

2. Outdoor Track & Field

a) Authorized Individual Events

Unless otherwise noted, the following events are authorized for competition and **MUST BE CONDUCTED AT DISTRICT, REGIONAL QUALIFIER, AND NATIONAL CHAMPIONSHIP MEETS.** At District Championship Level, the District Sport Director with approval of the Regional qualifier Program Liaison may elect to authorize the meet director to advance steeplechase, pole vault and javelin competitors if the facility and/or host team is unable to accommodate such event(s). Athletes who did not compete in a District Qualifier will only be eligible to compete in the pole vault, javelin, steeplechase and multi events if the aforementioned events were not contested on the District Level. Relay teams must be declared on the Regional qualifier Level. Each participant/athlete must register and pay to enter a District Qualifier regardless of participation and/or waiver in order to be advanced to the Regional qualifier.

8-Under DIVISION						
100m Dash	200m Dash	400m Dash	800m Dash	Long Jump	Shot Put (4lbs)	Turbo Javelin (300g)
1500m Run	4 x 100m Relay					

9 years & 10 years DIVISIONS		
Track & Field Events		Multi Events (Triathlon)
100m Dash	1500m Racewalk	Shot Put (6 lbs.)
200 m Dash	Long Jump	High Jump
400m Dash	High Jump	200m Dash (Girls)
800m Run	Shot Put (6 lbs.)	400m Dash (Boys)
1500m Run	Turbo Javelin (400g)	

11years & 12 years DIVISIONS		
Track & Field Events		Multi Events (Pentathlon)
100m Dash	80m Hurdles (8-30")	80m Hurdles (8-30")
200m Dash	Long Jump	Shot Put (6 lbs.)
400m Dash	High Jump	High Jump
800m Run	Discus (1.0 kg)	Long Jump
1500m Run	Shot Put (6 lbs.)	800m Run (Girls)
3000m Run	Turbo Javelin (400g)	1500m Run (Boys)
1500m Racewalk		

13 years & 14 years DIVISIONS		
Track & Field Events		Multi Events (Pentathlon)
100m Dash	3000m Racewalk	100m Hurdles (10-30" Girls)
200m Dash	Long Jump	100m Hurdles (10-33" Boys)
400m Dash	Triple Jump	Shot Put (6 lbs. Girls)
800m Run	High Jump	Shot Put (4 kg Boys)
1500m Run	Pole Vault	High Jump
3000m Run	Shot Put (4 kg Boys)	Long Jump
200m Hurdles (5-30")	Shot Put (6 lbs. Girls)	800m Run (Girls)
100m Hurdles (10-33" Boys)	Discus (1.0 kg)	1500m Run (Boys)
	Javelin (600g)	
100m Hurdles (10-30" Girls)		

15-16 years & 17-18 years DIVISIONS			
Track & Field Events		Multi Events	
100m Dash	Long Jump	Decathlon (Boys)	Heptathlon (Girls)
200m Dash	Triple Jump	Day 1	Day 1
400m Dash	High Jump	100m Dash	100m Hurdle (10-33")
800m Run	Pole Vault	Long Jump	High Jump
1500m Run	Shot Put (4 kg Girls)	Shot Put (12 lbs.)	Shot Put (4 kg)
3000m Run	Shot Put (12 lbs. Boys)	High Jump	200m Dash
3000m Racewalk	Discus (1.0 kg Girls)	400m Dash	
110m Hurdles (10-39" Boys)	Discus (1.6 kg Boys)	Day 2	Day 2
	Javelin (600g Girls)	110m Hurdles (10-39")	Long Jump
100m Hurdles (10-30" Girls)	Javelin (800g Boys)	Discus (1.6 kg)	Javelin (600g)
		Pole Vault	800m Run
400m Hurdles (10-36" Boys)	2000m Steeplechase (30" Girls/36" Boys) 18 hurdle jumps 5 water jumps	Javelin (800g)	
		1500m Run	
400m Hurdles (10-30" Girls)			