

8 & Under Boys – Max 3 events including relay

Track - 100m; 200m; 400m; 800m; 1500m; 4x100m Relay; 4x400m Relay;
Field – Long Jump; Shot Put (2k); Mini Javelin – Turbo 300 grams

9-10 Boys - Max 3 events including relay but not Triathlon

Track - 100m; 200m; 400m; 800m; 1500m; 1500m Race Walk; 4x100m Relay; 4x400m Relay
Field – High Jump; Long Jump; Shot Put (6 lbs.); Mini Javelin – Turbo 300 grams
Multi – Triathlon – High Jump, Shot Put (6 lbs.), 400m

11-12 Boys - Max 3 events including relay but not Pentathlon

Track - 100m; 200m; 400m; 800m; 1500m; 3000m; 80m Hurdles (30 inch); 1500m Race Walk; 4x100m Relay; 4x400m Relay; 4x800m Relay
Field – High Jump; Long Jump; Shot Put (6 pounds); Discus (1k); Aero Jav – 450 grams.
Multi – Pentathlon – High Jump, Long Jump, Shot Put (6 pounds), 80m Hurdles, 1500m.

13-14 Boys - Max 4 events including relay but not Pentathlon

Track - 100m; 200m; 400m; 800m; 1500m; 3000m; 100m Hurdles (33 inch); 200m Hurdles (30 inch); 3000m Race Walk; 4x100m Relay; 4x400m Relay; 4x800m Relay
Field – High Jump; Long Jump; Pole Vault; Triple Jump; Shot Put (4k); Discus (1K); Javelin – 600 grams
Multi – Pentathlon – High Jump, Long Jump, Shot Put (4k), 100m Hurdles, 1500m

15-16 Boys - Max 4 events including relay but Decathlon

Track - 100m; 200m; 400m; 800m; 1500m; 3000m; 110m Hurdles (39 inch); 400m Hurdles (36 inch); 2000m Steeplechase; 3000m Race Walk; 5000m Race Walk; 4x100m Relay; 4x400m Relay; 4x800m Relay.
Field – High Jump; Long Jump; Pole Vault; Triple Jump; Shot Put (12 lbs.); Discus (1.6K); Javelin – 800 grams; Hammer (12 lbs.).
Multi – Decathlon – High Jump, Long Jump, Pole Vault, Shot Put (4k), Discus (1.6k), Javelin (800g), 110m Hurdles, 100m, 400m, 1500m.

17-18 Boys - Max 4 events including relay but not Decathlon

Track - 100m; 200m; 400m; 800m; 1500m; 3000m; 5000m; 110m Hurdles (39 inch); 400m Hurdles (36 inch); 2000m Steeplechase; 3000m Race Walk; 5000m Race Walk; 4x100m Relay; 4x400m Relay; 4x800m Relay.
Field – High Jump; Long Jump; Pole Vault; Triple Jump; Shot Put (12 lbs.); Discus (1.6K); Javelin – 800 grams; Hammer (12 lbs.).
Multi – Decathlon – High Jump, Long Jump, Pole Vault, Shot Put (12 lbs.), Discus (1.6k), Javelin (800g), 110m Hurdles, 100m, 400m, 1500m.

8 & Under Girls - Max 3 events including relay

Track - 100m; 200m; 400m; 800m; 1500m; 4x100m Relay; 4x400m Relay;
Field – Long Jump; Shot Put (2k); Mini Javelin – Turbo 300 grams

9-10 Girls - Max 3 events including relay but not Triathlon

Track - 100m; 200m; 400m; 800m; 1500m; 1500m Race Walk; 4x100m Relay; 4x400m Relay

Field – High Jump; Long Jump; Shot Put; Mini Javelin – Turbo 300 grams

Multi – Triathlon – High Jump, Shot Put, 200m

11-12 Girls - Max 3 events including relay but not Pentathlon

Track - 100m; 200m; 400m; 800m; 1500m; 3000m; 80m Hurdles (30 inch); 1500m Race Walk; 4x100m Relay; 4x400m Relay; 4x800m Relay.

Field – High Jump; Long Jump; Shot Put (6 pounds); Discus (1k); Aero Jav 450 grams.

Multi – Pentathlon – High Jump, Long Jump, Shot Put (6 pounds), 80m Hurdles, 800m.

13-14 Girls - Max 4 events including relay but not Pentathlon

Track - 100m; 200m; 400m; 800m; 1500m; 3000m; 100m Hurdles (30 inch); 200m Hurdles (30 inch); 3000m Race Walk; 4x100m Relay; 4x400m Relay; 4x800m Relay

Field – High Jump; Long Jump; Pole Vault; Triple Jump; Shot Put (6 lbs.); Discus (1K); Javelin – 600 grams

Multi – Pentathlon – High Jump, Long Jump, Shot Put (6 lbs.), 100m Hurdles, 800m

15-16 Girls - Max 4 events including relay but not Heptathlon

Track - 100m; 200m; 400m; 800m; 1500m; 3000m; 100m Hurdles (33 inch); 400m Hurdles (30 inch); 2000m Steeplechase; 3000m Race Walk; 5000m Race Walk; 4x100m Relay; 4x400m Relay; 4x800m Relay.

Field – High Jump; Long Jump; Pole Vault; Triple Jump; Shot Put (4k); Discus (1K); Javelin – 600 grams; Hammer (4k).

Multi – Heptathlon– High Jump, Long Jump, Shot Put (4k), Discus (1k), Javelin (600g), 100m Hurdles, 100m, 800m.

17-18 Girls - Max 4 events including relay but not Heptathlon

Track - 100m; 200m; 400m; 800m; 1500m; 3000m; 5000m; 100m Hurdles (33 inch); 400m Hurdles (30 inch); 2000m Steeplechase; 3000m Race Walk; 5000m Race Walk; 4x100m Relay; 4x400m Relay; 4x800m Relay.

Field – High Jump; Long Jump; Pole Vault; Triple Jump; Shot Put (4k); Discus (1.6K); Javelin – 600 grams; Hammer (4k).

Multi – Heptathlon– High Jump, Long Jump, Shot Put (4k), Javelin (600g), 100m Hurdles, 200m, 800m.