



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
Shot – 6lb
Mini Javelin – 300g
Long Jump
High Jump
100m
200m
400m
800m
1500m
1500m Race Walk
4x100m Relay
4x400m Relay
Triathlon
Shot – 6lb
High Jump
200m - G
400m - B

11-12 Division
Shot – 6lb
Aero Javelin – 450g
Discus – 1k
Long Jump
High Jump
100m
200m
400m
800m
1500m
3000m
1500m Race Walk
80m Hurdles – 30"
4x100m Relay
4x400m Relay
4x800m Relay
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	
100m Hurdles	
Shot - 6lb(G), 4kg(B)	
High Jump	
Long Jump	

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)	
Pentathlon - G	
100m Hurdles – 33”	
High Jump	
Shot Put – 6lb	
Long Jump	
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)	
Pentathlon - W	
100m Hurdles – 33”	
High Jump	
Shot Put – 6lb	
Long Jump	
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