



USATF Youth Outdoor Events

*Adapted from USATF Competition Rules
(Rule 301, Rule 200.1, Rule 200.2)*

8 and Under Division	9-10 Division	11-12 Division
Shot – 2kg	Shot – 6lb	Shot – 6lb
Mini Javelin – 300g	Mini Javelin – 300g	Aero Javelin – 450g
Long Jump	Long Jump	Discus – 1k
100m	High Jump	Long Jump
200m	100m	High Jump
400m	200m	100m
800m	400m	200m
1500m	800m	400m
4x100m Relay	1500m	800m
4x400m Relay	1500m Race Walk	1500m
	4x100m Relay	3000m
	4x400m Relay	1500m Race Walk
	Triathlon	80m Hurdles – 30"
	Shot – 6lb	4x100m Relay
	High Jump	4x400m Relay
	200m - G	4x800m Relay
	400m - B	Pentathlon
		80m Hurdles
		Shot – 6lb
		High Jump
		Long Jump
		800m - G
		1500m - B

Maximum Number of Track & Field Events

Age Group Division	Event Maximum
8 and Under	3
9 - 10	3
11 - 12	3
13 - 14	4
15 - 16	4
17 - 18	4

NOTE: For Youth Indoor Events, please refer to USATF Competition Rule 301.



13-14 Division	
Shot – 6lb(G), 4kg(B)	
Javelin – 600g	
Discus – 1kg	
Long Jump	
Triple Jump	
High Jump	
Pole Vault	
100m	
200m	
400m	
800m	
1500m	
3000m	
2000m Steeple – 30"	
3000m Race Walk	
4x100m Relay	
4x400m Relay	
4x800m Relay	
100m Hurdles – 30"(G)	
100m Hurdles – 33"(B)	
200m Hurdles – 30"	
Pentathlon - G	
100m Hurdles	
Shot - 6lb(G), 4kg(B)	
High Jump	
Long Jump	
800m	
Pentathlon -B	
100m Hurdles	
Shot - 6lb(G), 4kg(B)	
High Jump	
Long Jump	
1500m	

15-16 Division		
Shot – 6lb (G), 4kg (B)		
Javelin – 600g (G), 850g (B)		
Discus – 1kg (G), 1.6kg (B)		
Hammer – 4kg (G), 12lb (B)		
Long Jump		
Triple Jump		
High Jump		
Pole Vault		
100m		
200m		
400m		
800m		
1500m		
3000m		
2000m Steeplechase		
3000m Race Walk		
4x100m Relay		
4x400m Relay		
4x800m Relay		
100m Hurdles – 33"(G)		
110m Hurdles – 39"(B)		
400m Hurdles – 30"(G)		
400m Hurdles – 36" (B)		
Heptathlon - G		
Day1	100m Hurdles -33"	
Day1	High Jump	
Day1	Shot Put – 6lb	
Day1	200m	
Day2	Long Jump	
Day2	Javelin Throw	
Day2	800m	
Decathlon - B		
Day1	100m	
Day1	Long Jump	
Day1	Shot Put -4kg	
Day1	High Jump	
Day1	400m	
Day2	110m Hurdles -36"	
Day2	Discus – 1.6kg	
Day2	Pole Vault	
Day2	Javelin – 800g	
Day2	1500m	

17-18 Division		
Shot – 6lb (W), 4kg (M)		
Javelin – 600g (G), 850g (B)		
Discus – 1kg (W), 1.6kg (M)		
Hammer – 4kg (W), 12lb (M)		
Long Jump		
Triple Jump		
High Jump		
Pole Vault		
100m		
200m		
400m		
800m		
1500m		
3000m		
2000m Steeplechase		
3000m Race Walk		
4x100m Relay		
4x400m Relay		
4x800m Relay		
100m Hurdles – 33"(W)		
110m Hurdles – 39"(M)		
400m Hurdles – 30"(G)		
400m Hurdles – 36" (B)		
Heptathlon - W		
Day1	100m Hurdles -33"	
Day1	High Jump	
Day1	Shot Put – 6lb	
Day1	200m	
Day2	Long Jump	
Day2	Javelin Throw	
Day2	800m	
Decathlon - M		
Day1	100m	
Day1	Long Jump	
Day1	Shot Put – 4kg	
Day1	High Jump	
Day1	400m	
Day2	110m Hurdles – 36"	
Day2	Discus – 1.6kg	
Day2	Pole Vault	
Day2	Javelin – 800g	
Day2	1500m	