

## BORN 2005

### AGE GROUPS

#### SENIOR ATHLETICS / STRIVE

Under 20

### 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

##### U20 Senior Heptathlon

Events include 100mH (84m), High Jump, Shot Put (4kg), 200m, Long Jump, Javelin (600g) and 800m

**National progression:** Top 3 qualify for the Australian Track & Field Championships

#### MALE

##### U20 Senior Decathlon

Events include 100m, Long Jump, Shot Put (6kg), High Jump, 400m, 110mH (99cm), Discus (1.75kg), Pole Vault, Javelin (800g) and 1500m

**National progression:** Top 3 qualify for the Australian Track & Field Championships

#### 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

##### Senior Athletics Members

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)

**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 20 Women**

- 100m
- 200m
- 400m
- 800m
- 1500m
- 3000m
- 100m Hurdles (83.8cm)
- 400m Hurdles (76.2cm)
- 3000m Steeplechase (76.2cm)\*
- 5000m Race Walk
- High Jump (Starting Height 1.40m)
- Pole Vault\*
- Long Jump
- Triple Jump
- Shot Put (4kg)
- Discus (1kg)
- Javelin (600g)
- Hammer Throw (4kg)\*

**National progression:** Top 3 qualify for the Australian Track & Field Championships in addition to any athlete who achieves [the entry standard](#).

**Under 20 Men**

- 100m
- 200m
- 400m
- 800m
- 1500m
- 3000m
- 110m Hurdles (99.1cm)
- 400m Hurdles (91.4cm)
- 3000m Steeplechase (91.4cm)\*
- 5000m Race Walk
- High Jump (Starting Height 1.50m)
- Pole Vault\*
- Long Jump
- Triple Jump
- Shot Put (6kg)
- Discus (1.75kg)
- Javelin (800g)
- Hammer Throw (6kg)\*

**National progression:** Top 3 qualify for the Australian Track & Field Championships in addition to any athlete who achieves [the entry standard](#).

**Entry notes**

\*Athletes are unable to contest Pole Vault, Hammer Throw or Steeplechase unless they have trained and competed in the event at Strive

## NATIONAL COMPETITIONS

### Australian 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/>