

Youth Events & Specifications

Sprint Hurdles

7/8 years	Not Available	
9/10 years	Not Available	
11/12 years	80 meters	7.5 m spacing, 30" high (12m to 1st)
13/14 years		
Boys	100 meters	8.5 m spacing, 33" high (13m to 1st)
Girls	100meters	8 m spacing, 30" high (13m to 1st)
15/16 years		
Boys	110 meters	9.14 m spacing, 39" high (13.72m to 1st)
Girls	100meters	8.5 m spacing, 33" high (13m to 1st)
17/18 years		
Boys	110 meters	9.14 m spacing, 39" high (13.72m to 1st)
Girls	100meters	8.5 m spacing, 33" high (13m to 1st)

200/400 Hurdles

7/8 years	Not Available	
9/10 years	Not Available	
11/12 years	Not Available	
13/14 years		
Boys	200 meters	35 m spacing, 30" high (20m to 1st)
Girls	200 meters	35 m spacing, 30" high (20m to 1st)
15/16 years		
Boys	400 meters	35 m spacing, 36" high (45m to 1st)
Girls	400 meters	35 m spacing, 30" high (45m to 1st)
17/18 years		
Boys	400 meters	35 m spacing, 36" high (45m to 1st)
Girls	400 meters	35 m spacing, 30" high (45m to 1st)

3000M

7/8 years	Not Available
9/10 years	Not Available

Steeplechase

7/8 years	Not Available
9/10 years	Not Available
11/12 years	Not Available
13/14 years	Not Available
15/16 years	2000M
17/18 years	2000M

High Jump

7/8 years	Not Available
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Race Walk

7/8 years	Not Available
9/10 years	1500M
11/12 years	1500M
13/14 years	3000M
15/16 years	3000M
17/18 years	3000M

Triple Jump

7/8 years	Not Available
9/10 years	Not Available
11/12 years	Not Available

Shot Put

7/8 years	2K
9/10 years	6lbs
11/12 years	6lbs
13/14 years	
Boys	4K
Girls	6lbs
15/16 years	
Boys	12lbs
Girls	4K
17/18 years	
Boys	12lbs
Girls	4K

Discus

7/8 years	Not Available
9/10 years	Not Available
11/12 years	1K
13/14 years	
Boys	1K
Girls	1K
15/16 years	
Boys	1.6K
Girls	1k
17/18 years	
Boys	1.6K
Girls	1K

Javelin

7/8 years	Mini Javelin 300g
9/10 years	Mini Javelin 300g
11/12 years	Mini Javelin 300g
13/14 years	600g
15/16 years	
Boys	800g
Girls	600g
17/18 years	
Boys	800g
Girls	600g

Multi-Events

7/8 years Not Available

9/10 years **Triathlon**
Shot Put - 6 lb
High Jump
200M - G
400M - B

11/12 years **Pentathlon**
80M Hurdles
Shot Put - 6 lb
High Jump
Long Jump
800M - G
1500M - B

13/14 years **Pentathlon**
100M Hurdles
Shot Put - B 4kg/G 6lb
High Jump
Long Jump
800M - G
1500M - B

15/16 years **B - Decathlon**
100M 100M Hurdles
Long Jump Discus - 1.6kg
Shot Put - 12lbs Pole Vault
High Jump Javelin - 800g
400M 1500M

G - Heptathlon
100M Hurdles Long Jump
High Jump Javelin - 600g
Shot Put - 4kg 800M
200M

17/18 years **Same as 15/16 years**