

Rules Athletics



AGE GROUPS

Juniors	7 yrs	8 yrs	9 yrs	10/11 yrs	4 age groups
Seniors	12/13 yrs	14/15/16 yrs			2 age groups

EVENTS

7yrs & 8yrs	Standing Long Lump	Throw	50m	200m
9s & 10/11 yrs	Standing Long Lump	Throw	60m	400m
12/13 yrs	Long Lump	Throw	60m	800m
14/15/16 yrs	Long Lump	Shot Put	60m	1200m

EVENT DETAILS

Junior long jump will be measured from take-off (there will be no 'no jumps') & best of 2 jumps dependent upon weather and number of competitors. Senior age groups will have 3 jumps.

In the Middle Distance events, if numbers are too large for one race, then more than one race will be staged and the first four positions decided by times.

Please note that the 200m (7yrs & 8yrs), 400m (9yrs & 10/11yrs), are middle distance races and will not be run in lanes. Please ensure that children are capable of completing the races without distress.

RELAYS

The relay races have been removed as of August 2017.

WARNING

Foul and abusive language will not be tolerated and may result in competitors being dismissed from the event/tournament.

Spectators must not coach from the side-lines and intimidation of officials will not be tolerated.