



USA Track & Field Competition Age Group Event List 2010 Track & Field Season

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

SUB-BANTAM (2002 & Later) – **Note: This is now an official age division, only events listed below will be contested

100M	800M	Long Jump	4x100M Relay
200M	1500M	Shot Put (2k)	4x400M Relay
400M			

****NOTE: This age group will not advance to the national meet until 2011.
According to the new rule, athletes MUST be at least 7 years old to advance to the national meet.**

BANTAM (2000 & 2001) – 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 (1998 & 1999) – 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 (1996 & 1997) – 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 (1994 & 1995) – 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 (1992 & 1993 and Aug 1-Dec 1991) – 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)			



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