

## WHITTLESEA CITY LITTLE ATHLETIC CENTRE EVENT MATRIX. (INCLUDING WEIGHTS AND MEASURES) v160924

WCLAC	60m	70m	100m	200m	400m	800m	1500m	Walk	60H	80H	90H	100H	200H	300H	LJ	TJ	HJ	JAV	DIS	SHOT	
BOYS									cm	cm	cm	cm	cm	cm			cm	g	g/kg	kg	
6	S	S	S	S											M1		n/a		350	1.0	
7	S	S	S	S											M1		65		350	1.0	
8		S	S	S	S				45	45					M1		70		350	1.5	
9		S	S	S	S	S		700	45						M2		80		500	2.0	
10		S	S	S	S	S		1100	60						M2		90		500	2.0	
11			S	S	S	S	S	1100	60						B*	B*	100*	400*	750	2.0	
12			C*	C*	C*	S	S	1500	68*						B*	B*	105*	400*	750	3.0	
13			C*	C*	C*	S	S	1500		76*			68*		B*	B*	110*	600*	1 kg	3.0	
14			C*	C*	C*	S*	S*	1500			76*		76*		B*	B*	115*	600*	1 kg	3.0	
15			C*	C*	C*	S*	S*	1500				76*		76*	B*	B*	120*	700*	1 kg	4.0	
16			C*	C*	C*	S*	S*	1500				76*		76*	B*	B*	125*	700*	1 kg	4.0	
<b>GIRLS</b>																					
6	S	S	S	S											M1		n/a		350	1.0	
7	S	S	S	S											M1		60		350	1.0	
8		S	S	S	S				45	45					M1		65		350	1.5	
9		S	S	S	S	S		700	45						M2		75		500	2.0	
10		S	S	S	S	S		1100	60						M2		85		500	2.0	
11			S	S	S	S	S	1100	60						B*	B*	95*	400*	750	2.0	
12			C*	C*	C*	S	S	1500	68*						B*	B*	100*	400*	750	2.0	
13			C*	C*	C*	S	S	1500		76*			68*		B*	B*	105*	400*	750	3.0	
14			C*	C*	C*	S*	S*	1500		76*			76*		B*	B*	110*	400*	1 kg	3.0	
15			C*	C*	C*	S*	S*	1500			76*			76*	B*	B*	115*	500*	1 kg	3.0	
16			C*	C*	C*	S*	S*	1500			76*			76*	B*	B*	120*	500*	1 kg	3.0	

**TRACK EVENTS:** S – Standing start C – Crouch start . Athlete disqualified on 2<sup>nd</sup> individual false start.

**u9-u11: NO starting blocks. Must do standing starts for all races.**

**u12-u16:** Must crouch start races up to and including 400m. *Blocks must be used if wearing spikes*

**SPIKES - No needle spikes.** Asterisk (\*) indicates spikes may be worn in these events. (u12/13 asterisk events event must be in lanes).

**ATTEMPTS FIELD:** U6/7/8 - two (2) jumps/throws **U9-16** - three (3) jumps/throws - Jav 2 throws **SHOTS:** (1.0-Blue) (1.5 -Yellow) (2.0-Orange) (3.0-White) (4.0-Red)

**LONG JUMP:** M1 - mat 1.00mx1.00m M2 – mat 1.22m x0.5m B – board takeoff **Mats only** to be covered with thin sand layer.

**TRIPLE JUMP:** M1 - mat 1.00mx1.00m M2 – mat 1.22m x0.5m B – board takeoff **TRIPLE JUMP BOARDS** at 4m, 5m, 6m, 7m, 8m, 9m, 11m, & 13m only

**HIGH JUMP:** Grid indicates starting height for each age group **Scissor action ONLY** for u6,u7 and u8. (**Note:** u9 scissor only from 2017/18 and u9/u10 from 2018/19)

**HURDLES** Color Mark/ Flights/Run in – Space - Run out **60H** - ORANGE/ 6 flights / 12m-7m-13m **80H** - BLACK/ 9 flights / 12m-7m-12m

**90H** – WHITE / 9 flights / 13m-8m-13m **100H** – YELLOW/ 10 flights / 13m-8.5m-10.5m **200H** - GREEN/5 flights / 20m-35m-50 **300H** - GREEN/7 flights / 50m-35m-50