



**USA Track & Field
Competition Age Group Event List
2009 Track & Field Season**

The following list is the boys and girls competitive age groups and events for competition

SUB-BANTAM (2001 & Later) – Limit of 3 events

100M	800M	Long Jump	
200M	1500M	4x100M Relay	4x400M Relay
400M	1500M Racewalk		

BANTAM (1999 & 2000) OR (1999 & Later) – Limit of 3 events

100M	800M	Long Jump	Shot Put	4x100M Relay
200M	1500M	High Jump	Turbo Javelin	4x400M Relay
400M	1500M Racewalk			
Triathlon: Shot (6#); High Jump; 200M (Girls)/400M (Boys)				

MIDGET (1997 & 1998) – Limit of 3 events

100M	800M	1500M Racewalk	Long Jump	Shot (6#)	Turbo Javelin
200M	1500M	80M Hurdles	High Jump	Discus (1kg)	
400M	3000M	4x100M Relay	4x400M Relay	4x800M Relay	
Pentathlon: 80M Hurdles; Shot Put (6#); High Jump; Long Jump; 800M (Girls)/1500M (Boys)					

YOUTH (1995 & 1996) – Limit of 4 events

100M	800M	3000M Racewalk	Long Jump	Shot – 4kg/Boys; 6#/Girls
200M	1500M	100M Hurdles	High Jump	Discus (1kg)
400M	3000M	200M Hurdles	Triple Jump	Javelin (600g)
4x100M Relay	4x400M Relay	4x800M Relay	Pole Vault	
Pentathlon: 100M Hurdles; Shot Put; High Jump; Long Jump; 800M(Girls)/1500M (Boys)				

INTERMEDIATE (1993 & 1994) – Limit of 4 events

100M	1500M	100M/110M Hurdles	Long Jump	Shot – 12#/Boys; 4kg/Girls
200M	3000M	400M Hurdles	High Jump	Discus – 1.6kg/Boys; 1kg/Girls
400M	3000M Racewalk		Triple Jump	Javelin - 800g/Boys; 600g/Girls
800M	4x100M Relay	4x400M Relay	4x800M Relay	
Steeplechase	Pole Vault	Heptathlon (Girls)	Decathlon (Boys)	

YOUNG MEN/WOMEN (1991 & 1992 and July 31-Dec 1990) – Limit of 4 events

100M	1500M	100M/110M Hurdles	Long Jump	Shot – 12#/Boys; 4kg/Girls
200M	3000M (G)	400M Hurdles	High Jump	Discus - 1.6kg/Boys; 1kg/Girls
400M	5000M (B)	Steeplechase	Triple Jump	Javelin - 800g/Boys; 600g/Girls
800M	3000M Racewalk		Pole Vault	
4x100M Relay	4x400M Relay	4x800M Relay		
Heptathlon (Girls)	Decathlon (Boys)			