

## Kings Langley Little Athletics Centre Inc. Events

### **Tiny Tots**

Non competitive play training and games

#### **Under 6**

50m, 70 m, 100m, Pack Start (300m), Step Hurdles, Shuttle Relay, Long Jump, Discus (350g) Shot Put (1kg), Vortex

#### **Under 7**

50m, 70m, 100m, 200m, Pack Start (500m), Training Hurdles, Shuttle Relay, Long Jump, Discus (350g), Shot Put (1kg), Vortex

#### **Under 8**

70m, 100m, 200m, 400m, Pack Start (700m), 60m Hurdles, Long Jump, Discus (500g), Shot Put (1.5kg), Vortex

#### **Under 9**

70m, 100m, 200m, 400m, 800m, 700m Walk, 60m Hurdles, High Jump, Long Jump, Discus (500g), Shot put (2kg)

#### **Under 10**

70m, 100m, 200m, 400m, 800m, 1500m, 1100m Walk, 60m Hurdles, High Jump, Long Jump, Discus (500g), Shot Put (2kg)

#### **Under 11**

100m, 200m, 400m, 800m, 1500m, 1100m Walk, 60m Hurdles, High Jump, Long Jump, Triple Jump, Discus (750g), Shot Put (2kg)

#### **Under 12 Girls**

100m, 200m, 400m, 800m, 1500m, 1500m Walk, 60m Hurdles, High Jump, Long Jump, Triple Jump, Discus (750g), Shot Put (2kg), Turbo Jav

#### **Under 12 Boys**

100m, 200m, 400m, 800m, 1500m, 1500m Walk, 60m Hurdles, High Jump, Long Jump, Triple Jump, Discus (750g), Shot Put (3kg), Turbo Jav

#### **Under 13 Girls**

100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, 80m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Discus (750g), Shot Put (3kg), Javelin (400g)

#### **Under 13 Boys**

100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, 80m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Discus (1kg), Shot Put (3kg), Javelin (600g)

#### **Under 14 Girls**

100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, 80m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Discus (1kg), Shot Put (3kg), Javelin (600g)

#### **Under 14 Boys**

100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, 90m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Discus (1kg), Shot Put (4kg) Boys, Javelin (600g)

#### **Under 15 Girls**

100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, 90m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Discus (1kg), Shot Put (3kg), Javelin (600g)

#### **Under 15 Boys**

100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, 100m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Discus (1kg), Shot Put (4kg), Javelin (600g)

#### **Under 17 Girls**

100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, 100m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Discus (1kg), Shot Put (4kg), Javelin (600g)

#### **Under 17 Boys**

100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, 110m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Discus (1.5kg), Shot Put (5kg), Javelin (700g)