

# AGE GROUP EVENTS

## Sub-Bantam Age Group (SB) Age 8 and Under (Birth Year 2003 or later)

100 Meter Dash	800 Meter Run	4 x 100 Meter Relay
200 Meter Dash	1500 Meter Run	4 x 400 Meter Relay
400 Meter Dash	Long Jump	Shot Put (2 kg)

## Bantam Age Group (A) 9-10 Year Olds (Birth Year 2001 or 2002)

100 Meter Dash	4 x 100 Meter Relay	Triathlon:
200 Meter Dash	4 x 400 Meter Relay	Shot Put (6 lb)
400 Meter Dash	Long Jump	High Jump
800 Meter Run	High Jump	200 M Dash (Girls)
1500 Meter Run	Shot Put (6 lb)	400 M Dash (Boys)
1500 Meter Racewalk	Mini Javelin (300g)	

## Midget Age Group (B) 11-12 Year Olds (Birth Year 1999 or 2000)

100 Meter Dash	4 x 100 Meter Relay	Pentathlon:
200 Meter Dash	4 x 400 Meter Relay	80 Meter Hurdles
400 Meter Dash	4 x 800 Meter Relay	Shot Put (6 lb)
800 Meter Run	Long Jump	High Jump
1500 Meter Run	High Jump	Long Jump
3000 Meter Run	Shot Put (6 lb)	800 M Run (Girls)
1500 Meter Racewalk	Discus (1 kg)	1500 M run (Boys)
80 Meter Hurdles	Mini Javelin (300g)	

## Youth Age Group (C) 13-14 Year Olds (Birth Year 1997 or 1998)

100 Meter Dash	200 Meter Hurdles – 30"	Discus (1kg)
200 Meter Dash	4 x 100 Meter Relay	Javelin (600g)
400 Meter Dash	4 x 400 Meter Relay	Pole Vault (reg meet only)
800 Meter Run	4 x 800 Meter Relay	Pentathlon:
1500 Meter Run	Long Jump	100 M Hurdles
3000 Meter Run	High Jump	Shot Put (G 4kg/B 12lb)
3000 Meter Racewalk	Triple Jump	High Jump
100 Meter Hurdles G/30"	Shot Put – Girls (4 kg)	Long Jump
100 Meter Hurdles B/33"	Shot Put – Boys (12 lb)	800 M Run (Girls)

## Intermediate Age Group (D) 15-16 Year Olds (Birth Year 1995 or 1996)

100 Meter Dash	400 Meter Hurdles (G/30"-B/36")	Discus – Boys (1.6 kg)
200 Meter Dash	4 x 100 Meter Relay	Javelin - Girls (600g)
400 Meter Dash	4 x 400 Meter Relay	Javelin - Boys (800g)
800 Meter Run	4 x 800 Meter Relay	Hammer Throw - Girls (4 kg)
1500 Meter Run	Long Jump	Hammer - Boys (12 lb)
3000 Meter Run	High Jump	Pole Vault (reg meet only)
3000 Meter Racewalk	Triple Jump	Heptathlon - Girls
2000 Meter Steeplechase	Shot Put – Girls (4 kg)	Decathlon - Boys
100 Meter Hurdles G/33"	Shot Put – Boys (12 lb)	
110 Meter Hurdles B/39"	Discus – Girls (1 kg)	

## Young Men/Women Age Group (E) 17-18 Year Olds (Birth Year 1993 or 1994)

100 Meter Dash	110 Meter Hurdles B/39"	Discus – Girls (1 kg)
200 Meter Dash	400 Meter Hurdles (G/30"-B/36")	Discus – Boys (1.6 kg)
400 Meter Dash	4 x 100 Meter Relay	Javelin - Girls (600g)
800 Meter Run	4 x 400 Meter Relay	Javelin - Boys (800g)
1500 Meter Run	4 x 800 Meter Relay	Hammer Throw - Girls (4 kg)
3000 Meter Run - Girls	Long Jump	Hammer - Boys (12 lb)
3000 Meter Run - Boys	High Jump	Pole Vault (reg meet only)
3000 Meter Racewalk	Triple Jump	Heptathlon - Girls
2000 Meter Steeplechase	Shot Put – Girls (4 kg)	Decathlon - Boys
100 Meter Hurdles G/33"	Shot Put – Boys (12 lb)	