

## BORN 2008

### AGE GROUPS

<p><b>LITTLE ATHLETICS PROGRAM</b>                  Under 16 for the 2023/24 Summer Season</p>	<p><b>SENIOR ATHLETICS / STRIVE</b>                  Under 16 until 31 December 2023                  Under 17 from 1 January 2024</p>
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### STATE COMPETITIONS

<p><b>WA State Combined Events Championships</b>  <b>Date:</b> 18-19 November 2023  <b>Location:</b> WA Athletics Stadium  <b>Entry:</b> Entry is open to all Little Athletics and Strive members as per the following age groups  <b>Qualification to enter:</b> 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><b>FEMALE</b>  <b>U16 Little Athletics Heptathlon</b>                  Events include 100mH (76cm), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (500g) and 800m</p> <p><b>U17 Senior Heptathlon</b>                  Events include 90mH (76m), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (700g) and 800m</p> <p><b>National progression:</b> Top 3 qualify for the Australian Track &amp; Field Championships</p>	<p><b>MALE</b>  <b>U16 Little Athletics Heptathlon</b>                  Events include 100mH (76cm), High Jump, Shot Put (4kg), 200m, Long Jump, Javelin (700g) and 1500m</p> <p><b>U17 Senior Decathlon</b>                  Events include 100m, Long Jump, Shot Put (5kg), High Jump, 400m, 110mH (91cm), Discus (1.5kg), Pole Vault, Javelin (700g) and 1500m</p> <p><b>National progression:</b> Top 3 qualify for the Australian Track &amp; Field Championships</p>

<p><b>WA State Relay Championships powered by Go for 2&amp;5</b>  <b>Date:</b> 16 December 2023  <b>Location:</b> WA Athletics Stadium  <b>Entry:</b> 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>	
<p><b>Eligible Events</b></p>	
<p><b>Little Athletics Members</b>                  Under 17 4 x 100m relay (heats and finals)</p>	<p><b>Senior Athletics Members</b>                  (NB Senior age groups are Under 20 and Open)</p>

Under 17 4 x 400m relay (timed finals only) Under 16 4 x Distance Medley Relay (200, 200, 400, 800) (2 Male & 2 Female) Under 17 Field Relay – Girls – Shot, Javelin, Long Jump, Triple Jump Under 17 Field Relay – Boys & Mixed – Shot, Discus, Long Jump, Triple Jump	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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**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. 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

<b>Eligible Events</b>	
<p><b>Under 17 Women</b></p> 100m 200m 400m 800m 1500m 3000m 100m Hurdles (76.2cm) 400m Hurdles (76.2cm) 2000m Steeplechase (76.2cm)* 5000m Race Walk High Jump (Starting Height 1.35m) Pole Vault* Long Jump Triple Jump Shot Put (3kg) Discus (1kg) Javelin (500g) Hammer Throw (3kg)*	<p><b>Under 17 Men</b></p> 100m 200m 400m 800m 1500m 3000m 110m Hurdles (91.4cm) 400m Hurdles (83.8cm) 2000m Steeplechase (83.8cm)* 5000m Race Walk High Jump (Starting Height 1.40m) Pole Vault* Long Jump Triple Jump Shot Put (5kg) Discus (1.5kg) Javelin (700g) Hammer Throw (5kg)*
<p><b>National progression:</b> Top 3 qualify for the Australian Junior Track &amp; Field Championships in addition to any athlete who achieves <a href="#">the entry standard</a>.</p> <p>In addition, Little Athletics members can also compete in:</p>	<p><b>National progression:</b> Top 3 qualify for the Australian Junior Track &amp; Field Championships in addition to any athlete who achieves <a href="#">the entry standard</a>.</p> <p>In addition, Little Athletics members can also compete in:</p>

<ul style="list-style-type: none"> <li>• 300m Hurdles (76.2cm, 7 flights)</li> <li>• 1500m Race Walk</li> </ul>	<ul style="list-style-type: none"> <li>• 110m Hurdles (76.2m)</li> <li>• 300m Hurdles (76.2cm, 7 flights)</li> <li>• 1500m Race Walk</li> </ul>
<p><b>Entry notes</b>                  *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 11<sup>th</sup> – Friday 19<sup>th</sup> 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/>