

13 & 14 year old DIVISIONS

Track & Field Events		Multi Events (Pentathlon)	
		Boys	Girls
55m Dash	3000m Racewalk	55m Hurdles (5-33")	55m Hurdles (5-30")
200m Dash	Pole Vault		
400m Dash	Shot Put (6 lbs. Girls)	High Jump	High Jump
800m Run	Shot Put (4 kg Boys)		
1500m Run	Long Jump	Shot Put (4 kg)	Shot Put (6 lbs.)
3000m Run	High Jump	Long Jump	Long Jump
55m Hurdles (5-30" Girls)		800m/1000m Run	
55m Hurdles (5-33" Boys)			

15-16 & 17-18 year old DIVISIONS

Track & Field Events		Multi Events (Pentathlon)	
		Boys	Girls
55m Dash	3000m Racewalk	55m Hurdles (5-39")	55m Hurdles (5-33")
200m Dash	High Jump		
400m Dash	Long Jump	High Jump	High Jump
800m Run	Triple Jump		
1500m Run	Shot Put (4 kg Girls)	Shot Put (12 lbs.)	Shot Put (4 kg)
3000m Run	Shot Put (12 lbs. Boys)	Long Jump	Long Jump
55m Hurdles (5- 33" Girls)		1000m Run	800m Run
55m Hurdles (5-39" Boys)			

b) Authorized Relay Events

AGE DIVISION	RELAY EVENTS
8-Under, 9 years & 10 years	4 x 400m
11 years & 12 years	4 x 400m
13 years & 14years	4 x 400m
15-16 years	4 x 400m
17-18 years	4 x 400m

- (1) Participation of relay teams shall be limited to those clubs which hold current valid club membership in their home District of the Amateur Athletic Union, and must also show proof of club membership. All members of the relay team must be members of the club they represent, of the same age division and under.
- (2) Substitutions are subject to the same restrictions as in outdoor competition.
- (3) Athletes must compete in their own age division. No one may compete in a younger or older age division in individual events or relays, with the following exceptions: Relays are authorized only in the 8-Under, 10 Year Old, 12 Year Old, 14 Year Old, 15-16 Year Old, and 17-18 Year Old age divisions. 9 Year Olds may move up and run in the 10 Year Old Relay Division, 11 Year Olds may run up in the 12 Year Old Relay Division and 13 Year Olds may run up in the 14 Year Olds Relay Division. The 15-16 Year Old and 17-18 Year Old age divisions may not move up or down in relays or in any individual events. Any

violation of the above rules will result in immediate disqualification from the meet being conducted at that time.

c) **Indoor Meet Hurdle Races**

Event	Age Division	# of Hurdles	Hurdle Height	To First Hurdle	Between Hurdles	Last Hurdle to Finish
55m	11 years (Girls & Boys)	5	30"	12m	7.5m	13m
	12 years (Girls & Boys)	5	30"	12m	7.5m	13m
	13 years (Girls)	5	30"	13m	8m	8m
	14 years (Girls)	5	30"	13m	8m	8m
	13 years (Boys)	5	33"	13m	8.5m	8m
	14 years (Boys)	5	33"	13m	8.5m	8m
	15-16 years (Girls)	5	33"	13m	8.5m	8m
	17-18 years (Women)	5	33"	13m	8.5m	8m
	15-16 years (Boys)	5	39"	13.72m	9.14m	4.72
	17-18 years (Men)	5	39"	13.72m	9.14m	4.72

d) **Throwing Implements**

- (1) Approved implements shall be furnished by the meet host, with the exception of pole vault poles.
- (2) Personally owned implements may be used if approved by the meet host; if used, they become part of the equipment pool for the duration of the meet.
- (3) Shot Put weights are as follows:

AGE DIVISION	WEIGHT
8-under(Girls & Boys)	4 lbs.
9 years (Girls & Boys)	6 lbs.
10 years (Girls & Boys)	6 lbs.
11 years (Girls & Boys)	6 lbs.
12 years (Girls & Boys)	6 lbs.
13 years (Girls)	6 lbs.
14 years (Girls)	6 lbs.
13 years (Boys)	4 kg
14 years (Boys)	4 kg
15-16 years (Girls)	4 kg
17-18 years (Women)	4 kg
15-16 years (Boys)	12 lbs.
17-18 years (Men)	12 lbs.

e) **Eligibility / Age Divisions**

- (1) **Indoor Age Divisions are the** same as Outdoor Track & Field.
- (2) Athletes who are eighteen (18) years of age through the final day of the National Indoor Track & Field Championships shall be eligible to compete in the 17-18 Year Old age division through that Track & Field meet
- (3) Participants must hold current membership in the Amateur Athletic Union.
- (4) Competitors are responsible for determining whether competing in this event will disqualify them from competing in events sponsored by their State High School Activities/Athletics District.