

USATF Events by Age Group

6-8 YEARS OLD

*Athletes may participate in up to 3 individual events during competition.

INDIVIDUAL EVENTS			COMBINED EVENTS	
<u>Track Events</u>	<u>Field Events</u>	<u>Relays</u>	<u>Girls</u>	<u>Boys</u>
100m dash	Mini-Javelin	4x100m	Not available	Not available
200m dash	Shot Put	4x400m		
400m dash	Long Jump			
800m run				
1500m run				

9-10 YEARS OLD

*Athletes may participate in up to 3 individual events plus 1 combined event during competition.

INDIVIDUAL EVENTS			COMBINED EVENTS	
<u>Track Events</u>	<u>Field Events</u>	<u>Relays</u>	<u>Girls Triathlon</u>	<u>Boys Triathlon</u>
100m dash	Long Jump	4x100m	High Jump	High Jump
200m dash	High Jump	4x400m	Shot Put	Shot Put
400m dash	Shot Put		200m	400m
800m run	Mini-Javelin			
1500m run				
1500m Race Walk				

11-12 YEARS OLD

*Athletes may participate in up to 3 individual events plus 1 combined event during competition.

INDIVIDUAL EVENTS			COMBINED EVENTS	
<u>Track Events</u>	<u>Field Events</u>	<u>Relays</u>	<u>Girls Pentathlon</u>	<u>Boys Pentathlon</u>
80m Hurdles	Long Jump	4x100m	80m Hurdles	80m Hurdles
100m dash	High Jump	4x400m	Shot Put	Shot Put
200m dash	Shot Put	4x800m	High Jump	High Jump
400m dash	Discus		Long Jump	Long Jump
800m run	Mini-Javelin		800m	1500m
1500m run				
3000m run				
1500m Race Walk				

USATF Events by Age Group

13-14 YEARS OLD

*Athletes may participate in up to 4 individual events plus 1 combined event during competition.

INDIVIDUAL EVENTS			COMBINED EVENTS	
<u>Track Events</u>	<u>Field Events</u>	<u>Relays</u>	<u>Girls Pentathlon</u>	<u>Boys Pentathlon</u>
100m Hurdles	Long Jump	4x100m	100m Hurdles	100m Hurdles
200m Hurdles	Triple Jump	4x400m	Shot Put	Shot Put
100m dash	High Jump	4x800m	High Jump	High Jump
200m dash	Pole Vault		Long Jump	Long Jump
400m dash	Shot Put		800m	1500m
800m run	Discus			
1500m run	Javelin			
3000m run				
3000m Race Walk				

15-16 YEARS OLD

*Athletes may participate in up to 4 individual events plus 1 combined event during competition.

INDIVIDUAL EVENTS			COMBINED EVENTS	
<u>Track Events</u>	<u>Field Events</u>	<u>Relays</u>	<u>Girls Heptathlon</u>	<u>Boys Decathlon</u>
100m Hurdles-Girls	Long Jump	4x100m	100m Hurdles	100m
110m Hurdles-Boys	Triple Jump	4x400m	High Jump	Long Jump
400m Hurdles	High Jump	4x800m	Shot Put	Shot Put
100m dash	Pole Vault		200m	High Jump
200m dash	Shot Put		Long Jump	400m
400m dash	Discus		Javelin	110m Hurdles
800m run	Javelin		800m	Discus
1500m run	Hammer			Pole Vault
3000m run				Javelin
3000m Race Walk				1500m
2000m Steeplechase				

17-18 YEARS OLD

*Athletes may participate in up to 4 individual events plus 1 combined event during competition.

INDIVIDUAL EVENTS			COMBINED EVENTS	
<u>Track Events</u>	<u>Field Events</u>	<u>Relays</u>	<u>Girls Heptathlon</u>	<u>Boys Decathlon</u>
100m Hurdles-Girls	Long Jump	4x100m	100m Hurdles	100m
110m Hurdles-Boys	Triple Jump	4x400m	High Jump	Long Jump
400m Hurdles	High Jump	4x800m	Shot Put	Shot Put
100m dash	Pole Vault		200m	High Jump
200m dash	Shot Put		Long Jump	400m
400m dash	Discus		Javelin	110m Hurdles
800m run	Javelin		800m	Discus
1500m run	Hammer			Pole Vault
3000m run				Javelin
3000m Race Walk				1500m
2000m Steeplechase				