

RULE 301
TRACK AND FIELD EVENTS

The events listed below are included in the National Championships

8 AND UNDER DIVISION

100 Meter Dash	1500 Meter Run	Long Jump
200 Meter Dash	4x100 Meter Relay	Shot Put - 2kg
400 Meter Dash	4x400 Meter Relay	Mini Javelin - 300g
800 Meter Run		

9-10 DIVISION

100 Meter Dash	High Jump	Triathlon: Shot Put - 6 lb.
200 Meter Dash	Long Jump	High Jump
400 Meter Dash	Shot Put - 6 lb.	200 Meter - G
800 Meter Run	Mini Javelin - 300g	400 Meter - B
1500 Meter Run	4x100 Meter Relay	
1500 Meter Race Walk	4x400 Meter Relay	

11-12 DIVISION

100 Meter Dash	80 Meter Hurdles - 30"	4 x 800 Meter Relay
200 Meter Dash	Long Jump	Pentathlon: 80m Hurdles
400 Meter Dash	High Jump	Shot Put - 6 lb.
800 Meter Run	Shot Put - 6 lb.	High Jump
1500 Meter Run	Discus -1kg	Long Jump
3000 Meter Run	Aero Javelin - 450g	800 Meter Run - G
1500 Meter Race Walk	4 x 100 Meter Relay	1500 Meter Run - B
	4 x 400 Meter Relay	

13-14 DIVISION

100 Meter Dash	4 x 800 Meter Relay	Discus -1kg
200 Meter Dash	100 Meter Hurdles - B-33"	Pole Vault
400 Meter Dash	100 Meter Hurdles - G-30"	Javelin - 600g
800 Meter Run	200 Meter Hurdles - 30"	Pentathlon: 100m Hurdles
1500 Meter Run	High Jump	Shot Put - B 4kg, G 6 lb.
3000 Meter Run	Long Jump	High Jump
3000 Meter Race Walk	Triple Jump	Long Jump
4 x 100 Meter Relay	Shot Put - B-4kg	800 Meter Run - G
4 x 400 Meter Relay	Shot Put - G-6 lb.	1500 Meter Run - B

15-16 DIVISION

100 Meter Dash	4 x 400 Meter Relay	Triple Jump
200 Meter Dash	4 x 800 Meter Relay	Shot Put - B-12 lb., G-4kg
400 Meter Dash	110 Meter Hurdles - B-39"	Discus - B-1.6 kg, G-1kg
800 Meter Run	100 Meter Hurdles - G-33"	Javelin - B-800g, G- 600g
1500 Meter Run	400 Meter Hurdles - B-36"	Hammer - B-12lb., G-4kg
3000 Meter Run	400 Meter Hurdles - G-30"	Decathlon - B
2000 Meter Steeplechase	High Jump	Heptathlon - G
3000 Meter Race Walk	Pole Vault	
4 x 100 Meter Relay	Long Jump	

17-18 DIVISION

100 Meter Dash

200 Meter Dash

400 Meter Dash

800 Meter Run

1500 Meter Run

3000 Meter Run

2000 Meter Steeplechase

3000 Meter Race Walk

4 x 100 Meter Relay

4 x 400 Meter Relay

4 x 800 Meter Relay

110 Meter Hurdles - B-39"

100 Meter Hurdles - G-33"

400 Meter Hurdles - B-36"

400 Meter Hurdles - G-30"

High Jump

Pole Vault

Long Jump

Triple Jump

Shot Put - B-12 lb., G-4kg

Discus - B-1.6 kg, G-1kg

Javelin - B-800g, G- 600g

Hammer - B-12lb., G-4kg

Decathlon - B

Heptathlon - G