

BORN 2014

AGE GROUPS

LITTLE ATHLETICS PROGRAM

Under 10 for the 2023/24 Summer Season

STATE COMPETITIONS

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

Little Athletics Members

Under 10 4 x 100m relay (heats and finals)

Under 10 4 x 200m relay (timed finals only)

Under 10 Field Relay – Discus, Shot, Long Jump, Turbo Javelin

WA Little Athletics Zones Championships powered by Go for 2&5

Date: 18-19 February 2024

Location: TBC

Entry: 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.

Athlete Entry Limits: The maximum number of event entries per athlete is:

- U7 - U9: 4 events over the two days - no daily event limitations apply
- U10 - U12: 5 events over the two days - no daily event limitations apply
- U13 - U15: 6 events over the two days - no daily event limitations apply

Eligible Events

Under 10 Women

70m

100m

200m

400m

800m

60m Hurdles

1100m Race Walk

Long Jump

Under 10 Men

70m

100m

200m

400m

800m

60m Hurdles

1100m Race Walk

Long Jump

High Jump (Starting Height 1.00m) Shot Put (2kg) Discus (500g) Turbo Javelin (300g)	High Jump (Starting Height 1.00m) Shot Put (2kg) Discus (500g) Turbo Javelin (300g)
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WA State Junior Track & Field Championships powered by Go for 2&5
Date: 8-10 March 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 Junior Championships: Athletes (able-bodied) must qualify to enter the WA State Junior Championships, through:

METRO ATHLETES

- Achieving the entry standard at Little Athletics Centre, State Relay Championships, State Combined Events Championships, or Zone Championships competition by 25 February 2024 **and/or**
- Automatically qualify at the Zones Championships by achieving:
 - Top 3 placing in for Long Hurdles, 800m, 1500m, Walks, Discus, Javelin, High Jump
 - Top 4 placing for Long Jump, Triple Jump, Shot Put
 - Top 5 placing for 70m, 100m, 200m, 400m & Short Hurdles

COUNTRY/NORTH WEST ATHLETES

- Achieving the entry standard at Little Athletics Centre or Zone Championships competition by 25 February 2024 **and/or**
- Automatically qualify by placing in the top 2 at the 2024 WA Country Championships.

Eligible Events	
<p>Under 10 Women</p> 70m 100m 200m 400m 800m 60m Hurdles 1100m Race Walk Long Jump High Jump Shot Put (2kg) Discus (500g) Turbo Javelin (300g)	<p>Under 10 Men</p> 70m 100m 200m 400m 800m 60m Hurdles 1100m Race Walk Long Jump High Jump Shot Put (2kg) Discus (500g) Turbo Javelin (300g)