

# Events by Age Divisions

## **Age Division**

### **8 & Under**

100m, 200m, 400m, 800m, 1500m, 4x100mRelay, 4x400mRelay, Long Jump, (Mini Javelin), Shot Put (2k)

### **9-10**

100m, 200m, 400m, 800m, 1500m, 1500mRW, 4x100mRelay, 4x400mRelay, Long Jump, High Jump, Shot Put (6lbs), Mini Javelin (300g), Triathlon (HJ, SP, 200m/400m)

### **11-12**

100m, 200m, 400m, 800m, 1500m, 1500mRW, 3000m, 4x100mRelay, 4x400mRelay, 4x800mRelay, 80m Hurdles, Long Jump, High Jump, Shot Put (6lbs), Mini Javelin (300g), Discus (1k), Pentathlon (80mH, SP, HJ, LJ, 800m/1500m)

### **13-14**

100m, 200m, 400m, 800m, 1500m, 3000mRW, 3000m, 4x100mRelay, 4x400mRelay, 4x800mRelay, 100m Hurdles, 200m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put (6lbs/4kg), Javelin (600g), Discus (1k), Pole Vault, Pentathlon (100mH, SP, HJ, LJ, 800m/1500m)

### **15-16**

100m, 200m, 400m, 800m, 1500m, 3000mRW, 3000m, 2000m Steeplechase, 4x100mRelay, 4x400mRelay, 4x800mRelay, 100/110m Hurdles, 400m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put (12lbs/4kg), Javelin(800g/600g), Discus (1.6kg/1kg), Pole Vault, Hammer (12lbs/4kg), Heptathlon (girls)(day one-100mH, HJ, SP, 200m, day two- LJ, Javelin, 800m), Decathlon (boys) (day one- 100m, LJ, SP, HJ, 400m, day two-110mH, Discus, Pole Vault, Javelin, 1500m)

### **17-18**

100m, 200m, 400m, 800m, 1500m, 3000mRW, 3000m, 2000m Steeplechase, 4x100mRelay, 4x400mRelay, 4x800mRelay, 100/110m Hurdles, 400m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put (12lbs/4kg), Javelin(800g/600g), Discus (1.6kg/1kg), Pole Vault, Hammer (12lbs/4kg), Heptathlon (girls)(day one-100mH, HJ, SP, 200m, day two- LJ, Javelin, 800m), Decathlon (boys) (day one- 100m, LJ, SP, HJ, 400m, day two-110mH, Discus, Pole Vault, Javelin, 1500m)