



**AAU TRACK & FIELD  
REGION 21B**



**(Inland Empire, Montana, Oregon, Pacific Northwest DISTRICTS)**

**National 55<sup>th</sup> AAU Junior Olympic Games Qualifier**

**June 18-20, 2021**

**TOP 6 RUNNING INDIVIDUAL FINISHERS, TOP 6 FIELD FINISHERS  
AND TOP 6 RELAY TEAMS & 4 MULTI-EVENT QUALIFY  
FOR THE AAU JUNIOR OLYMPIC GAMES**

**SITE:** Eisenhower High School, Zaepfel Stadium, Phil English Track  
**602 South 40<sup>th</sup> Ave, Yakima, Washington 98902**

**RATIONALE:** The National Qualifier Track & Field Meet has been designed to place an emphasis on promoting the sport of track and field in northwestern part of the United States.

**QUALIFYING TO 55<sup>TH</sup> ANNUAL AAU JUNIOR OLYMPIC GAMES**

**The top 6** individual finishers in running events, **top 6** individual finishers in field events and the **top 6 relay teams and top 4 multi-events finishers** in each event will qualify to the 55<sup>th</sup> National AAU Junior Olympic Games in Houston, Texas at Humble High School, Harris County

The Junior Olympic Games schedule is posted at [www.aatrackandfield.org](http://www.aatrackandfield.org)

**AWARDS:** Top THREE (3) place finishers in each event will receive medals. Awards can be picked up at the awards tent approximately 20 minutes after the conclusion of the event. **Medals will not be mailed home**, it is the responsibility of the competitor, coach or parent to pick up awards before leaving the meet.

**DATES:**

|   |   |
|---|---|
| <i>Thursday, June 17, 2021</i>  | <i>6:00pm to 8:00pm, Home2 Suites Hotel Registration/Package Pick-Up<br/>2402 West Nob Hill Blvd, Yakima, Wa, 98902</i> |
| <b>After Thursday: Registration at Zaepfel Stadium, Eisenhower High School 40<sup>th</sup>/Tieton</b> |   |
| <i>Friday, June 18, 2021</i>  | <i>Packet Pick-Up/Multi-Event Competition and Track and Field Competition</i>   |
| <i>Saturday, June 19, 2021</i>  | <i>Packet Pick-Up/Track and Field Competition</i>   |
| <i>Sunday, June 20, 2021</i>  | <i>Packet Pick-Up/Track and Field Competition</i>   |

**AGE DIVISIONS:** Individual (base on year of birth) 8U, 9, 10, 11, 12, 13, 14, 15-16, 17-18

Relay events: 8U, 9-10, 11-12, 13-14, 15-16, 17-18

**AGE DETERMINATION:** The athlete's year of birth shall determine the age division in which he/she will compete for individual events:

| <u>NAME OF AGE GROUPS</u> | <u>YEAR OF BIRTH</u> |
|---------------------------|----------------------|
| 8 AND UNDER               | 2013& After*         |
| 9 YEAR OLDS               | 2012                 |
| 10 YEAR OLDS              | 2011                 |
| 11 YEAR OLDS              | 2010                 |
| 12 YEAR OLDS              | 2009                 |
| 13 YEAR OLDS              | 2008                 |
| 14 YEAR OLDS              | 2007                 |
| 15-16 YEAR OLDS           | 2005-2006            |
| 17-18 YEAR OLDS           | 2003-2004**          |

\*\*Athletes who are still eighteen (18) years of age through August 7, 2021, the final day of the AAU Junior Olympic Games shall be eligible to compete.

## ENTRY

### DEADLINE:

**The online entry deadline is MONDAY, June 14, 2021 @11:59pm Pacific Standard Time.**



**Online entry will be done at [www.coacho.com](http://www.coacho.com) .**

Online registration will NOT be reopened after closing time. Therefore, you must make all final changes and pay before closing time on MONDAY night June 14, 2021 at 11:59pm.

**You must have your AAU membership card purchased before you enter this meet.**

**WARNING:** Many coaches procrastinate and wait to register the last night. As a result, they end up running out of time and have experienced problems related to high volume. Running out of time and/or experiencing technical problems is no excuse for missing the registration deadline. Make life easier by registering **before** Monday, June 14, 2021.

## **PLEASE DOUBLE CHECK YOUR ENTRIES USING THE E-MAIL CONFIRMATION THAT YOU RECEIVE.**

### **LOOK FOR and FIX THE FOLLOWING COMMON MISTAKES:**

- 1) Correct birth date (Entering an athlete with the incorrect birth date is unsportsman-like conduct and grounds for suspending the athlete and coach. Birth date and birth certificate must match).**
- 2) Misspelled names, name that is on birth certificate must match their AAU Membership Card.**
- 3) Incorrect athlete gender (list is divided by male and female for easy confirmation)**
- 4) Missing relay teams or team members and alternates**
- 5) Incorrect events (especially the selection of 100 hurdles by mistake)**

#### **TO FIX MISTAKES BEFORE THE DEADLINE:**

- 1) Log back into Coach O using your account information and make revisions.
- 2) If this doesn't work, send changes to [Email suncity@howardsmedical.com](mailto:suncity@howardsmedical.com) ATTN: Yakima Meet in the subject line.

#### **TO FIX MISTAKES AFTER THE DEADLINE, BUT BEFORE CHECK-IN:**

- 1) Send the change to [Email suncity@howardsmedical.com](mailto:suncity@howardsmedical.com) ATTN: Yakima Meet in the subject line
- 2) All clerical type changes, such as spelling of name, team designation, gender, and date of birth will be made at no charge.
- 3) All changes related to individual's events and relay teams will be allowed with a \$10 fee per change.
- 4) Be prepared at packet pick-up/team check-in to pay \$10 cash for each change made after the deadline.

#### **TO FIX MISTAKES AT PACKET PICK-UP/CHECK-IN: (absolute last opportunity)**

- 1) All clerical type changes, such as spelling of name, team designation, gender, and date of birth will be allowed for a processing and inconvenience fee of \$10 per athlete.
- 2) All changes related to an athlete's individual events and/or relay teams will be allowed for a fee of \$20 per change. **This must be done the day before the actual competition.**
- 3) All payments must be made in cash.

### ENTRY FEE:

**TRACK AND FIELD INDIVIDUAL ENTRY FEE: \$25.00 per athlete**

The Track & Field meet entry fee is \$25.00 per athlete regardless of the number events. Fee must be paid online at the time of registration.

**MULTI-EVENT ENTRY FEE: \$25.00 per athlete (Track and Field and Multi Event are two separate events)**

The Multi-Event competition is a separate event and costs \$25.00. Fee must be paid online at the time of registration.

**ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Entry fees are per athlete**

**No substitutions allowed after submission.** All athlete entries must be made online.

Visa & MasterCard accepted there will be a service fee charged to your credit card for the transaction

## RELAY TEAMS

There is no additional entry fee for relay events as long as the following criteria are met:

- 1) All competitors as well as alternates have paid the individual entry fee of \$25.00.
- 2) The relay team represents a current 2021 AAU registered club.
- 3) All competitors must have current AAU membership

## **ELIGIBILITY:**

Open to any athlete or club/team who holds a current AAU Membership. Register coaches, athletes, and clubs/teams with your local AAU Association. You may also register athletes instantly on line at [www.aausports.org](http://www.aausports.org). The annual fee for individual membership is \$14.00 for athletes and \$16.00 for coaches. Consult your local AAU Office 1 800 228 4228 for the club fee structure.

*Individual athletes (unattached) and Clubs from other organizations are also encouraged to compete in this Championship upon becoming members of the AAU.*

## **AAU MEMBERSHIP:**

All athletes and coaches must be able to present their 2021 AAU membership cards at time of Check-in. All relay teams and clubs/teams must be able present current 2021 AAU Club membership at check-in.

## **EVENT**

All competitors in the 8 and under, 9 year olds, 10 year olds, 11 year olds, 12 year olds age divisions will be limited

## **LIMITATIONS:**

to a maximum of (3) three events per competitor, including relays but excluding multi-events which is a stand alone event. Competitors in the 13 year olds, 14 year olds, 15-16 year olds, 17-18 year olds age divisions will be limited to a total of (4) four events per competitor, including relays but excluding multi-events which is a stand alone event.

## **CHECK-IN:**

**On-Site Check In:** Check-in for all athletes and coaches participating in the 2021 AAU Region 21B National Qualifier Track & Field Meet will be held at the Eisenhower High School, Zaepfel Stadium, Phil English Track and field complex.

Hours of operation at the Registration Center will be as follows for the AAU National Qualifier Track & Field Meet:

| <u>Day/Date</u>         | <u>Open Time</u> | <u>Close Time</u>   |
|-------------------------|------------------|---|
| Thursday, June 17, 2021 | 6:00pm to        | 8:00pm Home2 Suites,<br>2402 W Nob Hill Blvd<br>40 <sup>th</sup> Ave and Tieton Ave |
| Friday June 18, 2021    | 7:00 am          | Day of Competition Zaepfel Stadium<br>End of Competition                            |
| Saturday June 19, 2021  | 7:00 am          | End of Competition  |
| Sunday, June 20, 2021   | 7:00 am          | End of Competition  |

**NOTE:** It is highly recommended that you pick up your packet on the day before, especially if you have a race or event first thing in the morning. Races and events WILL NOT be held up for athletes picking up bib numbers.

## **RESULTS:**

Results will be posted on line at [www.aatrackandfield.com](http://www.aatrackandfield.com) and [www.coacho.com](http://www.coacho.com)

## **CHALLENGE**

### **PERIOD:**

Any persons wanting to challenge the final results must do so via e-mail to the meet coordinator within 24 hours of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines.

## **AAU JUNIOR OLYMPIC GAMES DECLARATION & REGISTRATION INFORMATION:**

Qualifiers for the 2021 AAU Junior Olympic Games at Humble High School, Harris County Texas, must declare and register for the meet online through [www.coacho.com](http://www.coacho.com) before July 21st, 2021 at 11:59 PM EST. No entries will be accepted after the 11:59 PM EST (9:00 PM PST West Coast). Do not jeopardize your athletes chance to compete by not completing this step before the AAU Junior Olympic Games registration deadline.

**There will be over 10,000 Track and Field Athletes participating in Texas.**

**FINAL NATIONAL CHAMPIONSHIP  
AAU JUNIOR OLYMPIC GAMES  
SCHEDULE OF**

**EVENTS:** PLEASE NOTE THIS: The FINAL AAU Junior Olympic Games Schedule will be posted on July 26, 2021 at [www.aatrackandfield.org](http://www.aatrackandfield.org) Events will always be on the same day as they are posted now.

**PARKING:** No charge for parking.

**SPECTATOR TICKETS:** Admission: main gate to the track and field facility.  
Children under the age of three (3) are admitted for free.  
Friday, June 18<sup>th</sup> \$10.00  
Saturday, June 19<sup>th</sup> \$10.00  
Sunday, June 20<sup>th</sup> \$10.00

**COACHES PASSES:** All Athletes must be members of the Same Club and have a Club Membership.

1-8 Athletes NO (0) complimentary Coaches Credential issued.

9-16 Athletes One (1) complimentary Coaches Credential per club

17-25 Athletes Two (2) complimentary Coaches Credentials per club

Over 25 Athletes\* Three (3) complimentary Coaches Credentials per club

\*A Maximum of three (3) complimentary Coaches Credentials will be given to any given club. All coaches must be a current registered member of the AAU and must produce current membership card to receive the complimentary pass. Coaches passes will be handed out the time of packet pick up. If AAU memberships are not presented at this time, Credentials will be forfeited. Absolutely NO Replacements for LOST or Stolen Credentials.

**AAU memberships will not be sold at the meet!!!!**

**You must have your AAU membership card purchased before you enter this meet.**

**MEDICAL:** Emergency Medical personnel are on call; all other injuries are up to parents/coaches.

**FLUIDS:** Meet management will do its best to try to provide water in certain competition areas. It is strongly encouraged that athletes, teams, coaches, and parents have water with them.

**WEATHER:** The average high temperature in Yakima during this month of June is in the high 90's with low humidity.

## **TRACK & FIELD VENUE INFORMATION**

**TENTS:** Tents will not be allowed in the stadium. Some individual tents will be allowed to be erected in a limited area. However, the tents cannot be staked down, and tent tops must be removed at night or during inclement weather.

**SHOWER & LOCKER ROOMS:** There are no shower or locker room facilities available at the track & field venue. All competitors need to dress at their hotel and arrive at the complex ready to compete.

**RESTROOM FACILITIES:** Restroom facilities will be available at the track & field venue.

**COMPETITOR NUMBERS:** Competitor bib numbers will be issued at athlete check-in. All athletes will be required to wear their bib numbers on the front of your competition singlet at all times of competition. There is a ten dollar (\$10.00) replacement fee for lost bib numbers.

**HIP NUMBERS:** Hip numbers will be issued at clerk of the course and will be required for all running event competitors during their event. The clerk of course will indicate which side and location to wear the hip numbers at check-in time.

**IMPLEMENTS:** The Sun City Track Club will be supplying implements for use at this event. Athletes may bring their own implements to use during competition. However, personal implements will be required to be weighed-in prior to reporting to the event site. Implement weigh-in will occur at the warm-up areas of the event. Implements will be impounded and delivered to the event area. Implements will be returned to the athletes after competition. (This does not include turbo javelins and pole vault poles)

**PROTESTS:** Protests concerning the status or eligibility of any competitor must be made to the AAU Youth Athletics Committee prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters which develop during the conduct of the meet must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the result has been announced. Protests **MUST** be filed on official protest forms and presented to the Protest Table. The Referee shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals, accompanied by a cash deposit of \$100.00. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. ***PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.***

**ATHLETE WARM-UP:** The warm up area will be located TBD

**COMPETITOR CHECK-IN:** Competitors will be given a final call to check-in 1 hour prior to the start of their event. Any athlete not checked in at this time will be scratched from the event.

**COOLERS:** As part of security and safety measures by Eisenhower High School, **NO GLASS CONTAINERS.** Provisions are in place to handle medications, infant products, and special dietary foods. All coolers, bags, backpacks, and duffels will be subject to the existing security inspection process.

**SCHEDULES:** Time specific schedules will be posted at registration.

**QUALIFICATION:** This meet is **OPEN** to any current 2021 AAU member in **Inland Empire, Montana, Oregon, Pacific Northwest Districts.** Athletes may only compete in one regional meet. Other qualification meets (Non Regional) available are the AAU West Coast National Championships in Reno, Nevada. July 1<sup>st</sup> – 3<sup>rd</sup>. **And the West Coast Junior Olympic Games in Las Vegas July 9<sup>th</sup>-11<sup>th</sup>**

**APPAREL:** Event shirts and merchandise will be available

**HOTEL INFORMATION:** **Go to for the latest information.**



**Need uniforms? Bags?  
Check out Coacho.com**

Meet contact information:  
Eric Michelson Sun City Harriers  
MEET COORDINATOR  
509 951 5191  
[suncity@howardsmedical.com](mailto:suncity@howardsmedical.com)

General AAU Information  
Carrie O'Hara Gutierrez  
AAU MEMBERSHIPS  
509 453 2696

- **This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.**
- **All participants must have a current AAU membership.**
- **AAU membership may not be included as part of the entry fee to the event.**
- **AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.**



# AAU TRACK & FIELD



## Region 21B AAU National Qualifier Track and Field Meet

Eisenhower High School, Yakima Washington

### Schedule of Events

**YOU ARE HEREBY NOTIFIED THAT THE MEET SCHEDULE OUTLINED BELOW IS TENTATIVE AND SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE. A REVISED MEET SCHEDULE WILL BE AVAILABLE UPON CHECK-IN.**

#### CLASSIFICATION

|                              |                             |
|------------------------------|-----------------------------|
| 8G-8 and under girls         | 8B- 8 and under boys        |
| 9G- 9 year old girls         | 9B- 9 year old boys         |
| 10G- 10 year old girls       | 10B- 10 year old boys       |
| 11G- 11 year old girls       | 11B- 11 year old boys       |
| 12G- 12 year old girls       | 12B- 12 year old boys       |
| 13G- 13 year old girls       | 13B- 13 year old boys       |
| 14G- 14 year old girls       | 14B- 14 year old boys       |
| 15-16G- 15-16 year old girls | 15-16B- 15-16 year old boys |
| 17-18G- 17-18 year old girls | 17-18B- 17-18 year old boys |

In all running events, EXCEPT RELAYS, where "all divisions" are indicated, the order will be: 8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B

TF= TIMED FINALS

F= FINALS

***15-16 & 17-18 year old divisions MUST use starting blocks in the sprint races!!!***

### Friday June 18, 2021

Events will not start any earlier than noted below:

|         |                    |  |                                |
|---------|--------------------|--|--------------------------------|
| 8:00am  | Decathlon          | 15-16B/17-18B Combined                               | 100M, LJ, SP, HJ, 400M         |
| 8:30am  | Heptathlon         | 15-16G/17-18G Combined                               | 100H, HJ, SP, 200M             |
| 9:00am  | Triathlon          | 9B/10B Combined                                      | SP, HJ 400M                    |
| 9:30am  | Pentathlon         | 11B,12B,13B,14B Combined                             | 80H or 100H, LJ, SP, HJ, 1500M |
| 10:00am | Triathlon          | 9G/10G Combined                                      | SP, HJ 200M                    |
| 10:30am | Pentathlon         | 11G,12G,13G,14G Combined                             | 80H or 100H, LJ, SP, HJ, 800M  |
| 11:30am | 1500m Racewalk     | 9G,9B,10G,10B,11G,11B,12G,12B Combined               | TF                             |
|         | 3000m Racewalk     | 13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B Combined | TF                             |
| 6:00pm  | 2000m Steeplechase | 15-16G&B/17-18G&B                                    | TF                             |
| 6:20pm  | 3000m              | 11G,11B,12G,12B,13G,13B,14G,14B                      | TF                             |

### Saturday, June 19, 2021

Events will not start any earlier than noted below:

|         |            |                        |                          |
|---------|------------|------------------------|--------------------------|
| 8:00 am | Decathlon  | 15-16G/17-18G Combined | 110H, DT, PV, JAV, 1500M |
| 8:00 am | Heptathlon | 15-16B/17-18B Combined | LJ, JAV, 800M            |
| 8:30 am | 3000m      | 15-16, 17-18           | TF                       |

#### RUNNING EVENTS

**\* Same distance races might be combined  
THIS IS A ROLLING SCHEDULE**

Events will not start any earlier than noted below:

|          |                  |                        |    |
|----------|------------------|------------------------|----|
| 11:00 am | 400m hurdles 36" | 15-16B, 17-18B         | TF |
| 11:15 am | 400m hurdles 30" | 15-16G /17-18G         | TF |
| 11:30 am | 200m hurdles 30" | 13G,13B,14G,14B        | TF |
| 1:15pm   | 400m             | ALL DIVISIONS IN ORDER | TF |
| 3:00pm   | 1500m            | ALL DIVISIONS IN ORDER | TF |



# AAU TRACK & FIELD



**Saturday, June 19, 2021**

**FIELD EVENTS**

Age divisions might be combined with other divisions (example 15-16B and 17-18B).

It is strongly suggested that athletes be ready to go at the scheduled time.

**LJ, TJ, DT, SP, JV WILL RECEIVE 4 ATTEMPTS, NO FINALS**

**THIS IS A ROLLING SCHEDULE**

**TURBO-JAVELIN RUNWAY IS GRASS**

Events will not start any earlier than noted below:

|                |               |   |   |
|----------------|---------------|---|---|
| <b>9:00am</b>  | Turbo Javelin | 8G,8B,9G,9B,10G,10B,11G,11B,12G,12B         | F |
| <b>10:00am</b> | Triple Jump   | 13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B | F |
| <b>11:00am</b> | Shot Put      | 8G,8B,9G,9B,10G,10B,11G,11B,12G,12B         | F |
| <b>12:00pm</b> | Long Jump     | 8G,8B,9G,9B,10G,10B,11G,11B,12G,12B         | F |
| <b>12:00pm</b> | High Jump     | 13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B | F |
| <b>3:00pm</b>  | Shot Put      | 13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B | F |
| <b>3:00pm</b>  | High Jump     | 8G,8B,9G,9B,10G,10B,11G,11B,12G,12B         | F |

**Sunday, June 20, 2021**

**RUNNING EVENTS**

\* Some distance races might be combined

**THIS IS A ROLLING SCHEDULE**

Events will not start any earlier than noted below:

|                |                    |                        |    |
|----------------|--------------------|------------------------|----|
| <b>8:00am</b>  | 3200m relay        | ALL DIVISIONS          | TF |
| <b>8:45am</b>  | 400m relay         | ALL DIVISIONS          | TF |
| <b>10:00am</b> | 110m hurdles (39") | 15-16B,17-18B          | TF |
|                | 100m hurdles (33") | 13B,14B,15-16G,17-18G, | TF |
|                | 100m hurdles (30") | 13G,14G                | TF |
|                | 80m hurdles (30")  | 11G,11B,12G,12B        | TF |
| <b>11:00am</b> | 100m               | ALL DIVISIONS IN ORDER | TF |
|                | 800m               | ALL DIVISIONS IN ORDER | TF |
|                | 200m               | ALL DIVISIONS IN ORDER | TF |
|                | 1600m relay        | ALL DIVISIONS          | TF |

**FIELD EVENTS**

Age divisions might be combined with other divisions (example 15-16B & 17-18B).

It is strongly suggested that athletes be ready to go at the scheduled time.

**LJ, TJ, DT, SP, JV WILL RECEIVE 4 ATTEMPTS, NO FINALS**

**THIS IS A ROLLING SCHEDULE**

**JAVELIN RUNWAY IS GRASS**

Events will not start any earlier than noted below:

|                |            |   |   |
|----------------|------------|---|---|
| <b>9:00am</b>  | Discus     | 11G,11B,12G,12B,13G,13B,14G,14B,15-16G,17-18G,15-16B,17-18B | F |
| <b>9:00am</b>  | Long Jump  | 13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B                 | F |
| <b>11:00am</b> | Pole Vault | 13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B                 | F |
| <b>11:00am</b> | Javelin    | 13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B                 | F |

**TOP 6 RUNNING INDIVIDUAL FINISHERS, TOP 6 FIELD FINISHERS  
AND TOP 6 RELAY TEAMS & 4 MULTI-EVENT QUALIFY  
FOR THE AAU JUNIOR OLYMPIC GAMES**



# 2021 AAU EVENT STANDARDS



## THROWING IMPLEMENTS USED

| AGE DIVISION | SHOT PUT | DISCUS                | JAVELIN   | TURBO JAVELIN |
|--------------|----------|-----------------------|-----------|---------------|
| 8G, 8B       | 4 lbs    | -----                 | -----     | 300 grams     |
| 9G, 9B       | 6 lbs    | -----                 | -----     | 400 grams     |
| 10G, 10B     | 6 lbs    | -----                 | -----     | 400 grams     |
| 11G, 11B     | 6 lbs    | 1.0 kg (2 lbs 3 ¼ oz) | -----     | 400 grams     |
| 12G, 12B     | 6 lbs    | 1.0 kg (2 lbs 3 ¼ oz) | -----     | 400 grams     |
| 13G          | 6 lbs    | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |               |
| 13B          | 4 kg     | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |               |
| 14G          | 6 lbs    | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |               |
| 14B          | 4 kg     | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |               |
| 15-16G)      | 4 kg     | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |               |
| 15-16B       | 12 lbs   | 1.6 kg (3 lbs 9 oz)   | 800 grams |               |
| 17-18G       | 4 kg     | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |               |
| 17-18B       | 12 lbs   | 1.6 kg (3 lbs 9 oz)   | 800 grams |               |

## OUTDOOR MEET HURDLE RACES

| EVENTS | AGE DIV | # of HURDLES | HURDLE HEIGHT | TO 1 <sup>st</sup> HURDLE | BETWEEN HURDLES | LAST HURDLE TO FINISH |
|--------|---------|--------------|---------------|---------------------------|-----------------|-----------------------|
| 80m    | 11G     | 8            | 30"           | 12m                       | 7.5m            | 15.5m                 |
|        | 11B     | 8            | 30"           | 12m                       | 7.5m            | 15.5m                 |
|        | 12G     | 8            | 30"           | 12m                       | 7.5m            | 15.5m                 |
|        | 12B     | 8            | 30"           | 12m                       | 7.5m            | 15.5m                 |
| 100m   | 13G     | 10           | 30"           | 13m                       | 8.5m            | 10.5m                 |
|        | 13B     | 10           | 33"           | 13m                       | 8.5m            | 10.5m                 |
|        | 14G     | 10           | 30"           | 13m                       | 8.5m            | 10.5m                 |
|        | 14B     | 10           | 33"           | 13m                       | 8.5m            | 10.5m                 |
|        | 15-16G  | 10           | 33"           | 13m                       | 8.5m            | 10.5m                 |
|        | 17-18G  | 10           | 33"           | 13m                       | 8.5m            | 10.5m                 |
| 110m   | 15-16B  | 10           | 39"           | 13.72m                    | 9.14m           | 14.02m                |
|        | 17-18B  | 10           | 39"           | 13.72m                    | 9.14m           | 14.02m                |
| 200m   | 13G     | 5            | 30"           | 20m                       | 35m             | 40m                   |
|        | 13B     | 5            | 30"           | 20m                       | 35m             | 40m                   |
|        | 14G     | 5            | 30"           | 20m                       | 35m             | 40m                   |
|        | 14B     | 5            | 30"           | 20m                       | 35m             | 40m                   |
| 400m   | 15-16G  | 10           | 30"           | 45m                       | 35m             | 40m                   |
|        | 17-18G  | 10           | 30"           | 45m                       | 35m             | 40m                   |
| 400m   | 15-16B  | 10           | 36"           | 45m                       | 35m             | 40m                   |
|        | 17-18B  | 10           | 36"           | 45m                       | 35m             | 40m                   |