

**RULE 301**  
**TRACK AND FIELD EVENTS**

The events listed below are included in the National Championships. (Combined events, where different from those described in Rule 200, are held in the event order indicated. Weights of implements are identical to those applicable to individual events in the respective age groups.)

**7-8 Division** (allowed 3 events)

100 Meter Dash  
200 Meter Dash  
400 Meter Dash

800 & 1500 Meter Run  
4x100 Meter Relay  
4x400 Meter Relay

Long Jump  
Shot Put (2 kg (4.41lb))  
Turbo Javelin (300g) **60 M Dash**

**9-10 Division** (allowed 3 events)

100 Meter Dash  
200 Meter Dash  
400 Meter Dash  
800 Meter Run  
1500 Meter Run  
1500 Meter Race Walk

High Jump  
Long Jump  
Shot Put (6 lb (2.72kg))  
Turbo Javelin (300g)  
4x100 Meter Relay  
4x400 Meter Relay

Triathlon: Shot Put (6 lb)  
High Jump  
200 Meter (G)  
400 Meter (B)

**11-12 Division** (allowed 3 events)

100 Meter Dash  
200 Meter Dash  
400 Meter Dash  
800 Meter Run  
1500 Meter Run  
3000 Meter Run  
1500 Meter Race Walk

80 Meter Hurdles (30")  
Long Jump  
High Jump  
Shot Put (6 lb (2.72kg))  
Discus (1kg (2.2lb))  
Aero Javelin (450g)  
4 x 100 Meter Relay  
4 x 400 Meter Relay

4 x 800 Meter Relay  
Pentathlon: 80 Meter Hurdles  
Shot Put (6 lb)  
High Jump  
Long Jump  
800 Meter Run (G)  
1500 Meter Run (B)

**13-14 Division** (allowed 4 events)

100 Meter Dash  
200 Meter Dash  
400 Meter Dash  
800 Meter Run  
1500 Meter Run  
3000 Meter Run  
3000 Meter Race Walk  
4 x 100 Meter Relay  
4 x 400 Meter Relay

4 x 800 Meter Relay  
100 Meter Hurdles (B-33")  
100 Meter Hurdles (G-30")  
200 Meter Hurdles (30")  
High Jump  
Long Jump  
Triple Jump  
Shot Put (B-4kg (8.82lb))  
Shot Put (G-6 lb (2.72kg))

Discus (1kg (2.2lb))  
Pole Vault  
Javelin (600g)  
Pentathlon: 100m H  
Shot Put (B 4kg/G 6 lb)  
High Jump  
Long Jump  
800 Meter Run (G)  
1500 Meter Run (B)

**15-16 Division** (allowed 4 events)

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

110/100 Meter Hurdles (Boys 39" - Girls 33")  
400 Meter Hurdles (B - 36", G - 30")  
High Jump  
Pole Vault  
Long Jump  
Triple Jump  
Shot Put (B 12 lb (5.44kg) - G 4kg (8.82lb))  
Discus (B 1.6 kg (3.53lb) - G 1kg (2.2lb))  
4 x 400 Meter Relay

Javelin (B 800g - G 600g)  
Hammer (B 12lb - G 4kg)  
Decathlon (B)  
Heptathlon (G)  
4 x 800 Meter Relay

**17-18\* DIVISION** (allowed 4 events)

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

110/100 Meter Hurdles (Boys 39" - Girls 33")  
400 Meter Hurdles (B - 36", G - 30")  
High Jump  
Pole Vault  
Long Jump  
Triple Jump  
Shot Put (B 12 lb (5.44kg) - G 4kg (8.82lb))  
Discus (B 1.6 kg (3.53lb) - G 1kg (2.2lb))  
4 x 400 Meter Relay

Javelin (B 800g - G 600g)  
Hammer (B 12lb - G 4kg)  
Decathlon (B)  
Heptathlon (G)  
4 x 800 Meter Relay