**QLAC Events by Age Group**

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|  | **Straight Track** | **Round Track** | **Walks** | **Hurdles** | **Discus** | **Shot Put** | **Javelin** | **High Jump**  | **Long Jump** | **Triple Jump** |
| **U6B** | 50m, 70m, 100m,  | 200m | - | - | Discus (350g) | Shot Put (1kg - blue) | Turbo Javelin | - | 50cm from the edge of the pit with a 1m x 1m sand mat | - |
| **U6G** | 50m, 70m, 100m,  | 200m | - |  | Discus (350g) | Shot Put (1kg - blue) | Turbo Javelin | - | 50cm from the edge of the pit with a 1m x 1m sand mat | - |
| **U7B** | 50m, 70m, 100m | 200m | - | 60 Hurdles | Discus (350g) | Shot Put (1kg - blue) | Turbo Javelin | - | 50cm from the edge of the pit with a 1m x 1m sand mat | - |
| **U7G** | 50m, 70m, 100m | 200m | - | 60 Hurdles | Discus (350g) | Shot Put (1kg - blue) | Turbo Javelin | - | 50cm from the edge of the pit with a 1m x 1m sand mat | - |
| **U8B** | 50m, 70m, 100m | 200m | 700 Walk | 60 Hurdles | Discus (500g) | Shot Put (1.5kg - yellow) | Turbo Javelin | - | 1m from the edge of the pit with a 1m x 1m sand mat | - |
| **U8G** | 50m, 70m, 100m | 200m | 700 Walk | 60 Hurdles | Discus (500g) | Shot Put (1.5kg - yellow) | Turbo Javelin | - | 1m from the edge of the pit with a 1m x 1m sand mat | - |
| **U9B** | 70m, 100m | 200m, 400m, 800m | 700 Walk | 60 Hurdles | Discus (500g) | Shot Put (2kg - orange) | Turbo Javelin | - | 1m from the edge of the pit with a 1m x 1m sand mat | - |
| **U9G** | 70m, 100m | 200, 400m, 800m | 1100 Walk | 60 Hurdles | Discus (500g) | Shot Put (2kg - orange) | Turbo Javelin | - | 1m from the edge of the pit with a 1m x 1m sand mat | - |
| **U10B** | 70m, 100m | 200m, 400m, 800m, 1500m | 1100 Walk | 60 Hurdles | Discus (500g) | Shot Put (2kg - orange) | Turbo Javelin | - | 1m from the edge of the pit with a 1m x 0.5m sand mat | - |
| **U10G** | 70m, 100m | 200m, 400m, 800m, 1500m | 1100 Walk | 60 Hurdles | Discus (500g) | Shot Put (2kg - orange) | Turbo Javelin | - | 1m from the edge of the pit with a 1m x 0.5m sand mat | - |
| **U11B** | 100m | 200m, 400m, 800m, 1500m | 1100 Walk | 60 Hurdles | Discus (750g) | Shot Put (2kg - orange) | Javelin (400g) | High Jump (Start 0.95m) | 1m from the edge of the pit with a 1m x 0.5m sand mat | 0.5m x 1m mat  |
| **U11G** | 100m | 200m, 400m, 800m, 1500m | 1500 Walk | 60 Hurdles | Discus (750g) | Shot Put (2kg - orange) | Javelin (400g) | High Jump (Start 0.95m) | 1m from the edge of the pit with a 1m x 0.5m sand mat | 0.5m x 1m mat  |
| **U12B** | 100m | 200m, 400m, 800m, 1500m | 1500 Walk | 60 Hurdles |  | Shot Put (3kg - white) | Javelin (400g) | High Jump (Start 1.00m) | 1m from the edge of the pit with a 1m x 0.5m sand mat | 0.5m x 1m mat  |
| **U12G** | 100m | 200m, 400m, 800m, 1500m | 1500 Walk | 60 Hurdles | Discus (750g) | Shot Put (2kg - orange) | Javelin (400g) | High Jump (Start 1.00m) | 1m from the edge of the pit with a 1m x 0.5m sand mat | 0.5m x 1m mat  |
| **U13B** | 100m | 200m, 400m, 800m, 1500m | 1500 Walk | 80 Hurdles, 200 Hurdles |  | Shot Put (3kg - white) | Javelin (600g) | High Jump (Start 1.05m) | 1m back from the edge of the pit with a 20cm white line | 20cm white line |
| **U13-14G** | 100m | 200m, 400m, 800m, 1500m | 1500 Walk | 80 Hurdles, 200 Hurdles | Discus (750g – 1kg) | Shot Put (3kg - white) | Javelin (400 – 500g) | High Jump (Start 1.05 – 1.10m) | 1m back from the edge of the pit with a 20cm white line | 20cm white line |
| **U14-17B** | 100m | 200m, 400m, 800m, 1500m | 1500 Walk | 90m & 100m Hurdles, 200 Hurdles |  | Shot Put (3, 4 & 5kg) | Javelin (600 & 700g) | High Jump (Starts 1.10, 1.15 & 1.20m) | 1m back from the edge of the pit with a 20cm white line | 20cm white line |
| **U15-17G** | 100m | 200m, 400m, 800m, 1500m | 1500 Walk | 90m & 100m Hurdles, 200 Hurdles | Discus (1kg) | Shot Put (3kg - white) | Javelin (500g) | High Jump (Start 1.15 & 1.20m) | 1m back from the edge of the pit with a 20cm white line | 20cm white line |