

# THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

## Standard Events and Specifications

The following events are approved and recommended for use at Centre/Club meetings.

### Tiny Tots

Tiny Tots are to participate in **skill games** from the LAANSW "Tiny Tots On Track" manual, the VLAA "On Track" manual or similar resources.

### Under 6 to Under 8 Track and Field Events

	Under 6		Under 7		Under 8	
	Boys	Girls	Boys	Girls	Boys	Girls
40m	✓	✓	✓	✓	✓	✓
70m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
500m					✓	✓
60m Hurdles			✓	✓	✓	✓
200m Walk	✓	✓				
400m Walk			✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
High Jump	✂*	✂*	✂	✂	✂	✂
Shot Put	1kg	1kg	1kg	1kg	1.5kg	1.5kg
Discus	350g	350g	350g	350g	500g	500g
Vortex	✓	✓	✓	✓	✓	✓

✂Athletes in the Under 6 to Under 8 age groups must jump using the "scissors" technique.

\*The Under 6 age group must use the flexi-bar. The flexi bar may be used for the Under 7 and Under 8 age groups.

Centres may also conduct the VLAA "On Track" program in support of the standard events for the Under 6 to Under 8 age groups.

### Under 9 to Under 17 Track and Field Events

	U9		U10		U11		U12		U13		U14		U15		U16		U17	
	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G
70m	✓	✓	✓	✓														
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60m Hurdles	45 <sub>cm</sub>	45 <sub>cm</sub>	60 <sub>cm</sub>	60 <sub>cm</sub>	60 <sub>cm</sub>	60 <sub>cm</sub>	68 <sub>cm</sub>	68 <sub>cm</sub>										
80m Hurdles									✓	✓		✓						
90m Hurdles											✓			✓		✓		✓
100m Hurdles													✓		✓		✓	
200m Hurdles													✓	✓	✓	✓	✓	✓
700m Walk	✓	✓																
1100m Walk			✓	✓	✓	✓												
1500m Walk							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	2kg	2kg	2kg	2kg	2kg	2kg	3kg	2kg	3kg	3kg	4kg	3kg	4kg	3kg	4kg	3kg	4kg	3kg
Discus	500 <sub>g</sub>	500 <sub>g</sub>	500 <sub>g</sub>	500 <sub>g</sub>	750 <sub>g</sub>	750 <sub>g</sub>	750 <sub>g</sub>	750 <sub>g</sub>	1kg	750 <sub>g</sub>	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	*	*	*	*	400 <sub>g</sub>	400 <sub>g</sub>	400 <sub>g</sub>	400 <sub>g</sub>	600 <sub>g</sub>	400 <sub>g</sub>	600 <sub>g</sub>	600 <sub>g</sub>	600 <sub>g</sub>	600 <sub>g</sub>	600 <sub>g</sub>	600 <sub>g</sub>	600 <sub>g</sub>	600 <sub>g</sub>
4x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x200m Relay	✓	✓	✓	✓	✓	✓												
4x400m Relay							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

\*Centres may offer the Vortex or TurboJav as a fun event at Centre competitions. This will not be offered as a Championship event.

## Hurdle Specifications

	No of Flights	Height	Lead In	Lead Out	Spacing
60 metre (45)	6	45 cm	12 metres	13 metres	7.0 metres
60 metre (60)	6	60 cm	12 metres	13 metres	7.0 metres
60 metre (68)	6	68 cm	12 metres	13 metres	7.0 metres
80 metre	9	76 cm	12 metres	12 metres	7.0 metres
90 metre	9	76 cm	13 metres	13 metres	8.0 metres
100 metre	10	76 cm	13 metres	10.5 metres	8.5 metres
200 metre	5	76 cm	20 metres	40 metres	35 metres

## Shot Put Specifications

The shot shall be made from solid metal and conform with these specifications:

Weight	Colour	Diameter Tolerance
1kg	Blue	76 to 86 mm
1.5kg	Yellow	76 to 86 mm
2kg	Orange	76 to 90 mm
3kg	White	85 to 110 mm
4kg	Red	95 to 110 mm

## Discus Specifications

Weight
350g
500g
750g
1kg

## Javelin Specifications

Weight	Overall Length
400g	1.85m to 1.95m
600g	2.20m to 2.30m

## Cross Country Events

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
400m	✓											
500m	✓✓											
600m		✓										
750m		✓✓										
800m			✓									
1000m			✓✓	✓	✓							
1200m						✓	✓					
1500m				✓✓	✓✓							
2000m						✓✓	✓✓	✓	✓	✓	✓	✓
3000m								✓✓	✓✓	✓✓	✓✓	✓✓

✓✓ = Championship Distance