

BORN 2010

AGE GROUPS

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| <p>LITTLE ATHLETICS PROGRAM Under 14 for the 2023/24 Summer Season</p> | <p>SENIOR ATHLETICS / STRIVE Under 14 until 31 December 2023 Under 15 from 1 January 2024</p> |
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STATE COMPETITIONS

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| <p>WA State Combined Events Championships Date: 18-19 November 2023 Location: WA Athletics Stadium Entry: Entry is open to all Little Athletics and Strive members as per the following age groups Qualification to enter: There is no qualification criteria for members to enter this event.</p> <p>Eligible events: There are two events on offer for this age group.</p> | |
| <p>FEMALE U14 Little Athletics Heptathlon Events include 80mH (76cm), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (500g) and 800m</p> <p>U15 Senior Heptathlon Events include 90mH (76cm), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (500g) and 800m</p> <p>National progression: Top 3 qualify for the Australian Track & Field Championships in addition to any athlete who achieves the entry standard.</p> | <p>MALE U14 Little Athletics Heptathlon Events include 90mH (76cm), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (600g) and 800m</p> <p>U15 Senior Heptathlon Events include 100mH (84cm), High Jump, Shot Put (4kg), 200m, Long Jump, Javelin (700g) and 1500m</p> <p>National progression: Top 3 qualify for the Australian Track & Field Championships in addition to any athlete who achieves the entry standard.</p> |

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| <p>WA State Relay Championships powered by Go for 2&5 Date: 16 December 2023 Location: WA Athletics Stadium Entry: Entries are only taken through Little Athletics Centres and Senior Clubs (no individual entries by members). Further information on entries will be released with the Rules and Regulations.</p> | |
| Eligible Events | |
| Little Athletics Members | Senior Athletics Members |

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| Under 14 4 x 100m relay (heats and finals) Under 14 4 x 400m relay (timed finals only) Under 14 Field Relay - Shot, Javelin, Long Jump, Triple Jump | (NB Senior age groups are Under 20 and Open) 4 x 100m Women & Men 4 x 400m Women & Men 4 x Distance Medley Relay (1200-800-400-1600) (2 male & 2 female) 2 x Long Jump Relay (1 male & 1 female) 2 x Shot Put Relay (1 male & 1 female) |
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| <p>WA Little Athletics Zones Championships powered by Go for 2&5 Date: 17-18 February 2024 Location: TBC Entry: All registered Little Athletics in the Under 7 through to Under 15 age groups (inclusive) are eligible to enter the 2024 Zones Championships. Entries will be open via ResultsHQ a month prior to the event and no late entries will be accepted. Athlete Entry Limits: The maximum number of event entries per athlete is:</p> <ul style="list-style-type: none"> • U7 - U9: 4 events over the two days - no daily event limitations apply • U10 - U12: 5 events over the two days - no daily event limitations apply • U13 - U15: 6 events over the two days - no daily event limitations apply | |
| <p>Eligible Events</p> | |
| <p>Under 14 Women</p> 100m 200m 400m 800m 1500m 80m Hurdles 200m Hurdles 1500m Race Walk Long Jump Triple Jump High Jump (Starting Height 1.25m) Shot Put (3kg) Discus (1kg) Javelin (500g) | <p>Under 14 Men</p> 100m 200m 400m 800m 1500m 90m Hurdles 200m Hurdles 1500m Race Walk Long Jump Triple Jump High Jump (Starting Height 1.30m) Shot Put (4kg) Discus (1kg) Javelin (700g) |

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| <p>WA State Track & Field Championships powered by Go for 2&5 Date: 22-25 February 2024 Location: WA Athletics Stadium Entry: Entry is open to all Little Athletics and Strive members within the following age groups.</p> |
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| <p>Qualification to enter State Championships: There is no qualification criteria for members to enter this event. Rules: World Athletics Rules are applicable at this event</p> | |
| <p>Eligible Events</p> | |
| <p>Under 15 Women 100m 200m 400m 800m 1500m 3000m 90m Hurdles (76.2cm) 200m Hurdles (76.2cm, 10 flights) 2000m Steeplechase (76.2cm)* 3000m Race Walk High Jump (Starting Height 1.25m) Pole Vault* Long Jump Triple Jump Shot Put (3kg) Discus (1kg) Javelin (500g) Hammer Throw (3kg)*</p> <p>National progression: Top 3 qualify for the Australian Junior Track & Field Championships in addition to any athlete who achieves the entry standard.</p> <p>In addition, Little Athletics members can also compete in:</p> <ul style="list-style-type: none"> • 80m Hurdles (76.2cm) • 200m Hurdles (76.2cm, 5 flights) • 1500m Race Walk | <p>Under 15 Men 100m 200m 400m 800m 1500m 3000m 100m Hurdles (83.8cm) 200m Hurdles (76.2cm, 10 flights) 2000m Steeplechase (76.2cm)* 3000m Race Walk High Jump (Starting Height 1.30m) Pole Vault* Long Jump Triple Jump Shot Put (4kg) Discus (1kg) Javelin (700g) Hammer Throw (4kg)*</p> <p>National progression: Top 3 qualify for the Australian Junior Track & Field Championships in addition to any athlete who achieves the entry standard.</p> <p>In addition, Little Athletics members can also compete in:</p> <ul style="list-style-type: none"> • 90m Hurdles (76.2m) • 200m Hurdles (76.2cm, 5 flights) • 1500m Race Walk |
| <p>Entry notes *Athletes are unable to contest Pole Vault, Hammer Throw or Steeplechase unless they have trained and competed in the event at Strive</p> | |

NATIONAL COMPETITIONS

Australian Junior Track & Field Championships

The Australian Junior Track & Field Championships is set to be held at South Australian Athletics Stadium in Adelaide from Thursday 11th – Friday 19th April 2024.

Athletes can qualify to represent Western Australia at the Championships by achieving the entry standard, or by placing top 3 at the WA State Track & Field Championships (22-25 February) in the relevant event/age group.

Visit the Athletics Australia event page for further information and entry standards:

<https://www.athletics.com.au/events/192836/>

Australian Little Athletics Championships

The Australian Little Athletics Championships will take place in Adelaide from the 26-28 April 2024. This is a team-based event for Little Athletics U14 athletes. Qualifying for selection will be based on last season's (2022-23) Under 13 athletes that finished 1st, 2nd, and 3rd from the 2023 State Junior Track & Field Championships. Athletes will be invited to register for the Championships between late December and early January via a national registration portal. The registration portal will close on a TBC date. Athletes can select any, or all events, that they have qualified in. Athletes must be registered with the Little Athletics Program to be considered for selection.

This event is not a qualification event for the Australian Track & Field Championships, which will take place in Adelaide from Thursday 11th – Friday 19th April 2024 as the WA State Junior Championships are conducted under Little Athletics Rules.