

BORN 2013

AGE GROUPS

LITTLE ATHLETICS PROGRAM

Under 11 for the 2023/24 Summer Season

STATE COMPETITIONS

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.

Eligible events:

There is one event on offer for this age group.

FEMALE

U11 Little Athletics Pentathlon

Events include 80mH (60cm), Shot Put (2kg), 200m, Long Jump, 800m

MALE

U11 Little Athletics Pentathlon

Events include 80mH (60cm), Discus (500g) 100m, Long Jump, 800m

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.

Eligible Events

Little Athletics Members

Under 11 4 x 100m relay (heats and finals)

Under 11 4 x 400m relay (timed finals only)

Under 11 Field Relay – Discus, Shot, Long Jump, Triple Jump

WA Little Athletics Zones Championships powered by Go for 2&5

Date: 18-19 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:

- 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

Eligible Events

Under 11 Women

100m
 200m
 400m
 800m
 1500m
 80m Hurdles
 1100m Race Walk
 Long Jump
 Triple Jump
 High Jump (Starting Height 1.05m)
 Shot Put (2kg)
 Discus (500g)
 Javelin (400g)

Under 11 Men

100m
 200m
 400m
 800m
 1500m
 80m Hurdles
 1100m Race Walk
 Long Jump
 Triple Jump
 High Jump (Starting Height 1.10m)
 Shot Put (2kg)
 Discus (500g)
 Javelin (400g)

WA State Junior Track & Field Championships powered by Go for 2&5

Date: 8-10 March 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 Junior Championships: Athletes (able-bodied) must qualify to enter the WA State Junior Championships, through:

METRO ATHLETES

- Achieving the entry standard at Little Athletics Centre, State Relay Championships, State Combined Events Championships, or Zone Championships competition by 25 February 2024 **and/or**
- Automatically qualify at the Zones Championships by achieving:
 - Top 3 placing in for Long Hurdles, 800m, 1500m, Walks, Discus, Javelin, High Jump
 - Top 4 placing for Long Jump, Triple Jump, Shot Put
 - Top 5 placing for 70m, 100m, 200m, 400m & Short Hurdles

COUNTRY/NORTH WEST ATHLETES

- Achieving the entry standard at Little Athletics Centre or Zone Championships competition by 25 February 2024 **and/or**
- Automatically qualify by placing in the top 2 at the 2024 WA Country Championships.

Eligible Events

Under 11 Women

100m
 200m
 400m
 800m
 1500m
 80m Hurdles
 1100m Race Walk
 Long Jump
 Triple Jump
 High Jump
 Shot Put (2kg)
 Discus (500g)
 Javelin (400g)

Under 11 Men

100m
 200m
 400m
 800m
 1500m
 80m Hurdles
 1100m Race Walk
 Long Jump
 Triple Jump
 High Jump
 Shot Put (2kg)
 Discus (500g)
 Javelin (400g)