

Elite

- Paralympics
- Oceania Championships
- World Para Athletics Championships
- Special Olympics
- Global Olympics
- Deaf Olympics
- Para Junior High Performance Program
- Target Talent Programs (State)



Competition - National level

- Little Athletics
 - Australian Little Athletics Championships (U13 & 15)
- Athletics Australia
 - Australian All Schools
 - Australian Junior & Open Championships
 - Australian Cross Country Championships
- Schools
 - School Sport Australia Championships (U10 to U12)



Competition - Club to State level

- Little Athletics
 - Region & State Championships (U9 to U17)
 - Combined Championships
- Athletics NSW (U13 - U18 & Opens)
 - NSW All Schools
 - NSW Junior & Open Championships
 - NSW Cross Country Championships
 - Club Championships
- Schools (Primary & Senior)
 - Dependent on School system - Zone, Region & State



Grass Roots & Participation

- Little Athletics (Tiny Tots to U17)
 - Centre weekly competition (Summer)
 - Camps & Clinics
 - LAPS (School program in all terms)
- Athletics NSW (U13 - Masters)
 - Club weekly competition (Summer)
 - All Comers & Treloar Shield (Summer)
- Recreational Running (Some restrictions but mostly all ages)
 - Parkrun (all year)
 - RunNSW (Winter)
 - Trail Running (all year)
 - Cross Country (Winter)
- Schools (Primary & Secondary)

