

## BORN 2012

### AGE GROUPS

<b>LITTLE ATHLETICS PROGRAM</b> Under 12 for the 2023/24 Summer Season	<b>SENIOR ATHLETICS / STRIVE</b> Under 13 from 1 January 2024
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### STATE COMPETITIONS

<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.  Eligible events: There is one event on offer for this age group.	
<b>FEMALE</b> <b>U12 Little Athletics Pentathlon</b> Events include 80mH (68cm), Shot Put (2kg), 200m, Long Jump, 800m	<b>MALE</b> <b>U12 Little Athletics Pentathlon</b> Events include 80mH (68cm), Discus (750g) 100m, Long Jump, 800m

<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.
<b>Eligible Events</b> <b>Little Athletics Members</b> Under 12 4 x 100m relay (heats and finals) Under 12 4 x 400m relay (timed finals only) Under 12 Field Relay – Discus, Shot, Long Jump, Triple Jump

<b>WA Little Athletics Zones Championships powered by Go for 2&amp;5</b> <b>Date:</b> 18-19 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.
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<p><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 12 Women</b></p> <p>100m                  200m                  400m                  800m                  1500m                  80m Hurdles                  1500m Race Walk                  Long Jump                  Triple Jump                  High Jump (Starting Height 1.15m)                  Shot Put (2kg)                  Discus (750g)                  Javelin (400g)</p>	<p><b>Under 12 Men</b></p> <p>100m                  200m                  400m                  800m                  1500m                  80m Hurdles                  1500m Race Walk                  Long Jump                  Triple Jump                  High Jump (Starting Height 1.20m)                  Shot Put (2kg)                  Discus (750g)                  Javelin (400g)</p>

<p><b>WA State Track &amp; Field Championships powered by Go for 2&amp;5</b></p> <p><b>Date:</b> 22-25 February 2024</p> <p><b>Location:</b> WA Athletics Stadium</p> <p><b>Entry:</b> 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.</p> <p><b>Rules:</b> World Athletics Rules are applicable at this event</p>	
<p><b>Eligible Events</b></p>	
<p><b>Under 13 Women</b></p> <p>100m                  200m                  400m                  800m                  1500m                  80m Hurdles (76.2cm)                  200m Hurdles (76.2cm, 10 flights)                  3000m Race Walk                  High Jump (Starting Height 1.20m)                  Pole Vault*                  Long Jump                  Triple Jump                  Shot Put (3kg)</p>	<p><b>Under 13 Men</b></p> <p>100m                  200m                  400m                  800m                  1500m                  90m Hurdles (76.2cm)                  200m Hurdles (76.2cm, 10 flights)                  3000m Race Walk                  High Jump (Starting Height 1.25m)                  Pole Vault*                  Long Jump                  Triple Jump                  Shot Put (3kg)</p>

Discus (1kg) Javelin (400g) Hammer Throw (3kg)*  <b>National progression:</b> Top 3 qualify for the Australian Junior Track & Field Championships in addition to any athlete who achieves <a href="#">the entry standard</a> .	Discus (1kg) Javelin (600g) Hammer Throw (3kg)*  <b>National progression:</b> Top 3 qualify for the Australian Junior Track & Field Championships in addition to any athlete who achieves <a href="#">the entry standard</a> .
<b>Entry notes</b> *Athletes are unable to contest Pole Vault, Hammer Throw or Steeplechase unless they have trained and competed in the event at Strive	

<p><b>WA State Junior Track &amp; Field Championships powered by Go for 2&amp;5</b>  <b>Date:</b> 8-10 March 2024  <b>Location:</b> WA Athletics Stadium  <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>
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<b>Eligible Events</b>	
<p><b>Under 12 Women</b></p> 100m 200m 400m 800m 1500m 80m Hurdles 1500m Race Walk Long Jump	<p><b>Under 12 Men</b></p> 100m 200m 400m 800m 1500m 80m Hurdles 1500m Race Walk Long Jump

Triple Jump High Jump Shot Put (2kg) Discus (750g) Javelin (400g)	Triple Jump High Jump Shot Put (2kg) Discus (750g) Javelin (400g)
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## 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/>