

## BORN 2011

### AGE GROUPS

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| <p><b>LITTLE ATHLETICS PROGRAM</b><br/>                 Under 13 for the 2023/24 Summer Season</p> | <p><b>SENIOR ATHLETICS / STRIVE</b><br/>                 Under 13 until 31 December 2023<br/>                 Under 14 from 1 January 2024</p> |
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### STATE COMPETITIONS

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| <p><b>WA State Combined Events Championships</b><br/> <b>Date:</b> 17-18 November 2023<br/> <b>Location:</b> WA Athletics Stadium<br/> <b>Entry:</b> Entry is open to all Little Athletics and Strive members as per the following age groups<br/> <b>Qualification to enter:</b> There is no qualification criteria for members to enter this event.</p> <p>Eligible events:<br/>                 There is one event on offer for this age group.</p> |  |
| <p><b>FEMALE</b><br/> <b>U13 Little Athletics Pentathlon</b><br/>                 Events include 80mH (76cm), Shot Put (3kg),<br/>                 200m, Long Jump, 800m</p>   | <p><b>MALE</b><br/> <b>U13 Little Athletics Pentathlon</b><br/>                 Events include 80mH (76cm), Discus (750g)<br/>                 100m, Long Jump, 800m</p> |

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| <p><b>WA State Relay Championships powered by Go for 2&amp;5</b><br/> <b>Date:</b> 16 December 2023<br/> <b>Location:</b> WA Athletics Stadium<br/> <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><br/>                 Under 13 4 x 100m relay (heats and finals)<br/>                 Under 13 4 x 400m relay (timed finals only)<br/>                 Under 13 Field Relay – Girls – Shot, Javelin, Long<br/>                 Jump, Triple Jump<br/>                 Under 13 Field Relay – Boys – Discus, Shot, Long<br/>                 Jump, Triple Jump</p> | <p><b>Senior Athletics Members</b><br/> <i>(NB Senior age groups are Under 20 and Open)</i><br/>                 4 x 100m Women &amp; Men<br/>                 4 x 400m Women &amp; Men<br/>                 4 x Distance Medley Relay (1200-800-400-1600)<br/>                 (2 male &amp; 2 female)<br/>                 2 x Long Jump Relay (1 male &amp; 1 female)<br/>                 2 x Shot Put Relay (1 male &amp; 1 female)</p> |

**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 13 Women**

100m  
 200m  
 400m  
 800m  
 1500m  
 80m Hurdles  
 200m Hurdles  
 1500m Race Walk  
 Long Jump  
 Triple Jump  
 High Jump (Starting Height 1.20m)  
 Shot Put (3kg)  
 Discus (750g)  
 Javelin (400g)

**Under 13 Men**

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 (750g)  
 Javelin (600g)

**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

**Eligible Events**

**Under 14 Women**

100m  
 200m  
 400m  
 800m  
 1500m  
 80m Hurdles (76.2cm)

**Under 14 Men**

100m  
 200m  
 400m  
 800m  
 1500m  
 90m Hurdles (76.2cm)

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| <p>200m Hurdles (76.2cm, 10 flights)<br/>                 3000m Race Walk<br/>                 High Jump (Starting Height 1.20m)<br/>                 Pole Vault*<br/>                 Long Jump<br/>                 Triple Jump<br/>                 Shot Put (3kg)<br/>                 Discus (1kg)<br/>                 Javelin (400g)<br/>                 Hammer Throw (3kg)*</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>200m Hurdles (76.2cm, 10 flights)<br/>                 3000m Race Walk<br/>                 High Jump (Starting Height 1.25m)<br/>                 Pole Vault*<br/>                 Long Jump<br/>                 Triple Jump<br/>                 Shot Put (3kg)<br/>                 Discus (1kg)<br/>                 Javelin (600g)<br/>                 Hammer Throw (3kg)*</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><b>Entry notes</b><br/>                 *Athletes are unable to contest Pole Vault, Hammer Throw or Steeplechase unless they have trained and competed in the event at Strive</p>   |  |

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| <p><b>WA State Junior Track &amp; Field Championships powered by Go for 2&amp;5</b><br/> <b>Date:</b> 8-10 March 2024<br/> <b>Location:</b> WA Athletics Stadium<br/> <b>Entry:</b> 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:</p> <p><b>METRO ATHLETES</b></p> <ul style="list-style-type: none"> <li>Achieving the entry standard at Little Athletics Centre, State Relay Championships, State Combined Events Championships, or Zone Championships competition by 25 February 2024 <b>and/or</b></li> <li>Automatically qualify at the Zones Championships by achieving:                         <ul style="list-style-type: none"> <li>Top 3 placing in for Long Hurdles, 800m, 1500m, Walks, Discus, Javelin, High Jump</li> <li>Top 4 placing for Long Jump, Triple Jump, Shot Put</li> <li>Top 5 placing for 70m, 100m, 200m, 400m &amp; Short Hurdles</li> </ul> </li> </ul> <p><b>COUNTRY/NORTH WEST ATHLETES</b></p> <ul style="list-style-type: none"> <li>Achieving the entry standard at Little Athletics Centre or Zone Championships competition by 25 February 2024 <b>and/or</b></li> <li>Automatically qualify by placing in the top 2 at the 2024 WA Country Championships.</li> </ul> |  |
| <p><b>Eligible Events</b></p>  |  |
| <p><b>Under 13 Women</b><br/>                 100m</p>   | <p><b>Under 13 Men</b><br/>                 100m</p> |

|                 |                 |
|-----------------|-----------------|
| 200m            | 200m            |
| 400m            | 400m            |
| 800m            | 800m            |
| 1500m           | 1500m           |
| 80m Hurdles     | 80m Hurdles     |
| 200m Hurdles    | 200m Hurdles    |
| 1500m Race Walk | 1500m Race Walk |
| Long Jump       | Long Jump       |
| Triple Jump     | Triple Jump     |
| High Jump       | High Jump       |
| Shot Put (3kg)  | Shot Put (3kg)  |
| Discus (750g)   | Discus (750g)   |
| Javelin (400g)  | Javelin (600g)  |

## 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/>

### 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 U13 athletes and athletes must nominate to be considered for the team. Little Athletics U13 members who have nominated will be considered for selection based on performances from either or both the WA State Championships (22-25 February) or the WA State Junior Championships (8-10 March). For the avoidance of doubt, athletes can choose to compete in either Championship, or both, and any results will be considered as part of the selection process. 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 11<sup>th</sup> – Friday 19<sup>th</sup> April 2024 as the WA State Junior Championships are conducted under Little Athletics Rules.