

Sprints and Distance												
Events	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	C	✓	✓	✓	✓	✓	C	C	C	C	C	C
100m	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
300m	C	C										
400m				✓	✓	✓	✓	✓	✓	✓	✓	✓
500m		C	C									
700m			C									
800m				✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓	✓

Hurdles												
Events	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
60m H	C	C	✓	✓	✓	✓	✓					
80m H								✓	G			
90m H									B	G	G	
100m H										B	B	G
110m H												B
200m H								✓	✓			
300m H										✓	✓	✓

Race Walks												
Events	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
100m W	T	T										
300m W	T	T	C	C								
500m W			C									
700m W			✓	✓	C	C	C	C	C	C	T	T
1100m W					✓	✓						
1500m W							✓	✓	✓	✓	✓	✓
3000m W									✓	✓	✓	✓

Relays												
Events	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
4 x 70m		✓	✓									
4 x 100m		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200m				✓	✓							
4 x Medley						✓	✓	✓	✓	✓	✓	✓

Jumps												
Events	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Long Jump	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓	✓
High Jump			C	✓	✓	✓	✓	✓	✓	✓	✓	✓

Throws												
Events	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Shot Put	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin						✓	✓	✓	✓	✓	✓	✓

✓ - Standard Event

G – Standard Event for Girls Only

B – Standard Event for Boys Only

C – Centre Level Only

T – Non-LAQ Events offered as training