

**BLACKTOWN LITTLE ATHLETICS  
EVENTS FOR THE 2019-2020 SEASON**

Event	Girls Boys	T/T	6	7	8	9	10	11	12	13	14	15	17
50m		X	X	X									
70m		X	X	X	X	X	X						
100m			X	X	X	X	X	X	X	X	X	X	X
200m			X	X	X	X	X	X	X	X	X	X	X
400m					X	X	X	X	X	X	X	X	X
Pack			300m	500m	700m								
800m						X	X	X	X	X	X	X	X
1500m								X	X	X	X	X	X
3000m										X	X	X	X
Walk						700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
Straight T. Hurdles	Girls Boys				60m 60m	60m 60m	60m 60m	80m 80m	80m 80m	80m 80m	80m 90m	90m 100m	110m 110m
Circular T. Hurdles										X	X	X	X
Long Jump		X	X	X	X	X	X	X	X	X	X	X	X
High Jump						X	X	X	X	X	X	X	X
Triple Jump								X	X	X	X	X	X
Shot Put	Girls Boys	Refer Note	Refer Note	1kg 1kg	1.5kg 1.5kg	2kg 2kg	2kg 2kg	2kg 2kg	2kg 2kg	3kg 3kg	3kg 3kg	3kg 4kg	3kg 5kg
Discus	Girls Boys		Refer Note	350g 350g	500g 500g	500g 500g	500g 500g	500g 500g	750g 750g	750g 750g	1kg 1kg	1kg 1kg	1kg 1.5kg
Javelin	Girls Boys							400g 400g	400g 400g	400g 600g	400g 600g	500g 700g	500g 700g

- Notes:**
- ◆ The T/T age group will participate in play training activities.
  - ◆ The Under 6 age group will also participate in shuttle relays and will begin to learn the shot and discus throwing events.
  - ◆ Pack means pack start in event for that age group only.
  - ◆ Discus – all 750g, 1kg & 1.5kg will be plastic/metal discus.

**LONG JUMP**

- “ U/6 to U/7                    0.5 x 1.0 metre box with front line 50cm from edge of the pit.
- “ U/8 to U/10                0.5 x 1.0 metre box with front line 1 metre from edge of the pit
- “ U/11 to U/17               0.02 x 1.22 metre take-off board

**TRIPLE JUMP**

- “ U/11 to U/12                0.5 x 1.0 metre box at 5m, 7m, 9m back from the pit.
- “ U/13 to U/17               20cm take-off board at 5m, 7m, 9m, 11m back from the pit.

**HIGH JUMP – starting heights**

Age Group	Centre		Zone		Region		State	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
U9	0.75	0.80	0.80	0.85	0.85	0.90	0.90	0.95
U10	0.85	0.90	0.90	0.95	0.95	1.00	1.00	1.05
U11	0.90	0.95	1.00	1.05	1.05	1.10	1.10	1.15
U12	1.00	1.05	1.10	1.15	1.15	1.20	1.20	1.25
U13	1.05	1.10	1.15	1.20	1.20	1.25	1.25	1.30
U14, U15	1.10	1.15	1.20	1.25	1.25	1.30	1.30	1.35
U17								

**U9 & U10** - Scissor technique is the only technique allowed and the scissor mats are the only mats allowed to be used.

**U17** – High Jump starting heights TBA.