

Chapter 6, Table 1 – Event and Specification Summary by age

LAWA Events and Equipment Specification Summary 2019 - 20 By Age

| | OPTIONAL AGE GROUPS | | | | | | COMPULSORY AGE GROUPS | | | | | | | | | | | | | | OPTIONAL AGE GROUPS | | | | |
|------------------------|---------------------|-----------|-----------|-----------|-----------|-----------|-----------------------|------------|------------|------------|------|------|------|------|------|------|------|------|------|------|---------------------|------|------|------|-------|
| | U6 | | U7 | | U8 | | U9 | | U10 | | U11 | | U12 | | U13 | | U14 | | U15 | | U16 | | U17 | | |
| | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | |
| 70m | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | |
| 100m | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200m | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 400m | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 800m | *4 300 | *4 300 | *4 300 | *4 300 | *4 500 | *4 500 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 1500m | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Hurdles (m) | *1 | *1 | *2 | *2 | 60 | 60 | 60 | 60 | 60 | 60 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 90 | 90 | 100 | 90 | 100 | 100 | 110 | 110 |
| Long Hurdles (m) | | | | | | | | | | | | | | | 200 | 200 | 200 | 200 | 300 | 300 | 300 | 300 | 300 | 300 | 300 |
| Walk (m) | | | | | 700 | 700 | 700 | 700 | 1100 | 1100 | 1100 | 1100 | 1500 | 1500 | 1500 | 1500 | 1500 | 1500 | 1500 | 1500 | 1500 | 1500 | 1500 | 1500 | 1500 |
| Long Jump (m) | 1 | 1 | 1 | 1 | 1 | 1 | 0.5 | 0.5 | 0.5 | 0.5 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 |
| Triple Jump (m) | | | | | | | | | | | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 |
| High Jump Start Height | | | | | *3 | *3 | *3 0.95 | *3 1.00 | *3 1.00 | *3 1.05 | 1.05 | 1.10 | 1.15 | 1.20 | 1.20 | 1.25 | 1.25 | 1.30 | 1.30 | 1.35 | 1.35 | 1.40 | 1.40 | 1.45 | 1.45 |
| Shot Put (kg) | 1 | 1 | 1 | 1 | 1.5 | 1.5 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 5 | 5 |
| Discus (g) | 350 | 350 | 350 | 350 | 500 | 500 | 500 | 500 | 500 | 500 | 500 | 500 | 750 | 750 | 750 | 750 | 1kg | 1kg | 1kg | 1kg | 1kg | 1kg | 1kg | 1kg | 1.5kg |
| Turbo Jav (g) | Vortex | Vortex | Vortex | Vortex | 300 | 300 | 300 | 300 | 300 | 300 | | | | | | | | | | | | | | | |
| Javelin (g) | | | | | | | | | | | 400 | 400 | 400 | 400 | 400 | 600 | 400 | 600 | 500 | 700 | 500 | 700 | 500 | 700 | |
| Relay 4 x 100m | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | *5 | *5 | *5 |
| Relay 4 x 200m | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | |
| Relay 4 x 400m | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | *5 | *5 | *5 | *5 |







- *1 60m mini hurdles, max height 200mm
- *2 60m mini hurdles, max height 300mm
- *3 Scissor style onto scissor mats only (150mm-300mm High)
- *4 Pack start for U6 & U7 300m, and U8 500m
- *5 Events conducted as a combined age group
- Events may not be conducted at any level of competition
- Centres may offer these events but they will not be conducted at State Events
- U6 sprints Up to and including 100m
- U7-U8 sprints Up to and including 200m
- U7-U8 Athletes may progress to Zones (State Heats and Quarter Finals)
- U9-U15 Athletes may progress to Zones (State Heats and Quarter Finals) and subsequently qualify for State Championships
- U16-U17 Athletes may nominate directly to State Championships

Spike Summary

- 1 U6-U10 Athletes may not wear spike shoes for any event
- 2 U11-U12 Athletes may wear spike shoes for:
 - events run entirely in lanes
 - long jump, triple jump, high jump and javelin
- 3 U13-U17 Athletes may wear spike shoes for:
 - all track events except walks
 - long jump, triple jump, high jump and javelin

Chapter 6, Table 2 – Hurdle Specifications by age

| HURDLE SPECIFICATIONS | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|----|----|----|----|----|----|----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|------|-----|------|------|-------|
| Short Hurdles | U6 | | U7 | | U8 | | U9 | | U10 | | U11 | | U12 | | U13 | | U14 | | U15 | | U16 | | U17 | |
| | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B | G | B |
| Distance (m) | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 90 | 90 | 100 | 90 | 100 | 100 | 110 |
| Height (cm) | 20 | 20 | 30 | 30 | 45 | 45 | 45 | 45 | 60 | 60 | 60 | 60 | 68 | 68 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 |
| Lead In (m) | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 13 | 13 | 13 | 13 | 13 | 13 | 13.72 |
| Spacing (m) | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 8 | 8 | 8.5 | 8 | 8.5 | 8.5 | 9.14 |
| Lead Out (m) | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 13 | 13 | 10.5 | 13 | 10.5 | 10.5 | 14.02 |
| No. of Flights | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 10 | 9 | 10 | 10 | 10 |

| Hurdles Colour Code | | |
|---------------------|--------|---|
| 60m | Brown |  |
| 80m | Black |  |
| 90m | White |  |
| 100m | Yellow |  |
| 110m | Red |  |
| 200m | Green |  |
| 300m | Green |  |

| Long Hurdles | U13 | | U14 | | U15 | | U16 | | U17 | |
|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | G | B | G | B | G | B | G | B | G | B |
| Distance (m) | 200 | 200 | 200 | 200 | 300 | 300 | 300 | 300 | 300 | 300 |
| Height (cm) | 68 | 68 | 76 | 76 | 76 | 76 | 76 | 76 | 76 | 76 |
| Lead In (m) | 20 | 20 | 20 | 20 | 50 | 50 | 50 | 50 | 50 | 50 |
| Spacing (m) | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 |
| Lead Out (m) | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |
| No. of Flights | 5 | 5 | 5 | 5 | 7 | 7 | 7 | 7 | 7 | 7 |

Note: Hurdles must be transitioned to the collapsible type by 1 September 2019

Chapter 6, Table 3 – Jump Event Specifications

| HIGH JUMP MAT SPECIFICATIONS | | | |
|--|---------------|-------|-------|
| Minimum Mat Dimensions | Height | Width | Depth |
| U9 - U10: Scissor technique onto scissor mats only | 150mm - 300mm | 5m | 3m |
| U11 - U17: Legal jump technique onto flop mats | Minimum 500mm | 5m | 3m |

Note: Existing mat heights between 400mm and 500mm are to be phased out.

From 2019/2020 the minimum height for flop mats of all competition levels will be 500mm

HIGH JUMP START HEIGHTS

1. Start heights indicated are used for State Competition.
2. U8 may do Scissor technique onto scissor mats at Centre level competition, at the discretion of the Centre.

HIGH JUMP BAR INCREMENTS

1. Bar rises in 5cm increments until there are six (6) or fewer competitors remaining and by increments of 2cm thereafter until only one competitor remains.
2. When only one athlete remains, that athlete may choose the increments.

HORIZONTAL JUMPS TAKE-OFF MAT / BOARD







1. U6 - U8: 1.0m x 1.22m mat
2. U9 - U10: 0.5m x 1.22m mat
3. U11 - U17: 0.2m x 1.22m mat or board sunk level with the runway, or painted on to the runway.

TRIPLE JUMP TAKE-OFF MAT / BOARD

1. Take off area shall be in whole metre increments from the edge of the pit, commencing from 4m.

Chapter 6, Table 4 – Throw Equipment Specifications

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

| SHOT PUT SPECIFICATIONS | | | |
|-------------------------|--------|---|--------------------|
| Weight | Colour | | Diameter Tolerance |
| 1kg | Blue |  | 76 - 86 mm |
| 1.5kg | Yellow |  | 76 - 86 mm |
| 2kg | Orange |  | 76 - 90 mm |
| 3kg | White |  | 85 - 110 mm |
| 4kg | Red |  | 95 - 110 mm |
| 5kg | Green |  | 100 - 120 mm |

Weight Tolerance + 0.025kg

| DISCUS SPECIFICATIONS | | | | |
|-----------------------|--------------------|---------------------|---------------|---------------|
| Weight | Diameter Tolerance | Thickness at Centre | Flat | Radius |
| 350g | Not specified | Not Specified | Not Specified | Not Specified |
| 500g | 130 - 136 mm | 22 - 27 mm | n/a | 5 mm |
| 750g | 154 - 156 mm | 26 - 30 mm | n/a | 5 mm |
| 1kg | 180 - 182 mm | 37 - 39 mm | 50 - 57 mm | 6 mm |
| 1.5kg | 200 - 202 mm | 38 - 40 mm | 50 - 57 mm | 6 mm |

Weight Tolerance + 0.025kg

| JAVELIN SPECIFICATIONS | | |
|------------------------|----------------|--|
| Weight | Overall Length | Length from metal tip to Centre of Gravity |
| 400g | 1.85m - 1.95m | 750mm - 800mm |
| 500g | 2.00m - 2.10m | 780mm - 880mm |
| 600g | 2.20m - 2.30m | 800mm - 920mm |
| 700g | 2.30m - 2.40m | 860mm - 1000mm |

Weight Tolerance + 0.025kg

Chapter 6, Table 5 – Winter Competition Distances

Cross Country Distances

| Age Group | Distance | Flag Colour |
|-------------------------|----------|--------------------|
| U7, U8 | 1000m | Pink & Black Lines |
| U9, U10 | 1500m | White |
| U11, U12 | 2000m | Green |
| U13, U14, U15, U16, U17 | 3000m | Orange |

Note: There may be a variance of up to 100m either way for each distance.

Road Walk Distances

| Age Group | Distance |
|------------------------------|--------------|
| U7, U8 | N/A (Note 1) |
| U9 | 1000m |
| U10, U11 | 1500m |
| U12, U13, U14, U15, U16, U17 | 2000m |

Note 1: Under LAA Standard Rules of Competition rules, Out of Stadia Road Walks are not to be offered to athletes in these age group.