

## BORN 2009

### AGE GROUPS

<p><b>LITTLE ATHLETICS PROGRAM</b>                  Under 15 for the 2023/24 Summer Season</p>	<p><b>SENIOR ATHLETICS / STRIVE</b>                  Under 15 until 31 December 2023                  Under 16 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></p> <p><b>U15 Little Athletics Heptathlon</b>                  Events include 90mH (76cm), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (500g) and 800m</p> <p><b>National progression:</b> Top 3 qualify for the Australian Little Athletics Championships. Given the specifications are the same as the senior heptathlon, athletes who achieve <a href="#">the entry standard</a> also qualify for the Australian Track &amp; Field Championships.</p> <p><b>U16 Senior Heptathlon</b>                  Events include 90mH (76cm), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (500g) and 800m</p> <p><b>National progression:</b> Top 3 qualify for the Australian Track &amp; Field Championships in addition to any athlete who achieves <a href="#">the entry standard</a>.</p>	<p><b>MALE</b></p> <p><b>U15 Little Athletics Heptathlon</b>                  Events include 100mH (76cm), High Jump, Shot Put (4kg), 200m, Long Jump, Javelin (700g) and 800m</p> <p><b>National progression:</b> Top 3 qualify for the Australian Little Athletics Championships</p> <p><b>U16 Senior Heptathlon</b>                  Events include 100mH (84cm), High Jump, Shot Put (4kg), 200m, Long Jump, Javelin (700g) and 1500m</p> <p><b>National progression:</b> Top 3 qualify for the Australian Track &amp; Field Championships in addition to any athlete who achieves <a href="#">the entry standard</a>.</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 15 4 x 100m relay (heats and finals)                  Under 15 4 x 400m relay (timed finals only)                  Under 15 4 x Distance Medley Relay (200, 200, 400, 800) (2 Male &amp; 2 Female)                  Under 15 Field Relay - Shot, Javelin, Long Jump, Triple Jump</p>	<p><b>Senior Athletics Members</b>  <i>(NB Senior age groups are Under 20 and Open)</i>                  4 x 100m Women &amp; Men                  4 x 400m Women &amp; Men                  4 x Distance Medley Relay (1200-800-400-1600) (2 male &amp; 2 female)                  2 x Long Jump Relay (1 male &amp; 1 female)                  2 x Shot Put Relay (1 male &amp; 1 female)</p>

<p><b>WA Little Athletics Zones Championships powered by Go for 2&amp;5</b>  <b>Date:</b> 17-18 February 2024  <b>Location:</b> TBC  <b>Entry:</b> 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.  <b>Athlete Entry Limits:</b> The maximum number of event entries per athlete is:</p> <ul style="list-style-type: none"> <li>• U7 - U9: 4 events over the two days - no daily event limitations apply</li> <li>• U10 - U12: 5 events over the two days - no daily event limitations apply</li> <li>• U13 - U15: 6 events over the two days - no daily event limitations apply</li> </ul>	
<p><b>Eligible Events</b></p>	
<p><b>Under 15 Women</b>                  100m                  200m                  400m                  800m                  1500m                  90m Hurdles                  300m Hurdles                  1500m Race Walk                  Long Jump                  Triple Jump                  High Jump (Starting Height 1.30m)                  Shot Put (3kg)                  Discus (1kg)                  Javelin (500g)</p>	<p><b>Under 15 Men</b>                  100m                  200m                  400m                  800m                  1500m                  100m Hurdles                  300m Hurdles                  1500m Race Walk                  Long Jump                  Triple Jump                  High Jump (Starting Height 1.35m)                  Shot Put (4kg)                  Discus (1kg)                  Javelin (700g)</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. 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 16 Women**

- 100m
- 200m
- 400m
- 800m
- 1500m
- 3000m
- 100m Hurdles (76.2cm)
- 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 (3kg)
- Discus (1kg)
- Javelin (500g)
- Hammer Throw (3kg)\*

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

In addition, Little Athletics members can also compete in:

- 300m Hurdles (76.2cm, 7 flights)
- 1500m Race Walk

**Under 16 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 1.35m)
- Pole Vault\*
- Long Jump
- Triple Jump
- Shot Put (4kg)
- Discus (1kg)
- Javelin (700g)
- Hammer Throw (4kg)\*

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

In addition, Little Athletics members can also compete in:

- 100m Hurdles (76.2m)
- 300m Hurdles (76.2cm, 7 flights)
- 1500m Race Walk

**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 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 and encompasses the Australian Combined Event Championships for Under 15 Little Athletics athletes. Under 15 athletes (Little Athletics members) who medalled in the Under 15 Little Athletics Age Group at the WA State Combined Event Championships (heptathlon) are eligible to nominate. If the medallists do not nominate, rolldown positions are offered to the next best performer at the Combined Event Championships.