

SECTION 7.1A 60 METRES

This event is open to ages 9, 10 and 11 year olds.

Seeded heats are to be run based on times submitted at the time of registration.

Unseeded and late entries are to be grouped together in unseeded heats.

Starting blocks may not be used.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.1B 100 METRES

This event is open to all age categories.

Seeded heats are to be run based on times submitted at the time of registration.

Unseeded and late entries are to be grouped together in unseeded heats.

Starting blocks may be used by 14 year-old athletes in the heats and finals.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.2 200 METRES

This event is open to 12 year olds to 14 year olds

Seeded heats are to be run based on times submitted at the time of registration.

Unseeded and late entries are to be grouped together in unseeded heats.

Starting blocks may be used by 14 year-old athletes in the heats and finals.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.3 400 METRES

This event is open to 12 year olds to 14 year olds

Timed finals are to be run for all age categories.

Starting block restrictions are the same as in the 100 and 200 metre races.

Each section will be seeded using times submitted at the time of registration with the fastest performances grouped together in the same section.

The fastest section will compete last.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.4 800 METRES

This event is open to all age categories.

The maximum number of athletes per race is 16.

If there are more than 16 entries in one race then the athletes are to be split into two sections based on submitted times.

Timed Finals are to be run for all age categories.

The fastest section will compete last.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.5 1500 METRES

This event is open to all age categories.

The maximum number of athletes in one section is 16.

If there are more than 16 entries in one race then the athletes are to be split into two sections based on submitted times.

Timed Finals are to be run for all age categories.

The fastest section will compete last.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.6 3000 METRES

This event is restricted to 13, 14, and 15-year-old athletes.

Timed Finals are to be run for all age categories.

Consecutive age groups may be combined in this one event but awards are to be determined by one-year age categories.

The maximum number of athletes per section is 20.

Races are to be run in order from oldest to youngest with girls first.

PLEASE NOTE THAT MIDDLE DISTANCE RACES ARE TO BE RUN IN THE COOLEST PART OF THE DAY AND WILL NOT OCCUR IF TEMPERATURES ARE HIGHER THAN THOSE ALLOWED UNDER IAAF RULES.

SECTION 7.7 60 METRE HURDLES

This event is open to athletes aged 9 to 11 years female and male.

Timed finals are to be run for all age categories.

See the Hurdle Chart in Section 7.12 for information on the hurdle heights and specifications.

SECTION 7.8 80 METRE HURDLES

This event is open to athletes aged 12 and 13 years female and male as well as female athletes aged 14 years.

Timed finals are to be run for all age categories except for 14 year old female athletes.

14 year old girls will run seeded heats and then a final event if there are more than 8 athletes registered in this event.

Races are to be run in order from oldest to youngest with girls first.

See the Hurdle Chart in Section 7.12 for information on the hurdle heights and distances.

SECTION 7.9 100 METRE HURDLES

This event is restricted to 14 year-old male athletes only.

These athletes will run seeded heats and then a final event if there are more than 8 athletes registered in this event.

Races are to be run in order from oldest to youngest.

See the Hurdle Chart in Section 7.12 for information on the hurdle heights and distances.

SECTION 7.10 200 METRE HURDLES

This event is restricted to 12, and 13-year-old athletes.

Timed finals are to be run for this event.

Races are to be run in order from oldest to youngest with girls first.

See the Hurdle Chart in Section 7.12 for information on the hurdle heights and distances.

SECTION 7.11 300 METRE HURDLES

This event is restricted to 14 year-old athletes only.

Timed finals are to be run for this event.

The start for the 300 metre hurdles is to be the midpoint of the first exchange zone in the 4 x 100 metre relay.

Races are to be run in order from oldest to youngest with girls first.

See the Hurdle Chart in Section 7.12 for information on the hurdle heights and distances.

SECTION 7.12 HURDLE CHART

AGE CATEGORY	DISTANCE RUN	NO. OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
9 years female and male	60 metre hurdles	6	21"	11 metres	6.5 metres	16.5 metres
10 years female and male	60 metre hurdles	6	24"	11 metres	6.5 metres	16.5 metres
11 years female and male	60 metre hurdles	6	24"	11 metres	6.5 metres	16.5 metres
12 years female and male	80 metre hurdles	8	27"	12 metres	7.0 metres	19 metres
13 years female	80 metre hurdles	8	30"	12 metres	7.5 metres	15.5 metres
13 years male	80 metre hurdles	8	30"	12 metres	8.0 metres	12 metres
14 and 15 years female	80 metre hurdles	8	30"	12 metres	8.0 metres	12 metres
14 and 15 years male	100 metre hurdles	10	33"	13 metres	8.5 metres	10.5 metres
12 years female and male	200 metre hurdles	5	24"	20 metres	35 metres	40 metres
13 years female and male	200 metre hurdles	5	27"	20 metres	35 metres	40 metres
14 years female and male	300 metre hurdles	7	30"	50 metres	35 metres	40 metres

Hurdle Placement

With hurdles that have one short and one long foot and the bar on the long foot side: You place them on the track so that they have the short foot towards the finish line. They are designed to roll and fall apart.

With hurdles that have equal length feet: Set them up so that the bar is on the finish line side. They are designed to be kicked off as the hurdles do not roll.

Athletes should be able to see the black and white markings on the hurdle bar.

SECTION 7.13 1500 METRE STEEPLECHASE

This event is restricted to 14 year-old athletes only.

Timed finals are to be run for this event.

The hurdles shall be 30" [.761 metre] for girls and boys.

The race will consist of 12 hurdle jumps and 3 water jumps.

The distance from the start to the beginning of the first lap [300 metres] does not include any jumps. The hurdles are removed until competitors have entered the first lap.

There are 4 hurdles and 1 water jump in each lap and they are to be evenly spaced around the track with 1 hurdle between the water jump and the finish line. There will be approximately 70 metres from the last hurdle to the finish line.

SECTION 7.14 800 METRE RACEWALK

Athletes aged 9 to 12 years will compete in the 800 metre racewalk.

Timed finals are to be run for this event.

Age groups may participate together but awards will be based on single age divisions.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.15 1500 METRE RACEWALK

Athletes aged 13 to 15 years will compete in the 1500 metre racewalk.

Timed finals are to be run for this event.

Age groups may participate together but awards will be based on single age divisions.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.16 3000 METRE RACEWALK

Athletes aged 14 and 15 years will compete in 3000 metre racewalk as an optional championship event.

Midgets may participate together but awards will be based on single age divisions.

Timed finals are to be run for this event.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.17 4 x 100 METRE RELAYS

Sprint relays are to be offered if time permits.

Clubs may form teams from various age groups but the team must run in the age category of its oldest member.

Clubs may register relay teams on the day of the event.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.18 MEDLEY RELAYS

Medley relays are to be offered if time permits. Only ages 12 to 14 are eligible to compete

Clubs may form teams from various age groups but the team must run in the age category of its oldest member. Nine, ten and eleven year olds may not run up in medley relays.

Clubs may register relay teams on the day of the event.

Medley relays consist of athletes running 200 metres, 200 metres, 400 metres, and 800 metres in the listed order.

Races are to be run in order from oldest to youngest with girls first.