

WHITTLESEA CITY LITTLE ATHLETICS CENTRE - EVENT MATRIX 2018-19

EVENT/ AGE GROUP	6	7	8	9	10	11	12	13	14	15
Standing start		✓	✓	✓	✓	✓	✓	✓	✓	✓
Crouch start						✓	✓	✓	✓	✓
Blocks						✓	✓	✓	✓	✓
60m		✓								
70m		✓	✓	✓	✓					
100m		✓	✓	✓	✓	✓	✓	✓	✓	✓
200m		✓	✓	✓	✓	✓	✓	✓	✓	✓
300m		✓	✓							
400m				✓	✓	✓	✓	✓	✓	✓
800m				✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓
Race Walk				700m	1100m	1100m	1500m	1500m	1500m	1500m
Hurdles - Girls			60h	60h	60h	60h	80h	80h/ 200h	80h/ 200h	90h/ 300h
Hurdles - Boys			60h	60h	60h	60h	80h	80h/ 200h	90h/ 200h	100h/ 300h
LJ		mat	mat	mat	mat	1st board	board	board	board	board
HJ			SJ	SJ	SJ	F	F	F	F	F
TJ						board	board	board	board	board
SP - Girls		1.0kg	1.5kg	2.0kg	2.0kg	2.0kg	2.0kg	3.0kg	3.0kg	3.0kg
SP - Boys		1.0kg	1.5kg	2.0kg	2.0kg	2.0kg	2.0kg	3.0kg	3.0kg	4.0kg
DISC - Girls		350g	350g	500g	500g	500g	750g	750g	1.0kg	1.0kg
DISC - Boys		350g	350g	500g	500g	500g	750g	750g	1.0kg	1.0kg
JAV - Girls					TURBO	400g	400g	400g	400g	500g
JAV - Boys					TURBO	400g	400g	600g	600g	700g

Scissor Jump SJ
Fosbury Flop F

16
✓
✓
✓
✓
✓
✓
✓
✓
1500m
90h/ 300h
100h/ 300h
board
F
board
3.0kg
4.0kg
1.0kg
1.0kg
500g
700g