

BORN 2004

AGE GROUPS

SENIOR ATHLETICS / STRIVE

Under 20 until 31 December 2023

Open from 1 January 2024

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

Open 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

Open Decathlon

Events include 100m, Long Jump, Shot Put (7.26kg), High Jump, 400m, 110mH (106cm), Discus (2kg), 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

Open 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](#).

Open Men

- 100m
- 200m
- 400m
- 800m
- 1500m
- 3000m
- 110m Hurdles (106.7cm)
- 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 (7.26kg)
- Discus (2kg)
- Javelin (800g)
- Hammer Throw (7.26kg)*

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 or equivalent status event.

NATIONAL COMPETITIONS

Australian Track & Field Championships

The Australian 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/>