

EVENTS

Age	75 m	100 m	200 m	300/400 m	600 m	800 m	1500 m	Mile	3000 m	Intro to Hurdles	55 mH	70/80 mH	100 mH	300 mH	400 mH	HJ	LJ	TJ	Vortex	Shot	Discus	Javelin	Hammer	Multi-event	
U9	3				3	3		(3)		(3)						(3)	3		3						3 QuadKids
U11	1		3	3	1	2	3	3			1					2	1		1	3	3	3 Turbo			1 QuadKids
U13	1G	1	1G 150			1	1G 1200	3				1G 70				1	1	3		1	1	1	3		2 Pentathlon
U15		1	1	1G 300		1	1	3	B only			1B 80				1	1	2		1	1	1	1	1	2 Heptathlon 2 Octathlon
U17		1	1	1L 300		1	1	2	1			1L 80	1M	1L	1M	1	1	1		1	1	1	1	1	2 Heptathlon 2 Octathlon
U20		1	1	1		1	1	2	1				1		1	1	1	1		1	1	1	1	1	2 Heptathlon 2 Octathlon

- 1 Priority event for training and competition.
- 2 Secondary event - there are some competitions available for this age group.
- 3 Developed during training and scored on athlete's score card.

B Boys
M Men
G Girls
L Ladies