

LATas Recognised Track Events & Specifications

60 – 100 Metre Hurdles

Age Group	Distance	Heights	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 6	60m	Max 20cm	12 metres	7 metres	13 metres	6
Under 7	60m	Max 20cm	12 metres	7 metres	13 metres	6
Under 8	60m	45cm	12 metres	7 metres	13 metres	6
Under 9	60m	52.5cm	12 metres	7 metres	13 metres	6
Under 10, 11	60m	60cm	12 metres	7 metres	13 metres	6
Under 12	60m	68cm	12 metres	7 metres	13 metres	6
Under 13	80m	76cm	12 metres	7 metres	12 metres	9
Under 14 Girls	80m	76cm	12 metres	7 metres	12 metres	9
Under 14 Boys	90m	76cm	13 metres	8 metres	13 metres	9
Under 15 Girls	90m	76cm	13 metres	8 metres	13 metres	9
Under 15 Boys	100m	76cm	13 metres	8.5 metres	10.5 metres	10

200 Metre Hurdles

Age Group	Distance	Heights	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 13	200m	76cm	20 metres	35 metres	40 metres	5
Under 14	200m	76cm	20 metres	35 metres	40 metres	5
Under 15	200m	76cm	20 metres	35 metres	40 metres	5

Under 8 and Under 9 400m events will be a pack start - starting on a curved line. Under 9 to Under 12 800m events will start on the curve at the start/finish line. Under 13 to Under 15 800m events will be conducted with two athletes starting per lane. Athletes must remain in their lanes from the start until they reach what is termed 'the break point' and may then cross to the inside lane without causing interference to other athletes. Lanes will not be used for 1500m or Walk Events.

1500m start on mark on track on back straight. All walks start on 1500m start line.

Relay Batons

Diameter 30mm, length 255mm, weight 80 grams – maximum.

Spikes

7mm for running events and up to 9mm for jumping and javelin events.

Track Event	Age Group
150 metres	Under 6, 7
70 metres	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
100 Metres	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
200 metres	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
400 metres	Under 10, 11, 12, 13, 14, 15- Laned Event
400 metres	Under 8, 9 – Pack start (limit to a field of 8)
800 metres	Under 9, 10, 11, 12 – Pack start (limited to a field of 14)
800 metres	Under 13, 14, 15 – Laned Start (2 competitors per lane)
1500 metres	Under 10, 11, 12, 13, 14, 15 (limited to a field of 16)
700 metre walk	Under 9
1100 metre walk	Under 10, 11
1500 metre walk	Under 12, 13, 14, 15