

Championships Event Grid by Age

6's - 12's

Events	6's Born in 2019	7's Born in 2018	8's Born in 2017	9's Born in 2016	10's Born in 2015	11's Born in 2014	12's Born in 2013
50m	50m	50m					
70m	70m	70m	70m	70m	70m		
100m	100m	100m	100m	100m	100m	100m	100m
200m	200m pack start	200m	200m	200m	200m	200m	200m
400m			400m pack start	400m	400m	400m	400m
800m	300m pack start	500m pack start	700m pack start	800m	800m	800m	800m
1500m						1500m	1500m
Race Walk				700m W	1100m W	1100m W	1500m W
Sprint Hurdles			60m H (45cm)	60m H (45cm)	60m H (60cm)	80m H (60cm)	80m H (68cm)
High Jump				HJ Scissor	HJ Scissor	HJ	HJ
Long Jump	LJ	LJ	LJ	LJ	LJ	LJ	LJ
Triple Jump						TJ	TJ
Pole Vault (State, Nationals - Direct Entry) (Not contested at Zone or Region)							PV
Discus Throw	350g	350g	500g	500g	500g	500g	750g
Javelin Throw						400g	400g
Shot Put	500g	1kg	1.5kg	2kg	2kg	2kg	2kg
Hammer Throw (State, Nationals - Direct Entry) (Not contested at Zone or Region)							3kg

Championships Event Grid by Age

13's (U14) - U20 (Track)

Events	13's (U14) Born in 2012	14's (U15) Born in 2011	15's (U16) Born in 2010	16's (U17) Born in 2009	17's (U18) Born in 2008	U20 Born in 2007-2006
100m	100m	100m	100m	100m	100m	100m
200m	200m	200m	200m	200m	200m	200m
400m	400m	400m	400m	400m	400m	400m
800m	800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m	1500m
3000m	3000m	3000m	3000m	3000m	3000m	3000m
5000m						5000m
Steeple (State, Nationals - Direct Entry) (Not contested at Zone or Region)		2000m	2000m	2000m	2000m	3000m
Race Walk Participation Pathway (Zone, Region, State)	1500 W	1500m W	1500m W	1500 W	1500 W	
Race Walk Competition Pathway (State, Nationals - Direct Entry) (Not contested at Zone or Region)	3000m W	3000m W	3000m W	5000m W	5000m W	5,000 W and 10,000 W
Sprint Hurdles	M - 90m H (76cm) F - 80m H (76cm)	F - 90m H (76cm)	F - 90m H (76cm)	F - 100m H (76cm)	F - 100m H (76cm)	M - 110m H (99cm) F - 100m H (84cm)
Sprint Hurdles Participation Pathway (Zone, Region, State)		M - 100m H (76cm)	M - 100m H (76cm)	M - 110m H (76cm)	M - 110m H (76cm)	
Sprint Hurdles Competition Pathway (State, Nationals - Direct Entry) (Not contested at Zone or Region)		M - 100m H (84cm)	M - 100m H (84cm)	M - 110m H (91cm)	M - 110m H (91cm)	
Hurdles	200m H (76cm)	300m H (76cm)	300m H (76cm)	M- 400m H (84cm) F- 400m H (76cm)	M- 400m H (84cm) F- 400m H (76cm)	M- 400m H (91cm) F- 400m H (76cm)

Where there is a Participation Pathway and a Competition Pathway specification for the same event (Race Walk and Sprint Hurdles), athletes may only compete in one specification at relevant Championships.

Championships Event Grid by Age

13's (U14) - U20 (Field)

Events	13's (U14) Born in 2012	14's (U15) Born in 2011	15's (U16) Born in 2010	16's (U17) Born in 2009	17's (U18) Born in 2008	U20 Born in 2007-2006
Pole Vault (State, Nationals - Direct Entry) (Not contested at Zone or Region)	PV	PV	PV	PV	PV	PV
High Jump	HJ	HJ	HJ	HJ	HJ	HJ
Long Jump	LJ	LJ	LJ	LJ	LJ	LJ
Triple Jump	TJ	TJ	TJ	TJ	TJ	TJ
Hammer Throw (State, Nationals - Direct Entry) (Not contested at Zone or Region)	3kg	M - 4kg F - 3kg	M - 4kg F - 3kg	M - 5kg F - 3kg	M - 5kg F - 3kg	M - 6kg F - 4kg
Discus Throw	750g	1kg	1kg	M - 1.5kg F - 1kg	M - 1.5kg F - 1kg	M - 1.75kg F - 1kg
Javelin Throw	M - 600g F - 400g	M - 700g F - 500g	M - 700g F - 500g	M - 700g F - 500g	M - 700g F - 500g	M - 800g F - 600g
Shot Put	3kg	M - 4kg F - 3kg	M - 4kg F - 3kg	M - 5kg F - 3kg	M - 5kg F - 3kg	M - 6kg F - 4kg

Where there is a Participation Pathway and a Competition Pathway specification for the same event (Race Walk and Sprint Hurdles), athletes may only compete in one specification at relevant Championships.

Championships Event Grid by Age

Para and Multi-class

Events	9's-10's Born in 2016 or 2015	11's-12's Born in 2013 or 2014	13's-14's (U15) Born in 2012 or 2011	15's-16's (U17) Born in 2010 or 2009	U20 Born in 2008, 2007, or 2006
100m	100m	100m	100m	100m	100m
200m	200m	200m	200m	200m	200m
400m	400m	400m	400m	400m	400m
800m	800m	800m	800m	800m	800m
1500m			1500m	1500m	1500m
Long Jump	LJ	LJ	LJ	LJ	LJ
Shot Put	SP	SP	SP	SP	SP
Discus Throw	DT	DT	DT	DT	DT
Javelin/Club Throw			JT/Club	JT/Club	JT/Club

Championships Event Grid by Age - Para Athletes F01, F11, F12, F13, F20, F60

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
U20	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g
15's-16's (U17)	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g
13's-14's (U15)	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g
12's	750g	750g	2.0kg	2.0kg	400g	400g
11's	500g	500g	2.0kg	2.0kg	400g	400g
10's	500g	500g	2.0kg	2.0kg		
9's	500g	500g	2.0kg	2.0kg		

Championships Event Grid by Age - Para Athletes F21 (112)

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g
15's-16's (U17)	1.0kg	750g	3.0kg	2.0kg	500g	400g
13's-14's (U15)	1.0kg	750g	3.0kg	2.0kg	500g	400g
12's	750g	500g	2.0kg	1.0kg	400g	400g
11's	500g	500g	2.0kg	1.0kg	400g	400g
10's	500g	500g	2.0kg	1.0kg		
9's	500g	500g	2.0kg	1.0kg		

Championships Event Grid by Age - Para Athletes F31, F32, F33, F34, F35, F46, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
U20	F31							397g	397g
	F32	1.0kg	1.0kg	2.0kg	2.0kg			397g	397g
	F33	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g		
	F34	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g		
	F35	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g		
	F36	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g		
	F37	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g		
	F38	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g		

Championships Event Grid by Age - Para Athletes F31, F32, F33, F34, F35, F46, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
15's-16's (U17)	F31							397g	397g
	F32	750g	750g	1.0kg	1.0kg			397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	500g		
	F34	750g	750g	3.0kg	2.0kg	500g	500g		
	F35	750g	750g	3.0kg	2.0kg	500g	500g		
	F36	750g	750g	3.0kg	2.0kg	500g	500g		
	F37	750g	750g	4.0kg	2.0kg	500g	500g		

Championships Event Grid by Age - Para Athletes F31, F32, F33, F34, F35, F46, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
13's-14's (U15)	F31							397g	397g
	F32	750g	750g	1.0kg	1.0kg			397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	400g		
	F34	750g	750g	3.0kg	2.0kg	500g	400g		
	F35	750g	750g	3.0kg	2.0kg	500g	400g		
	F36	750g	750g	3.0kg	2.0kg	500g	400g		
	F37	750g	750g	3.0kg	2.0kg	500g	400g		
	F38	750g	750g	3.0kg	2.0kg	500g	400g		

Championships Event Grid by Age - Para Athletes F31, F32, F33, F34, F35, F46, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
12's & 11's	F31						
	F32	500g	500g	1.0kg	1.0kg		
	F33	500g	500g	1.0kg	1.0kg	400g	400g
	F34	500g	500g	2.0kg	2.0kg	400g	400g
	F35	500g	500g	2.0kg	2.0kg	400g	400g
	F36	500g	500g	2.0kg	2.0kg	400g	400g
	F37	500g	500g	2.0kg	2.0kg	400g	400g
	F38	500g	500g	2.0kg	2.0kg	400g	400g

Championships Event Grid by Age - Para Athletes F31, F32, F33, F34, F35, F46, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women
10's	F31				
	F32	500g	500g	1.0kg	1.0kg
	F33	500g	500g	1.0kg	1.0kg
	F34	500g	500g	1.5kg	1.5kg
	F35	500g	500g	1.5kg	1.5kg
	F36	500g	500g	1.5kg	1.5kg
	F37	500g	500g	1.5kg	1.5kg
	F38	500g	500g	1.5kg	1.5kg

Championships Event Grid by Age - Para Athletes F31, F32, F33, F34, F35, F46, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women
9's	F31				
	F32	350g	350g	1.0kg	1.0kg
	F33	500g	500g	1.0kg	1.0kg
	F34	500g	500g	1.5kg	1.5kg
	F35	500g	500g	1.5kg	1.5kg
	F36	500g	500g	1.5kg	1.5kg
	F37	500g	500g	1.5kg	1.5kg
	F38	500g	500g	1.5kg	1.5kg

Championships Event Grid by Age - Para Athletes F40, F41

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g
15's-16's (U17)	1.0kg	750g	3.0kg	2.0kg	500g	400g
13's-14's (U15)	1.0kg	750g	3.0kg	2.0kg	400g	400g
12's	500g	500g	1.5kg	1.5kg	400g	400g
11's	500g	500g	1.5kg	1.5kg	400g	400g
10's	500g	500g	1.5kg	1.5kg		
9's	500g	500g	1.5kg	1.5kg		

Championships Event Grid by Age - Para Athletes F42, F43, F44, F45, F46, F61, F62, F63, F64

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
U20	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g
15's-16's (U17)	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g
13's-14's (U15)	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g
12's	750g	750g	2.0kg	2.0kg	400g	400g
11's	500g	500g	2.0kg	2.0kg	400g	400g
10's	500g	500g	2.0kg	2.0kg		
9's	500g	500g	2.0kg	2.0kg		

Championships Event Grid by Age - Para Athletes F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
U20	F51	1.0kg	1.0kg					397g	397g
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g		
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g		
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g		
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g		
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g		
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g		

Championships Event Grid by Age - Para Athletes F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
15's-16's (U17)	F51	750g	750g					397g	397g
	F52	750g	750g	2.0kg	2.0kg	500g	500g		
	F53	750g	750g	2.0kg	2.0kg	500g	500g		
	F54	750g	750g	3.0kg	2.0kg	500g	500g		
	F55	750g	750g	3.0kg	2.0kg	500g	500g		
	F56	750g	750g	3.0kg	2.0kg	500g	500g		
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g		

Championships Event Grid by Age - Para Athletes F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
13's-14's (U15)	F51	750g	750g					397g	397g
	F52	750g	750g	2.0kg	2.0kg	400g	400g		
	F53	750g	750g	2.0kg	2.0kg	400g	400g		
	F54	750g	750g	2.0kg	2.0kg	400g	400g		
	F55	750g	750g	2.0kg	2.0kg	400g	400g		
	F56	750g	750g	2.0kg	2.0kg	400g	400g		
	F57	750g	750g	2.0kg	2.0kg	500g	400g		

Championships Event Grid by Age - Para Athletes F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
12's	F51	500g	500g					397g	397g
	F52	500g	500g	1.5kg	1.5kg	400g	400g		
	F53	500g	500g	1.5kg	1.5kg	400g	400g		
	F54	500g	500g	2.0kg	2.0kg	400g	400g		
	F55	500g	500g	2.0kg	2.0kg	400g	400g		
	F56	500g	500g	2.0kg	2.0kg	400g	400g		
	F57	500g	500g	2.0kg	2.0kg	400g	400g		

Championships Event Grid by Age - Para Athletes F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
11's	F51	500g	500g						
	F52	500g	500g	2.0kg	2.0kg	400g	400g		
	F53	500g	500g	2.0kg	2.0kg	400g	400g		
	F54	500g	500g	2.0kg	2.0kg	400g	400g		
	F55	500g	500g	2.0kg	2.0kg	400g	400g		
	F56	500g	500g	2.0kg	2.0kg	400g	400g		
	F57	500g	500g	2.0kg	2.0kg	400g	400g		

Championships Event Grid by Age - Para Athletes F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women
10's	F51	500g	500g		
	F52	500g	500g	1.5kg	1.5kg
	F53	500g	500g	1.5kg	1.5kg
	F54	500g	500g	1.5kg	1.5kg
	F55	500g	500g	1.5kg	1.5kg
	F56	500g	500g	1.5kg	1.5kg
	F57	500g	500g	1.5kg	1.5kg

Championships Event Grid by Age - Para Athletes F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women
9's	F51	350g	350g		
	F52	350g	350g	1.5kg	1.5kg
	F53	350g	350g	1.5kg	1.5kg
	F54	350g	350g	1.5kg	1.5kg
	F55	350g	350g	1.5kg	1.5kg
	F56	350g	350g	1.5kg	1.5kg
	F57	350g	350g	1.5kg	1.5kg