

Track Events Offered	Applicable Age Groups
Centre Nominated Teams	
2 x 100m Multi Class Shuttle (laned)	U9 - U17s Multi-Class boys & girls (per regions program)
4 x 70m Same Age Teams Shuttle (laned)	U7 & U8 boys & girls (per regions program)
4 x 100m Same Age Teams Shuttle (laned)	U7 & U8 boys & girls (per regions program)
4 x 100m Same Age Teams Circular (laned)	U9, U10, U11, U12, U13, U14, U15, U16 & U17 same gender & age group
4 x 200m Same Age Teams Circular (laned)	U9 & U10 boys or girls same gender & age group <i>NO CAT event for 4 x 200m</i>
4 x Swedish Same Age Teams Circular 100m, 300m, 200m, 400m	U11, U12, U15, U16 & U17 same gender & age group
4 x Medley Same Age Teams Circular 200m, 200m 400m, 800m	U13 & U14 same gender & age group <i>NO CAT event for 4 x Medley</i>
4 x 100m Combined Age Teams (CAT) Circular (laned)	CAT Junior: U9 - U12s mixed or same gender CAT Senior: U13 - U17s mixed or same gender
4 x Swedish Combined Age Teams (CAT) Circular 100m, 300m, 200m, 400m	CAT Junior: U9 - U12s mixed or same gender CAT Senior: U13 - U17s mixed or same gender
Nominated Regional Teams for State Relays	
4 x 100 Circular 4 x Medley Circular 200m, 200m, 400m, 800m	U14 to U17 nominated athletes <i>Only 1 team for each event is formed</i>

Team Structures: Track Teams

1. Same Age Teams
2. Combined Age Teams (CAT)
3. Multi-Class Teams
4. Regional Teams

1. Same Age Teams (U7 to U17)

Boys Teams

- o Four boys of the same age group *e.g. shown in ResultsHQ as 16MT*
- o All athletes must be from the same Centre
- o Girls cannot compete in a boys team
- o Reserves allowed
- o Must be formed first if there are four or more same age athletes
- o Substitutions allowed, provide team structure is maintained e.g. all boys
- o At Regions only - should a same age substitute(s) not be available, the team may use a different age or gender athlete to form and compete as an age appropriate CAT team in the CAT track event heat(s).

e.g. U9 boys team nominated as same age team, and U9 withdraws and can't be subbed by an U9, but an U11G is available - team competes as CAT Jun

Girls Teams*e.g. shown in ResultsHQ as 9FT*

- Four girls of the same age group
- All athletes must be from the same Centre
- Reserves allowed
- Must be formed first if there are four or more same age athletes
- Substitutions allowed, provide Team structure is maintained e.g. all girls
- Should a same age substitute(s) not be available, the team may use a different age or gender athlete to form and compete as a age appropriate CAT team in the CAT track event heat(s)

Acceptable rule breach due to age groups not progressing: U7 & U8s may nominate across ages and genders to form mixed teams.

2. Combined Age Teams (U9 to U17)**Combined Age Teams (CAT) - Junior (U9 - U12s)***e.g. shown in ResultsHQ as 12XT*

- Must have four nominated athletes
- Can be created using any gender combination from U9 to U12 age groups
- Maximum of three from the same age group
- All athletes must be from the same Centre
- May be all boys or all girls
- Reserves allowed
- Substitutions allowed. Substituting athlete(s) do not have to be the same gender or age of the withdrawing athlete, but must maintain Team structure. Substitutions must not result in the team having four athletes of the same age group
- A CAT team cannot use substitutes to form a Same Age Team; the CAT team structure must be maintained. If this cannot be done, the team may form a composite team or withdraw

Combined Age Teams (CAT) - Senior (U13 - U17s)*e.g. shown in ResultsHQ as 17XT*

- Must have four nominated athletes
- Can be created using any gender combination from U13 to U17 age groups
- Maximum of three from the same age group
- All athletes must be from the same Centre
- May be all boys or all girls
- Reserves allowed
- Substitutions allowed. Substituting athlete(s) do not have to be the same gender or age of the withdrawing athlete, but must maintain team structure. Substitutions must not result in the team having four athletes of the same age group
- A CAT team cannot use substitutes to form a Same Age Team; the CAT team structure must be maintained. If this cannot be done, the team may form a composite team or withdraw

3. Multi-Class Athlete Teams (U9 to U17)

- Two athletes from U9 to U12 or from U13 to U17 *email nominations - NA in ResultsHQ*
- Can be from the same Centre or from two different Centres within the Region
- Can be two boys, two girls or a boy and a girl
- Must have a valid Multi-Class Classification
- Reserves allowed

4. Regional Teams (U14 to U17)

- Four athletes from U14 to U17
- Athletes can be from any Centre within the region
- Teams can be any combination of ages from U14 to U17
- Must have at least one boy and one girl
- A run-off may be held at regional competition if no centre time is recorded. The selected team must contain any combination of both boys and girls

Field Events Offered	Applicable Age Groups
Long Jump	U7 - U8 all boys or all girls (per Regions' programs)
Discus	U7 all boys or all girls (per Regions' programs)
Shot Put	U8 all boys or all girls (per Regions' programs)
Long Jump	U10, U11, U12, U14, U15, U16 & U17 boys & girls, same gender & age group
High Jump	U9, U10, U12, U13, U14 & U15 boys & girls, same gender & age group
Discus	U9, U11, U12, U13, U15, U16 & U17 boys & girls, same gender & age group
Shot Put	U9, U10, U11, U13, U14, U16 & U17 boys & girls, same gender & age group
Long Jump Mixed	U10, U11, U12, U14, U15, U16 & U17 boys & girls, mixed gender but same age
High Jump Mixed	U9, U10, U12, U13, U14 & U15 boys & girls, mixed gender & same age
Discus Mixed	U9 U11, U12, U13, U15, U16 & U17 boys & girls, mixed gender & same age
Shot Put Mixed	U9, U10, U11, U13, U14, U16 & U17 boys & girls, mixed gender & same age

Team Structures: Field Teams

Field Teams will consist of the following

1. Same Age Teams
2. Mixed Teams
3. Multi-Class Teams

1. Same Age Teams (U7 to U17)

Boys Teams

e.g. shown in ResultsHQ as 9MT discus

- o Any number of boys of the same age group nominated at Regions
- o Two boys of the same age group qualify for State Relays
- o Must be from the same Centre
- o Girls cannot compete in a boys team
- o Substitutions allowed if after withdrawals only 1 athlete remains. The team structure must be maintained e.g. all boys

Girls Teams

e.g. shown in ResultsHQ as 9FT long jump

- o Any number girls of the same age group
- o Two girls of the same age group qualify for State Relays
- o Must be from the same Centre
- o Substitutions allowed if after withdrawals only 1 athlete remains. The team structure must be maintained e.g. all girls

2. Mixed Teams (U9 to U17)*e.g. shown in ResultsHQ as 11XT high jump*

- Athletes of the same age group
- A boy and a girl of the same age group qualify for State Relays
- Must be from the same Centre
- Nomination must include one boy and one girl
- No more than three athletes nominated (2 boys + 1 girl or 2 girls+ 1 boy) (*Region only*)
- Athletes will use implement weights in accordance to age group and gender
- Substitutions allowed if after withdrawals only 1 athlete remains. The team structure must be maintained e.g. one boy and one girl
- If three athletes are nominated, and should two boys or two girls or a single athlete remain after withdrawals, athlete(s) may compete in own gender and age group event.

3. Multi-Class Teams (U9 to U17)*email nominations - NA in ResultsHQ*

- Two athletes from U9 to U17
- Can be from the same Centre or from two different Centres within the Region
- Can be two boys, two girls or a boy and a girl
- Athletes will use implement weights in accordance to age group, gender and classification
- Must have a valid Multi-Class Classification

Notes:

Athletes cannot be **nominated** in more than one team for any specific event. For example, an athlete cannot be nominated in an U12 Boys Same Age Team and in a Combined Age Team Junior in the 4x100m.

There is no Centre limit on the number of nominations for track teams in any category or athletes in the same field events.

All track events are timed finals.

Track Team (U9 - U17s) progression to State Relays will be determined by the fastest times i.e. overall 1st, 2nd, 3rd placed teams in each event and category (Same Age Boys, Same Age Girls, CAT Junior and CAT Senior).

If a legal substitution cannot be found, a Composite Track Team may be formed. A composite team comprises of athletes from more than one (1) Centre or another age group. Such teams do not progress to from Regional Relays to State Relays; and such team created at State Relays will not be eligible for medals.

Field events may be conducted with 3 or 2 trials (per Regions' program and Region Committee agreement)

Field Teams (U9 - U17s) progression to State Relays will be determined by totalling same Centre best results forming teams of two, the best 2 teams in each event and category (Same Age Boys, Same Age Girls and Same Age Mixed).