

## EVENT PROGRESSION

(Centre, Zone, State & National Level Carnivals & Championships)

	CENTRE	*INTRACENTRE	QLAA ZONE	QLAA STATE	ALA NATIONAL
U6	Play training Few individual events Fun Relays	Play training Few individual events	==== ==== ====	==== ==== ====	==== ==== ====
U7	Play training Individual events Relays Modify Pentathlon	==== Individual events Relays Modify Pentathlon	==== Individual events Relays ====	==== ==== ====	==== ==== ====
U8	Play training Individual events Relays Modify Pentathlon	==== Individual events Relays Modify Pentathlon	==== Individual events Relays ====	==== ==== ====	==== ==== ====
U9	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U10	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U11	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U12	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U13	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	Team Competition Relays ====
U14	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U15	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays Pentathlon	==== Relays Pentathlon
U16 U17	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays Pentathlon	==== ==== ====	==== ==== ====

Centres may provide a Pentathlon / Carnival competition using the guidelines listed above, to Centre members or invited registered members of other QLAA Centres. Centres may also invite registered members of QA, provided their participation is sanctioned by QA. Detail of any such Carnival is to be submitted for the sanctioning of QLAA.

Modified Pentathlon for U7 & U8's at Centre and \*IntraCentre competitions may only comprise of any of the QLAA approved U7 & U8 age group events - 70m, 100m, 200m, 300m walk, pack start 500m, Shot Put, Discus, Long Jump. U8's programme may also include 60m Hurdle and High Jump.

## SUMMARY OF TRACK & FIELD EVENTS

EVENTS	U6	U7	U8	U9	U10	U11	U12	U13	U 14	U 15	U16	U17
70 metre	*	√	√	√	√	*	*	*	*	*	*	*
100 metre	*	√	√	√	√	√	√	√	√	√	√	√
200 metre	#	√	√	√	√	√	√	√	√	√	√	√
300 metre	X	#										
400 metre	X	X	X	*	√	√	√	√	√	√	√	√
500 metre	X	X	*	X	X	X	X	X	X	X	X	X
800 metre	X	X	X	√	√	√	√	√	√	√	√	√
1000 metre	X	X	(*)	(*)	(*)	(*)	(*)	(*)	(*)	(*)	(*)	(*)
1500 metre	X	X	X	(*)	(*)	√ (*)	√ (*)	√ (*)	√ (*)	√ (*)	√ (*)	√ (*)
2000 metre	X	X	X	X	X	(*)	(*)	(*)	(*)	(*)	(*)	(*)
3000 metre	X	X	X	X	X	X	X	* (*)	* (*)	* (*)	* (*)	* (*)
60m Hurdle	X	X	√	√	√	√	√	X	X	X	X	X
80m Hurdle	X	X	X	X	X	X	X	√	G	X	X	X
90m Hurdle	X	X	X	X	X	X	X	X	B	G	G	G
100m Hurdle	X	X	X	X	X	X	X	X	X	B	B	B
300m Walk	*	*	*	*	X	X	X	X	X	X	X	X
700m Walk	X	X	X	√	*	*	*	*	*	*	X	X
1100m Walk	X	X	X	X	√	√	X	X	X	X	X	X
1500m Walk	X	X	X	X	X	X	√	√	√	√	√	√
4 x 70 Relay	X	√	√									
4 x 100 Relay	X	√	√	√	√	√	√	√	√	√	√	√
4 x 200 Relay	X			√	√							
4 x Medley	X	X	X	X				√	√	√	√	√
Long Jump	*	√	√	√	√	√	√	√	√	√	√	√
Triple Jump	X	X	X	X	X	√	√	√	√	√	√	√
High Jump	X	X	√	√	√	√	☑	☑	☑	☑	☑	☑
Shot Put	*	√	√	√	√	√	√	√	√	√	√	√
Discus	*	√	√	√	√	√	√	√	√	√	√	√
Javelin	X	X	X	X	X	√	√	√	√	√	√	√

**Legend:** \* Centre level only      √ Competition level      X Not permitted  
 (\*) Cross Country Distances      √ Scissors      ☑ Fosbury Flop  
 # Optional Trial Event at Centre only

All events are for boys & girls unless otherwise stated.

Centres are permitted the option of U6's (200m), U7 (300m) & U8's (500m), using a pack start.

Trial Procedures: Centres are able to trial events, event specification changes, and age groups in Queensland, to take the results of such trials to the Australian Little Athletics (ALA) Conference. Refer to the Association Constitution, Resolutions & Bylaws for implementation of trial procedures.

## EVENT & EQUIPMENT SPECIFICATIONS

### HURDLES

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
60mh (45cm)	---	---	BG	BG	---	---	---	---	---	---	---	---
60mh (60cm)	---	---	---	---	BG	BG	---	---	---	---	---	---
60mh (68cm)	---	---	---	---	---	---	BG	---	---	---	---	---
80mh (76cm)	---	---	---	---	---	---	---	BG	G	---	---	---
90mh (76cm)	---	---	---	---	---	---	---	---	B	G	G	G
100mh (76cm)	---	---	---	---	---	---	---	---	---	B	B	B
200mh (68cm)	---	---	---	---	---	---	---	BG	---	---	---	---
200mh (76cm)	---	---	---	---	---	---	---	---	BG	BG	BG	BG
60m	6 Flights	@	7m spacing, 12m lead in, 13m run out 45cm U8 & U9 Boys & Girls 60cm U10 & U11 Boys & Girls 68cm U12 Boys & Girls									
80m	9 Flights	@	7m spacing, 12m lead in, 12m run out. 76cm U13 Boys & Girls, U14 Girls									
90m	9 Flights	@	8m spacing, 13m lead in, 13m run out. 76cm U14 Boys & U15 Girls									
100m	10 Flights	@	8.5m spacing, 13m lead in, 10.5 run out 76cm U15 Boys									
200m	5 Flights	@	35m spacing, 20m lead in, 40m run out 68cm U13 Boys & Girls 76cm U14 & U15 Boys & Girls									

### HIGH JUMP

U8 to U11 Scissors only: onto low scissors mat

U12 to U17 Scissors or flop technique: onto proper thickness and density flop mats.

The High Jump area

- The maximum depth of scissors jump mats should be 20cm.
- The minimum requirements for high jump mats (landing area) for the Fosbury flop should be 5m x 3m x 37.5 - 45cm depth.

### LONG / TRIPLE JUMP

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Long Jump												
1m x 1/2m	BG	BG	BG	BG	BG	BG	BG	---	---	---	---	---
1.22m x 20cm	---	---	---	---	---	---	---	BG	BG	BG	BG	BG
Triple Jump												
1m x 1/2m	---	---	---	---	---	BG	BG	---	---	---	---	---
1.22m x 20cm	---	---	---	---	---	---	---	BG	BG	BG	BG	BG

### DISCUS

350g	BG	BG	---	---	---	---	---	---	---	---	---	---
500g	---	---	BG	BG	BG	---	---	---	---	---	---	---
750g	---	---	---	---	---	BG	BG	G	---	---	---	---
1kg	---	---	---	---	---	---	---	B	BG	BG	BG	BG

### JAVELIN

400g	---	---	---	---	---	BG	BG	G	---	---	---	---
600g	---	---	---	---	---	---	---	B	BG	BG	BG	BG

### SHOT PUT

1kg blue	BG	BG	---	---	---	---	---	---	---	---	---	---
1.5kg yellow	---	---	BG	---	---	---	---	---	---	---	---	---
2kg orange	---	---	---	BG	BG	BG	G	---	---	---	---	---
3kg white	---	---	---	---	---	---	B	BG	G	G	G	G
4kg red	---	---	---	---	---	---	---	---	B	B	B	B
	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>	<b>U15</b>	<b>U16</b>	<b>U17</b>