

BORN 2007

AGE GROUPS

<p>LITTLE ATHLETICS PROGRAM Under 17 for the 2023/24 Summer Season</p>	<p>SENIOR ATHLETICS / STRIVE Under 17 until 31 December 2023 Under 18 from 1 January 2024</p>
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STATE COMPETITIONS

<p>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.</p> <p>Eligible events: There are two events on offer for this age group.</p>	
<p>FEMALE U17 Little Athletics Heptathlon Events include 100mH (76cm), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (500g) and 800m</p> <p>U18 Senior Heptathlon Events include 100mH (76m), High Jump, Shot Put (3kg), 200m, Long Jump, Javelin (500g) and 800m</p> <p>National progression: Top 3 qualify for the Australian Track & Field Championships</p>	<p>MALE U17 Little Athletics Heptathlon Events include 100mH (76cm), High Jump, Shot Put (5kg), 200m, Long Jump, Javelin (700g) and 1500m</p> <p>U18 Senior Decathlon Events include 100m, Long Jump, Shot Put (5kg), High Jump, 400m, 110mH (91cm), Discus (1.5kg), Pole Vault, Javelin (700g) and 1500m</p> <p>National progression: Top 3 qualify for the Australian Track & Field Championships</p>

<p>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.</p>	
Eligible Events	
<p>Little Athletics Members Under 17 4 x 100m relay (heats and finals)</p>	<p>Senior Athletics Members <i>(NB Senior age groups are Under 20 and Open)</i></p>

Under 17 4 x 400m relay (timed finals only) Under 17 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

Eligible Events	
<p>Under 18 Women</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 1.40m) Pole Vault* Long Jump Triple Jump Shot Put (3kg) Discus (1kg) Javelin (500g) Hammer Throw (3kg)*	<p>Under 18 Men</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 1.45m) Pole Vault* Long Jump Triple Jump Shot Put (5kg) Discus (1.5kg) Javelin (700g) Hammer Throw (5kg)*
<p>National progression: Top 3 qualify for the Australian Junior Track & Field Championships in addition to any athlete who achieves the entry standard.</p> <p>In addition, Little Athletics members can also compete in:</p>	<p>National progression: Top 3 qualify for the Australian Junior Track & Field Championships in addition to any athlete who achieves the entry standard.</p> <p>In addition, Little Athletics members can also compete in:</p>

<ul style="list-style-type: none">• 300m Hurdles (76cm, 7 flights)• 1500m Race Walk	<ul style="list-style-type: none">• 110m Hurdles (76m)• 300m Hurdles (76cm, 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 11th – Friday 19th 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/>