

AAU WEST COAST NATIONAL TRACK & FIELD CHAMPIONSHIPS



June 26-June 29, 2025

You DO NOT have to qualify to compete in this meet!!!!

**Top 8 qualify for Annual AAU Junior Olympic Games
in Houston, Texas**

Top 8 will medal at this meet.

Overall Team Points Championship Trophy

HUG HIGH SCHOOL

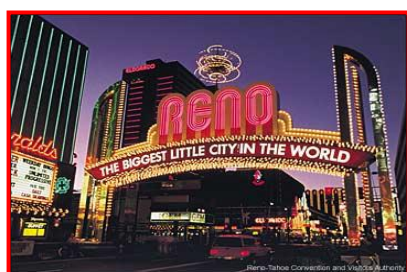
3530 SULLIVAN LANE, SPARKS, NEVADA

DATES:	<i>Tuesday, June 24, 2025</i>	Registration deadline (registration closes at 11:59pm PST)
	<i>Thursday, June 26, 2025</i>	Multi-Event Competition/Package Pickup
	<i>Friday, June 27, 2025</i>	Multi-Event Competition/Package Pickup
	<i>Saturday, June 28, 2025</i>	Track & Field Competition/Package Pickup
	<i>Sunday, June 29, 2025</i>	Track & Field Competition/Package Pickup

AGE DIVISIONS:	Individual events:	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:



NAME OF AGE GROUP FOR 2018

8 years and under
9 years old
10 years old
11 years old
12 years old
13 years old
14 years old
15-16 years old
17-18 years old

YEAR OF BIRTH

2017 & After*
2016
2015
2014
2013
2012
2011
2009 - 2010
2007 - 2008**

**Athletes who are still eighteen (18) years of age through the final day of the West Coast AAU Junior Olympic Games shall be eligible to compete.

ON-LINE

REGISTRATION: The online entry deadline is TUESDAY, JUNE 24, 2025
Online entry MUST be done at www.athletic.net

Online registration will not be reopened after closing time. Therefore, you must make all final changes and pay before closing time on TUESDAY night at 11:59 pm PACIFIC STANDARD TIME.

NO ATHLETES WILL BE ALLOWED TO ENTER AFTER THIS TIME.

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 Tuesday.

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**
- 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 does not work, send changes to schlickclan@gmail.com with ATTENTION WCNC Meet in the subject line.

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

- 1) Send the change to schlickclan@gmail.com with ATTENTION WCNC Meet
- 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 \$5 per athlete.
- 2) All changes related to an athlete's individual events and/or relay teams will be allowed for a fee of \$15 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: \$45 per athlete

The Track & Field meet entry fee is **\$45.00** per athlete regardless of the number of events. Fee must be paid online at the time of registration. A convenience fee will also be assessed.

MULTI-EVENT ENTRY FEE: \$45 per athlete

The Multi-Event competition is a separate event and costs \$45. Fee must be paid online at the time of registration. A convenience fee will also be assessed.

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, Discover, and American Express accepted.

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 \$45.00.
- 2) The relay team represents a current 2025 AAU registered club.
- 3) All competitors must have current AAU membership
- 4) Substitutes must have an open event so in the event they are needed to run they have the space available.

Trading bib numbers to substitute an unregistered athlete is considered unsportsman-like behavior and could be grounds for the disqualification of all relays from an entire team. Therefore, make sure to add alternates.

ELIGIBILITY: Open to any athlete or club/team who holds current AAU Membership. Register instantly online at **www.aausports.org**. The annual fee for individual membership is \$20.00 for athletes and \$55.00 for coaches (non-athletes). Club membership starts at \$30. Visit www.aausports.org and click JOIN NOW for more information. **BE PREPARED and register your coaches early! Background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.**

Individuals and teams that have previously competed in AAU District meets are still eligible to compete at the West Coast National Championship meet and can qualify for the national AAU Junior Olympic Games. If you have questions address them to: schlickclan@gmail.com ATTENTION WCNC Meet

In order for athletes to be physically and mentally prepared to compete at the AAU Championship level, it is highly recommended that athletes compete in their local AAU District meet. Visit www.aauatrackandfield.org or call 407-934-7200 for information about meets in your area.

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 have a valid AAU membership before registering for the meet. All relay teams and clubs/teams must present current 2024 AAU Club membership at check-in. For additional membership information and to join online, please visit www.aausports.org.

EVENT LIMITATIONS: All competitors in the 8 and under, 9 years, 10 years, 11 years, 12 years age divisions will be limited to a maximum of (3) three events per competitor, including relays but excluding multi-events (NO PRIMARY). Competitors in the 13 years, 14 years, 15-16 years and 17-18 years age divisions will be limited to a total of (4) four events per competitor, including relays but excluding multi-events.

DIRECTIONS TO COMPLEX: Will vary depending on where you are staying. We encourage you to go to MAPQUEST and get directions. **Hug High School- 3530 Sullivan Lane, Sparks, Nevada**

PACKET PICKUP: Hours of operation at the PACKET PICKUP Center will be as follows for the 2025 AAU West Coast National Championships:

<i>Day/Date</i>	<i>Open Time</i>	<i>Close Time</i>	<i>Location</i>
Thursday, June 26, 2025	7:00 am	11:00 am	HUG HIGH SCHOOL TRACK
Friday, June 27, 2025	7:00am	3:00 pm	HUG HIGH SCHOOL TRACK
Saturday, June 28, 2025	7:00 am	3:00 pm	HUG HIGH SCHOOL TRACK
Sunday, June 29, 2025	7:00 am	8:00 am	HUG HIGH SCHOOL TRACK

CHALLENGE PERIOD: Any persons wanting to challenge the final results must do so via email at schlickclan@gmail.com ATTENTION WCJO Meet CHANGE 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 and the AAU Track & Field Handbook. Final results will be posted on CoachO.com and AAU Track & Field webpage. WE DO NOT POST TO ATHLETIC.NET DUE TO CONTRACTUAL OBLIGATIONS.

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

The top **eight (8)** place finishers and relay teams from each event will qualify for the AAU Junior Olympic Games. Athletes who finish 9th and after **DO NOT MOVE UP** if an athlete who receives a qualifying bid chooses not to attend the AAU Junior Olympic Games.

Qualifiers for the National AAU Junior Olympic Games in HOUSTON, TEXAS must declare and register for the meet at www.CoachO.com before July 21, 2025. No entries will be accepted after Midnight EST (9:00pm on the West Coast). **DO NOT** jeopardize your athletes opportunity to compete by failing to complete this mandatory step before the deadline. **REGISTRATION WILL BE AVAILABLE AFTER THE 24 HOUR CHALLENGE PERIOD IS COMPLETED.** (Approximately July 1, 2025)

**FINAL NATIONAL
AAU JUNIOR
OLMPIC GAMES
SCHEDULE OF
EVENTS:**

PLEASE NOTE THIS: The FINAL AAU Junior Olympic Games Schedule will be posted on July 26, 2025 at **www.aautrackandfield.org**

WCNC PARKING: NO DAILY PARKING FEES AT EVENT VENUE

Also, please note that some hotels will charge for parking at their location. These prices vary. Please contact your hotel directly for more information on parking fees.

**SPECTATOR
TICKETS:**

Spectator tickets are available at the main gate to the track and field facility. Daily passes are \$15.00 and a pass valid for all competition days is \$25.00. Children six (6) and under are free. **Only cash will be accepted.** **Wrist bands will be available for purchase during packet pick-up hours/locations.**

**COACHES
PASSES:**

1-8 Athletes NO (0) complimentary Coaches Credentials 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. If AAU memberships are not presented at this time, Credentials will be forfeited. Absolutely NO Replacements for LOST or Stolen Credentials. Coaches will receive their credentials at packet pick up.**

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

WEATHER: The average high temperature in Reno during the month of July is in the high 90's with low humidity.

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 \$150.00. 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.***

- HOUSING:** For a complete listing of accommodation options and rates, please visit the web site www.aautrackandfield.org. Special rates have been negotiated for the event.
- TRANSPORTATION:** Participants are responsible for their own transportation during their stay.
- SECURITY:** All AAU West Coast National Championship facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the Games.
- FOOD:** All AAU West Coast National Championship facilities maintain exclusive rights to concessions.
- NO GUARANTEE:** The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

TRACK & FIELD VENUE INFORMATION

- TENTS:** Tents will be allowed only on the top five rows of the stadium. The tents cannot be staked down, and tent tops must be removed at night or during inclement weather. Meet management reserves the right to change this policy at any time.
- 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 at all times of competition. There is a ten dollar (\$10.00) replacement fee for lost bib numbers. The trading of bib numbers is considered unsportsman-like conduct and will result in athlete/relay team disqualification. Individual athletes and relays teams attempting to run under a different name will be stripped of all medal and disqualified from all events. This is a serious violation. Coaches, do not put your athletes in this situation. The purpose of youth athletics is to teach youngsters sportsmanship and strong character.
- 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 Central California AAU District will be supplying implements **(except for pole vault pole and turbo javelins)** 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 event site. Implements will be impounded and delivered to the event area. Implements will be returned to the athletes after competition.
- ATHLETE WARM-UP:** The warm up area will be located outside the stadium.
- 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 **HUG 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.
- OTHER POLICIES:** The following items will not be allowed into complex:
- Pets or animals, except service animals.
- Alcohol, tobacco, and illegal drugs
- SCHEDULES:** Time specific schedules for field events will be posted at the venue.



QUALIFICATION: This meet is OPEN to any current 2025 AAU member in the United States.

Meet contact information:

KAREN FOWLER
MEET COORDINATOR
209-765-4021
oakdalegal@yahoo.com
Attn: WCNC Meet

DAVE SCHLICK
MEET REGISTRATION
559-679-5733
schlickclan@gmail.com
Attn: WCNC Meet

KAREN FOWLER
AAU MEMBERSHIPS
209-765-4021



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www.aautrackandfield.org

COACHES' EDUCATION:

The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. In its second year, this exciting program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches educational course.

- 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 to obtain their membership.

AAU West Coast National Championships Multi Event Championships

SCHEDULE OF EVENTS



Multi-Events Information

- The goal is that all events will be run in the order listed below. Adjustments may be made based on availability of field event competition areas.
- Intermediate Boys and Young Men pole valuator may compete on separate pits (if available).
- Starting height will be 7' or 2.13m.
- All events will be contested approximately 30 minutes after the preceding event is completed.
- The 30 minute rest period will include rest, food, measuring steps, and warm ups. Be ready.
- Each "Final" event will be contested according to the point totals of all of the preceding events. All possible medal winners must run together.

THURSDAY, JUNE 26, 2025

8:00am	Triathlon	9B,10B (Combined) HJ, SP, 400M
	Triathlon	9G, 10G (Combined) SP, HJ, 200M
8:30am	Decathlon	15-16B, 17-18B (Combined) 100M, LJ, SP, HJ, 400M
8:45am	Heptathlon	15-16G, 17-18G (Combined) 100H, HJ, SP, 200M
9:00 am	Pentathlon	13B, 14B (Combined) 100H, LJ, SP, HJ, 1500M
9:15 am	Pentathlon	13G, 14G (Combined) 100H, HJ, SP, LJ, 800M
10:00 am	Pentathlon	11B, 12B (Combined) 80H, LJ, SP, HJ, 1500M
10:15 am	Pentathlon	11G, 12G (Combined) 80H, LJ, SP, HJ, 800M

GAMES COMMITTEE CAN CHOOSE TO RUN THE FIELD EVENTS OUT OF ORDER IF NEEDED

FRIDAY, JUNE 27, 2025

8:00am	Decathlon	15-16B, 17-18B (Combined) 110H, DT, JT, PV, 1500M
	Heptathlon	15-16G, 17-18G (Combined) LJ, JT, 800M

GAMES COMMITTEE CAN CHOOSE TO RUN THE FIELD EVENTS OUT OF ORDER IF NEEDED

ATTENTION

Several events from the Track and Field Championships start on Friday and run concurrently with the final day of the Multi-Event Meet.

See the schedule on the next page.



AAU West Coast National Championships Track and Field Championships

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

S = Semifinals TF= Timed Finals F = Finals

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

Events will not start before indicated time, however, they are not assured to start at the indicated time due to the unknown amount of entries in each event.

FRIDAY, JUNE 27, 2025

RUNNING EVENTS

Age divisions might be combined with other divisions. It is strongly suggested that athletes be ready to go at the scheduled time. STEEPLECHASE WILL BE RUN WITH HURDLES AND NO WATER JUMP (DRY STEEPLE).

8:30am

2000m Steeplechase	15-16B, 17-18B, 15-16G, 17-18G.....	TF
3000M Racewalk	13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B (Combined when possible)	TF
1500M Racewalk	9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B (Combined when possible)	TF

4:00 pm

400IH	15-16B, 17-18B, 15-16G, 17-18G	TF
200LH	13G, 13B, 14G, 14B	TF
4 x 800 Relay	ALL DIVISIONS	TF

FIELD EVENTS (tentative time schedule will be posted morning of based on entries)

Age divisions might be combined with other divisions. It is strongly suggested that athletes be ready to go at the scheduled time. Times are shown.

NOTE: JAVELIN WILL BE THROWN ON A GRASS RUNWAY.

11:00am

Turbo Javelin	8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B	F
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1:00pm

Javelin	17-18B, 17-18G, 15-16G, 15-16B, 14G, 14B, 13G, 13B.....	F
Long Jump	9G, 9B, 10G, 10B, 11G, 11B.....	F

2:00pm

Pole Vault	13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B.....	F
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SATURDAY, JUNE 28, 2025

RUNNING EVENTS—Start at 8 am

Age divisions might be combined with other divisions. It is strongly suggested that athletes be ready to go at the scheduled time.

8:00am	3000M *	ALL DIVISIONS	TF
	100M **	ALL DIVISIONS	SF
	400M	8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B	TF
	110H (39")	15-16B, 17-18B.....	TF
	100H (33")	13B, 14B, 15-16G, 17-18G.....	TF
	100H (30")	.. 13G, 14G.....	TF
	80H (30")	11G, 11B, 12G, 12B.....	..TF
	200M	ALL DIVISIONS	SF

*Some distance races (example 1500m) might be combined

**If not enough runners in the SF, heat will be run as final at the scheduled time.

FIELD EVENTS—Start at 8 am

(tentative time schedule will be posted morning of based on entries)

Age divisions might be combined with other divisions. It is strongly suggested that athletes be ready to go at the scheduled time AT 8:00AM.

Long Jump	17-18G, 15-16G, 14G, 13G, 12G, 8G (North Pit)	
	17-18B, 15-16B, 14B, 13B, 12B, 8B (South Pit)	F
High Jump	9G, 10G, 9B, 10B, 11G, 12G, 11B, 12B, 13G, 14G, 13B, 14B, 15-16G, 17-18G 15-16B, 17-18B....	F
Discus	11G, 12G, 11B, 12B, 13G, 14G, 13B, 14B, 15-16G, 17-18G, 15-16B, 17-18B	F

SUNDAY, JUNE 29, 2025

RUNNING EVENTS—Start at 8 am

Age divisions might be combined with other divisions (example IB and YM). It is strongly suggested that athletes be ready to go at the scheduled time.

8:00am	4 x 100 relay	ALL DIVISIONS.....	TF
	1500M*	ALL DIVISIONS	TF
	100M	ALL DIVISIONS	F
	400M	13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B.....	TF
	800M*	ALL DIVISIONS	TF
	200M	ALL DIVISIONS	F
	4 X 400 relay	ALL DIVISIONS	TF

*Some distance races (example 1500m) might be combined

FIELD EVENTS—First divisions start at 8 am

(tentative time schedule will be posted morning of based on entries)

Age divisions might be combined with other divisions (example IB and YM). It is strongly suggested that athletes be ready to go at the scheduled time AT 8:00AM.

8:00am		
Shot Put	8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B (East Ring)	F
	12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 17-18G, 15-16B, 17-18B (West Ring)	F
Triple Jump	13G, 14G, 13B, 14B, 15-16G, 17-18G, 15-16B, 17-18B (North Pit)	F

2025 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 st 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