Shot Put:

Colour match weight: Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg, Green=5kg

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Shot Put:

Colour match weight: Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg, Green=5kg

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Colour match weight: Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg, Green=5kg

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Discus:

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Colour match weight: Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg, Green=5kg

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LAQ - Jumps Specifications RD:05/19

Starting heights for High Jump

Age Group	Regional	Carnival/State	Technique
U6 & U7			
U8	Centre Level ONLY		Scissors
U9	0.75	0.80	Scissors
U10	0.85	0.90	Scissors
U11	0.95	1.00	Scissors/Flop
U12	1.05	1.10	Scissors/Flop
U13	1.15	1.20	Scissors/Flop
U14	1.20	1.25	Scissors/Flop
U15	1.25	1.30	Scissors/Flop
U16 & U17	1.30	1.35	Scissors/Flop

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RD:05/19

High Jump:

Scissor mat: depth should be 15cm - 30cm, the landing area should not be less than 5m x 3m.

Flop mat: depth should be 40cm – 50cm, the landing area should not be less than 5m x 3m.

Long/Triple Jump:

U6 - U10 use 1m x ½m mat

U11 - U17 use 1.22m x 20cm board

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LAQ – Track - Hurdles Specifications RD: 10/20

The hurdle crossbar shall be adjustable in height. The face of the crossbar shall be 7cm in width and shall be 120cm in length. The end of the crossbar shall project 5cm to 7.5cm outside the hurdle frame upright. Hurdles designed to collapse on contact may have feet that are designed to go on the non-approach side, or straddle the hurdle placement line. Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding.

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LAQ – Field Recording

RD:10/20

Measurements are recorded to the whole centimetre **below** the actual distance measured. i.e. 4.528 metres becomes 4.52 metres.

Count backs are only required when placings are given. When Athletes are awarded equal place, i.e. tie for second, there is no third place, the next place is fourth.

The following symbols are used when recording field events:

NM	=	No valid trial recorded (no measure)
O	=	Cleared (High Jump)
X	=	Failed / Foul
-	=	Pass
r	=	Retired
7.36	=	Distance thrown or jumped (horizontal)
DQ	=	Disqualified from an event
DNS	=	Did not Start

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LAQ – Field Recording

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LAQ – Field Recording

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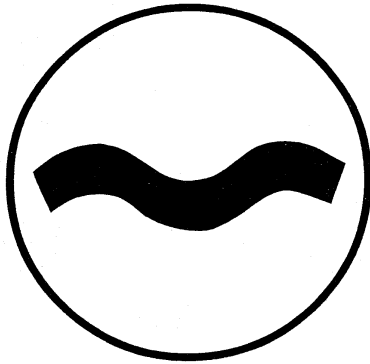
<p style="text-align: right;">LAQ – Multi-Class Classifications RD:06/19</p> <p>Hearing Impairment (T/F 01) Vision Impairment (T/F 11-13) Intellectual Impairment (T/F 20) Physical Impairment (T/F Seated 31-34, 51-57) Physical Impairment (T/F Standing 35-38, 40-47) Transplants (T/F 60)</p> <p>At LAQ conducted Championships, medals will be presented per age group based on a percentage calculation across Multi-Class classifications.</p> <p>Age groups: U9 & U10; U11 & U12; U13 & U14; U15 – U17</p>	<p style="text-align: right;">LAQ – Multi-Class Classifications RD:06/19</p> <p>Hearing Impairment (T/F 01) Vision Impairment (T/F 11-13) Intellectual Impairment (T/F 20) Physical Impairment (T/F Seated 31-34, 51-57) Physical Impairment (T/F Standing 35-38, 40-47) Transplants (T/F 60)</p> <p>At LAQ conducted Championships, medals will be presented per age group based on a percentage calculation across Multi-Class classifications.</p> <p>Age groups: U9 & U10; U11 & U12; U13 & U14; U15 – U17</p>
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LAQ – Race Walking

RD:07/19

CONTACT

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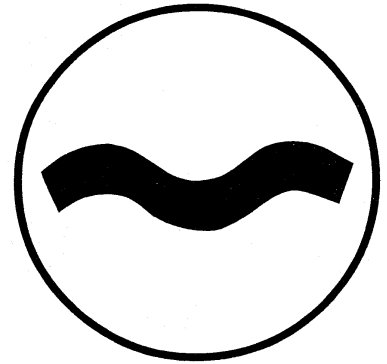
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LAQ – Race Walking

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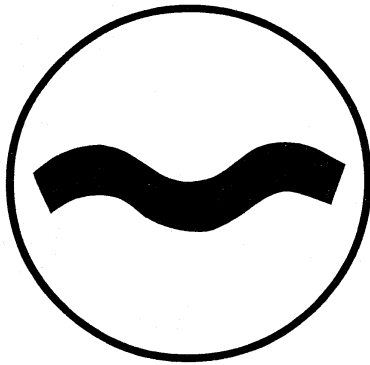
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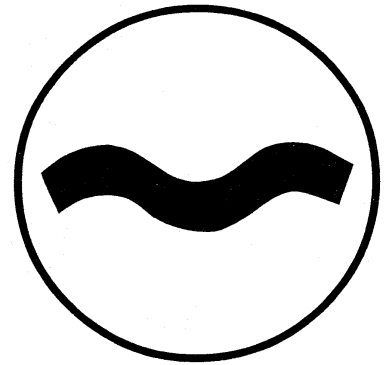
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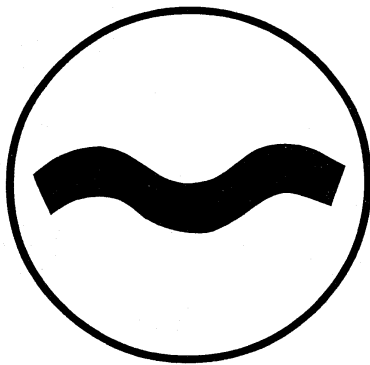
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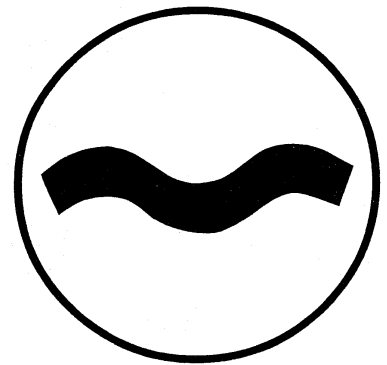
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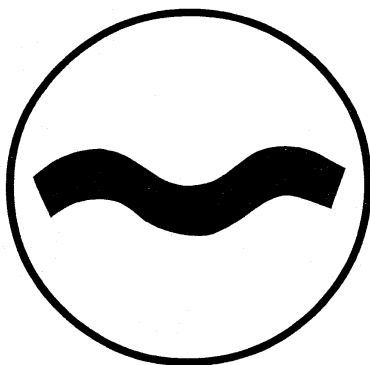
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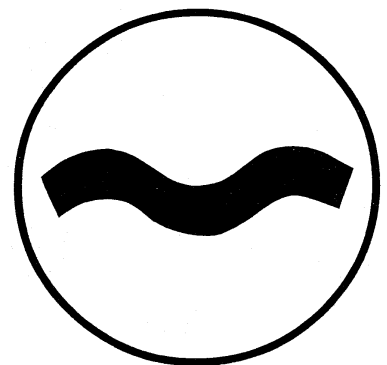
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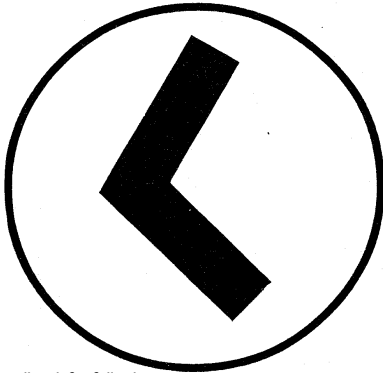
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LAQ – Race Walking

RD:07/19

KNEES

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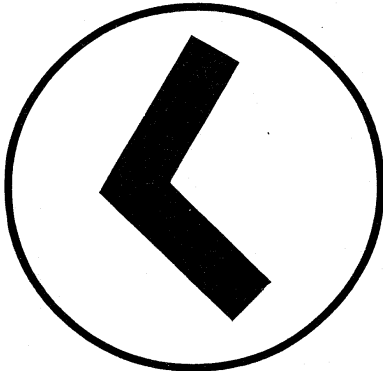
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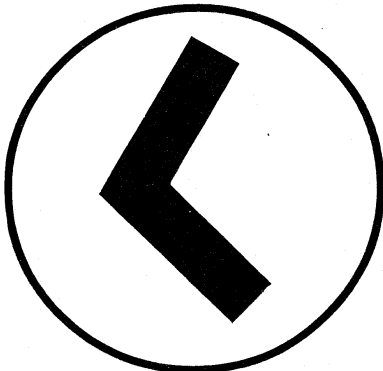
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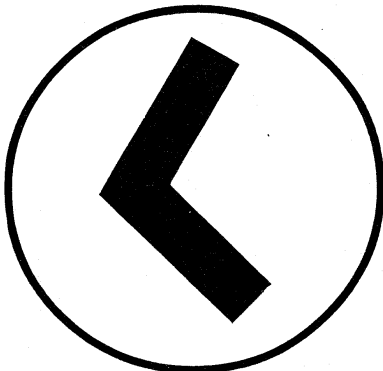
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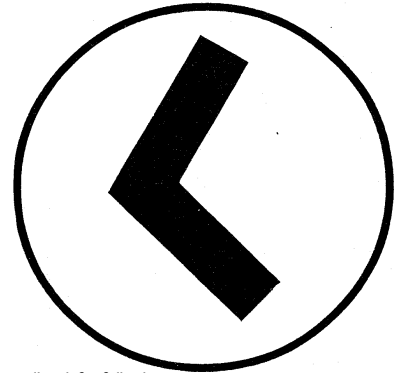
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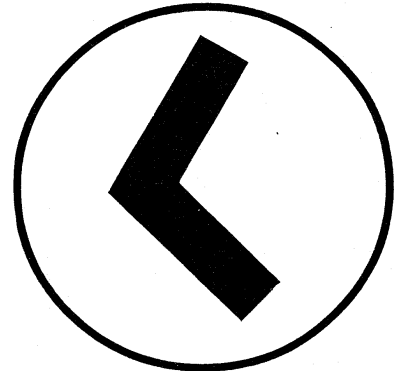
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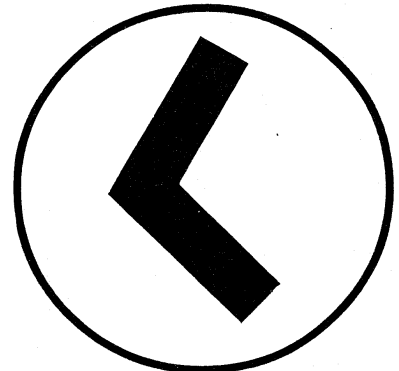
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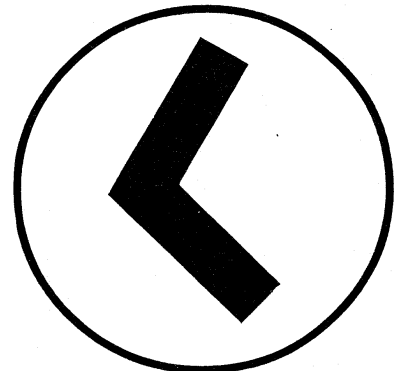
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