

WA STATE TRACK & FIELD CHAMPIONSHIPS POWERED BY GO FOR 2&5

CONTESTED EVENTS – WOMEN

Age Group	U14 (LA U13) Born 2010/11	U15 (LA U14) Born 2009	U16 (LA U15) Born 2008	U17 (LA U16) Born 2007	U18 (LA U17) Born 2006	U20 Born 2004 or 2005	Open Born 2003 or earlier
100m	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓
3000m		✓	✓	✓	✓	✓	✓
Sprint Hurdles	80m (76cm)	90m (76cm)	90m (76cm)	100m (76cm)	100m (76cm)	100m (84cm)	100m (84cm)
Long Hurdles	200m (76cm) 10 flights	200m (76cm) 10 flights	200m (76cm) 10 flights	400m (76cm)	400m (76cm)	400m (76cm)	400m (76cm)
Steeplechase*		2000m (76cm)	2000m (76cm)	2000m (76cm)	2000m (76cm)	3000m (76cm)	3000m (76cm)
Race Walk	3000m	3000m	3000m	5000m	5000m	5000m	5000m
High Jump Starting Height	✓ 1.20m	✓ 1.25m	✓ 1.30m	✓ 1.35m	✓ 1.40m	✓ 1.40m	✓ 1.40m
Pole Vault*	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓	✓
Shot Put	3kg	3kg	3kg	3kg	3kg	4kg	4kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	400g	500g	500g	500g	500g	600g	600g
Hammer Throw*	3kg	3kg	3kg	3kg	3kg	4kg	4kg

CONTESTED EVENTS – WOMEN (CONT.)

ENTRY RESTRICTIONS & AGE MINIMUMS

- Athletes are unable to contest Pole Vault, Hammer Throw or Steeplechase unless they have trained and competed in the event at Strive
- Athletes must be 14 years of age in the year of competition to compete in Steeplechase
- Athletes must be 16 years of age in the year of competition to compete in any event in excess of 5000m
- High Jump and Pole Vault starting heights and Triple Jump board minimums will apply and will be finalised in the release of the Championships Rules & Regulations.

LITTLE ATHLETICS EVENTS - GIRLS

In 2022/23, majority of events for the Little Athletics Under 14-17 age groups align with the national pathway, with the exception of hurdles and race walking events. To address the discrepancy between program specifications, the following events will be contested at the WA State Track & Field Championships but can only be contested by Little Athletics Program members.

Age Group	U15 (LA U14) Born 2009	U16 (LA U15) Born 2008	U17 (LA U16) Born 2007	U18 (LA U17) Born 2006
Sprint Hurdles	80m (76cm)			
Long Hurdles	200mH (76cm - 5 flights)	300mH (76cm - 7 flights)	300mH (76cm - 7 flights)	300mH (76cm - 7 flights)
Race Walk	1500m Race Walk	1500m Race Walk	1500m Race Walk	1500m Race Walk

Members in the Little Athletics U13 Age Group can choose to compete at the WA State Track & Field Championships with the specifications as detailed in this document and/or the WA State Junior Track & Field Championships, with the specifications as detailed in the Little Athletics Program Rules.

WA STATE TRACK & FIELD CHAMPIONSHIPS POWERED BY GO FOR 2&5

CONTESTED EVENTS – MEN

Age Group	U14 (LA U13) Born 2010/11	U15 (LA U14) Born 2009	U16 (LA U15) Born 2008	U17 (LA U16) Born 2007	U18 (LA U17) Born 2006	U20 Born 2004 or 2005	Open Born 2003 or earlier
100m	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓
3000m		✓	✓	✓	✓	✓	✓
Sprint Hurdles	90m (76cm)	100m (84cm)	100m (84cm)	110m (91cm)	110m (91cm)	110m (99cm)	110m (1.067m)
Long Hurdles	200m (76cm) 10 flights	200m (76cm) 10 flights	200m (76cm) 10 flights	400m (84cm)	400m (84cm)	400m (91cm)	400m (91cm)
Steeplechase*		2000m (76cm)	2000m (76cm)	2000m (84cm)	2000m (84cm)	3000m (91cm)	3000m (91cm)
Race Walk	3000m	3000m	3000m	5000m	5000m	5000m	5000m
High Jump Starting Height	✓ 1.25m	✓ 1.30m	✓ 1.35m	✓ 1.40m	✓ 1.45m	✓ 1.50m	✓ 1.50m
Pole Vault*	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓	✓
Shot Put	3kg	4kg	4kg	5kg	5kg	6kg	7.26kg
Discus	1kg	1kg	1kg	1.5kg	1.5kg	1.75kg	2kg
Javelin	600g	700g	700g	700g	700g	800g	800g
Hammer Throw*	3kg	4kg	4kg	5kg	5kg	6kg	7.26kg

CONTESTED EVENTS – MEN (CONT.)

ENTRY RESTRICTIONS & AGE MINIMUMS

- Athletes are unable to contest Pole Vault, Hammer Throw or Steeplechase unless they have trained and competed in the event at Strive
- Athletes must be 14 years of age in the year of competition to compete in Steeplechase
- Athletes must be 16 years of age in the year of competition to compete in any event in excess of 5000m or any men’s open throwing, hurdles or steeplechase event
- High Jump and Pole Vault starting heights and Triple Jump board minimums will apply and will be finalised in the release of the Championships Rules & Regulations.

LITTLE ATHLETICS EVENTS – BOYS

In 2022/23, majority of events for the Little Athletics Under 14-17 age groups align with the national pathway, with the exception of hurdles and race walking events. To address the discrepancy between program specifications, the following events will be contested at the WA State Track & Field Championships but can only be contested by Little Athletics Program members.

Age Group	U15 (LA U14) Born 2009	U16 (LA U15) Born 2008	U17 (LA U16) Born 2007	U18 (LA U17) Born 2006
Sprint Hurdles	90mH (76cm)	100mH (76cm)	110mH (76cm)	110mH (76cm)
Long Hurdles	200mH (76cm - 5 flights)	300mH (76cm - 7 flights)	300mH (76cm - 7 flights)	300mH (76cm - 7 flights)
Race Walk	1500m Race Walk	1500m Race Walk	1500m Race Walk	1500m Race Walk

Members in the Little Athletics U13 Age Group can choose to compete at the WA State Track & Field Championships with the specifications as detailed in this document and/or the WA State Junior Track & Field Championships, with the specifications as detailed in the Little Athletics Program Rules.