



USATF Youth Outdoor Events

*Adapted from USATF Competition Rules
(Rule 301, Rule 302, 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
Aero Javelin – 250g
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 – 36”(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 Steeple – 30” (G), 36” (B)	
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)	
Mixed Gender Relays *	
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 Steeple – 30” (G), 36” (B)	
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)	
Mixed Gender Relays *	
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	

* Mixed Gender Relays have alternating legs.

Per Rule 302.3(c):

- 4x800: Boy/Girl/Boy/Girl
- 4x400 : Boy/Girl/Boy/Girl
- 4x100 : Girl/Girl/Boy/Boy