

AGE GROUP EVENTS

Age 8 and Under (Birth Year 2010 or later)

100 Meter Dash	1500 Meter Run
200 Meter Dash	4 x 100 Meter Relay
400 Meter Dash	4 x 400 Meter Relay
800 Meter Run	

Long Jump
Shot Put (2 kg)
Mini Javelin (300g)

9-10 Year Olds (Birth Year 2008 or 2009)

100 Meter Dash	4 x 100 Meter Relay
200 Meter Dash	4 x 400 Meter Relay
400 Meter Dash	Long Jump
800 Meter Run	High Jump
1500 Meter Run	Shot Put (6 lb)
1500 Meter Racewalk	Mini Javelin (300g)

Triathlon:
Shot Put (6 lb)
High Jump
200 M Dash (Girls)
400 M Dash (Boys)

11-12 Year Olds (Birth Year 2006 or 2007)

100 Meter Dash	4 x 100 Meter Relay
200 Meter Dash	4 x 400 Meter Relay
400 Meter Dash	4 x 800 Meter Relay
800 Meter Run	Long Jump
1500 Meter Run	High Jump
3000 Meter Run	Shot Put (6 lb)
1500 Meter Racewalk	Discus (1 kg)
80 Meter Hurdles (30")	Aero Javelin (450g)

Pentathlon:
80 Meter Hurdles
Shot Put (6 lb)
High Jump
Long Jump
800 M Run (Girls)
1500 M run (Boys)

13-14 Year Olds (Birth Year 2004 or 2005)

100 Meter Dash	200 Meter Hurdles – 30"
200 Meter Dash	4 x 100 Meter Relay
400 Meter Dash	4 x 400 Meter Relay
800 Meter Run	4 x 800 Meter Relay
1500 Meter Run	Long Jump
3000 Meter Run	High Jump
3000 Meter Racewalk	Triple Jump
100 Meter Hurdles G/30"	Shot Put – Girls (6 lb)
100 Meter Hurdles B/33"	Shot Put – Boys (4 kg)

Discus (1kg)
Javelin (600g)
Pole Vault
Pentathlon:
100 M Hurdles
Shot Put (G 6lb/B 4kg)
High Jump
Long Jump
800 M (Girls)/1500 M (Boys)

15-16 Year Olds (Birth Year 2002 or 2003)

100 Meter Dash	400 Meter Hurdles (G/30"-B/36")
200 Meter Dash	4 x 100 Meter Relay
400 Meter Dash	4 x 400 Meter Relay
800 Meter Run	4 x 800 Meter Relay
1500 Meter Run	Long Jump
3000 Meter Run	High Jump
3000 Meter Racewalk	Triple Jump
2000 Meter Steeplechase	Shot Put – Girls (4 kg)
100 Meter Hurdles G/33"	Shot Put – Boys (12 lb)
110 Meter Hurdles B/39"	Discus – Girls (1 kg)

Discus – Boys (1.6 kg)
Javelin - Girls (600g)
Javelin - Boys (800g)
Hammer Throw - Girls (4 kg)
Hammer - Boys (12 lb)
Pole Vault
Heptathlon - Girls
Decathlon - Boys

17-18 Year Olds (Birth Year 2000 or 2001)

100 Meter Dash	110 Meter Hurdles B/39"
200 Meter Dash	400 Meter Hurdles (G/30"-B/36")
400 Meter Dash	4 x 100 Meter Relay
800 Meter Run	4 x 400 Meter Relay
1500 Meter Run	4 x 800 Meter Relay
3000 Meter Run - Girls	Long Jump
3000 Meter Run - Boys	High Jump
3000 Meter Racewalk	Triple Jump
2000 Meter Steeplechase	Shot Put – Girls (4 kg)
100 Meter Hurdles G/33"	Shot Put – Boys (12 lb)

Discus – Girls (1 kg)
Discus – Boys (1.6 kg)
Javelin - Girls (600g)
Javelin - Boys (800g)
Hammer Throw - Girls (4 kg)
Hammer - Boys (12 lb)
Pole Vault
Heptathlon - Girls
Decathlon - Boys