

## **USATF Youth Outdoor Events**

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

8 and Under Division
Shot – 2kg
Mini Javelin – 300g
Long Jump
100m
200m
400m
800m
1500m
4x100m Relay
4x400m Relay

9-10	) Division
Sho	t – 6lb
Min	i Javelin – 300g
Lon	g Jump
High	n Jump
100	m
200	m
400	m
800	m
150	0m
150	0m Race Walk
4x10	00m Relay
4x4(	00m Relay
Triat	thlon
	Shot – 6lb
	High Jump
	200m - G
	400m - B
_	

11-12	2 Division
Shot	– 6lb
Aero	Javelin – 450g
Discu	s – 1k
Long	Jump
High	Jump
100m	ו
200m	ו
400m	ו
800m	า
1500	m
3000	m
1500	m Race Walk
80m	Hurdles – 30"
4x100	Om Relay
4x400	Om Relay
4x800	Om Relay
Penta	athlon
	80m Hurdles
_	Shot – 6lb
	High Jump
	Long Jump

800m - G 1500m - B

## **Maximum Number of Track & Field Events**

Age Group Division	<b>Event Maximum</b>
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	Divis	ion
Shot -	– 6lb (	G), 4kg (B)
		00g (G), 850g (B)
		g (G), 1.6kg (B)
		4kg (G), 12lb (B)
Long		
	Jump	)
High .		
Pole		
100m	1	
200m		
400m		
800m		
1500		
3000		
		eplechase
		e Walk
4x100	)m Re	lay
	)m Re	•
	)m Re	
100m	Hurd	les – 33"(G)
		les – 39"(B)
400m	Hurd	les – 30"(G)
400m	Hurd	les – 36" (B)
Hepta	athlon	- G
	Day1	100m Hurdles -33"
	Day1	High Jump
1	Day1	Shot Put – 6lb
	Day1	200m
	Day2	Long Jump
	Day2	Javelin Throw
	Day2	800m
Decat	thlon -	·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   200m Steeplechase   3000m Race Walk   4x100m Relay   4x400m Relay   100m Hurdles – 33" (W)   110m Hurdles – 30" (G)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 Shot Put – 6lb   Day1 Shot Put – 6lb   Day1 Long Jump   Day2 Long Jump
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 4x400m Relay 100m Hurdles – 33"(W) 110m Hurdles – 39"(M) 400m Hurdles – 36" (B) Heptathlon - W Day1 100m Hurdles -33" Day1 High Jump Day1 Shot Put – 6lb Day1 200m
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 4x400m Relay 4x800m Relay 100m Hurdles – 33"(W) 110m Hurdles – 33"(W) 110m Hurdles – 36" (B) Heptathlon - W Day1 100m Hurdles -33" Day1 High Jump Day1 Shot Put – 6lb Day1 200m Day2 Long Jump
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 – 30"(G)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 Shot Put – 6lb   Day1 Long Jump   Day2 Long Jump
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 – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 200m   Day1 Shot Put – 6lb   Day1 Long Jump
Triple Jump   High Jump   Pole Vault   100m   200m   400m   800m   1500m   3000m   2000m Steeplechase   3000m Race Walk   4x100m Relay   4x400m Relay   4x400m Relay   4x800m Relay   100m Hurdles – 33"(W)   110m Hurdles – 39"(M)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 Shot Put – 6lb   Day1 Long Jump   Day2 Long 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 – 33"(W)   110m Hurdles – 30"(G)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 200m   Day1 Long Jump   Day2 Long 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 – 33"(W)     110m Hurdles – 30"(G)     400m Hurdles – 36" (B)     Heptathlon - W     Day1   100m Hurdles -33"     Day1   200m     Day2   Long Jump
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 Shot Put – 6lb   Day1 Shot Put – 6lb   Day1 200m   Day2 Long Jump
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 200m   Day2 Long Jump
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 200m   Day2 Long Jump
800m   1500m   3000m   2000m Steeplechase   3000m Race Walk   4x100m Relay   4x400m 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 Shot Put – 6lb   Day1 200m   Day1 Long Jump
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 Shot Put - 6lb   Day1 Shot Put - 6lb   Day1 Long Jump
3000m   2000m Steeplechase   3000m Race Walk   4x100m Relay   4x400m Relay   4x800m Relay   100m Hurdles – 33"(W)   110m Hurdles – 33"(W)   110m Hurdles – 39"(M)   400m Hurdles – 30"(G)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 Shot Put – 6lb   Day1 200m   Day2 Long Jump
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
3000m Race Walk   4x100m Relay   4x400m Relay   4x800m Relay   100m Hurdles – 33"(W)   110m Hurdles – 33"(W)   110m Hurdles – 39"(G)   400m Hurdles – 30"(G)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 200m   Day2 Long Jump
4x100m Relay   4x400m Relay   4x800m Relay   100m Hurdles – 33"(W)   110m Hurdles – 39"(M)   400m Hurdles – 39"(G)   400m Hurdles – 30"(G)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 200m   Day2 Long Jump
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 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 200m   Day2 Long Jump
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 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 200m   Day2 Long Jump
100m Hurdles – 33"(W)   110m Hurdles – 39"(M)   400m Hurdles – 30"(G)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 100m Hurdles -33"   Day1 Shot Put – 6lb   Day1 200m   Day2 Long Jump
110m Hurdles – 39"(M)   400m Hurdles – 30"(G)   400m Hurdles – 36" (B)   Heptathlon - W   Day1 100m Hurdles -33"   Day1 100m Hurdles -33"   Day1 High Jump   Day1 Shot Put – 6lb   Day1 200m   Day2 Long Jump
400m Hurdles - 30"(G)400m Hurdles - 36" (B)Heptathlon - WDay1100m Hurdles -33"Day1High JumpDay1Shot Put - 6lbDay1200mDay2Long Jump
400m Hurdles – 36" (B) Heptathlon - W Day1 100m Hurdles -33" Day1 High Jump Day1 Shot Put – 6lb Day1 200m Day2 Long Jump
Heptathlon - WDay1100m Hurdles -33"Day1High JumpDay1Shot Put - 6lbDay1200mDay2Long Jump
Day1100m Hurdles -33"Day1High JumpDay1Shot Put - 6lbDay1200mDay2Long Jump
Day1High JumpDay1Shot Put – 6lbDay1200mDay2Long Jump
Day1Shot Put – 6lbDay1200mDay2Long Jump
Day1200mDay2Long Jump
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