

LAQ - Throw Specifications				LAQ - Jumps Specifications			
Age Group	Discus Boys / Girls	Javelin Boys / Girls	Shot Put Boys / Girls	Age Group	Regional	High Jump Carnival/State	Technique
U6 & U7	350g		1kg	U6 & U7			
U8	500g		1.5kg	U8	Centre Level ONLY		Scissors
U9	500g		2kg	U9	0.75	0.80	Scissors
U10	500g		2kg	U10	0.85	0.90	Scissors
U11	750g	400g	2kg	U11	0.95	1.00	Scissors
U12	750g	400g	3kg / 2kg	U12	1.05	1.10	Scissors/Flop
U13	1kg / 750g	600g / 400g	3kg	U13	1.15	1.20	Scissors/Flop
U14	1kg	600g / 400g	3kg	U14	1.20	1.25	Scissors/Flop
U15	1kg	700g / 500g	4kg / 3kg	U15	1.25	1.30	Scissors/Flop
U17	1kg	700g / 500g	4kg / 3kg	U17	1.30	1.35	Scissors/Flop

LAQ – Spikes Specifications					
Age Group	Laned	Unlaned	Relays	Walks	Field
U6 –U10					
U11	S∅S	SB	*SB	SB	S∅S
U12	S∅S	SB	*SB	SB	S∅S
U13	S∅S	S∅S	S∅S	SB	S∅S
U14	S∅S	S∅S	S∅S	SB	S∅S
U15	S∅S	S∅S	S∅S	SB	S∅S
U17	S∅S	S∅S	S∅S	SB	S∅S

Key:
 S∅S – Spike Shoes with or without spikes
 SB – Spike Shoes without spikes or with blanks
 * – Athletes competing in U13-U17 teams (S∅S)

LAQ – Track - Hurdles Specifications		
Event	Age Groups	
60mH (45cm)	U8; U9	6F @ 7m S, 12mL, 13m R
60mH (60cm)	U10; U11	6F @ 7m S, 12mL, 13m R
60mH (68cm)	U12	6F @ 7m S, 12mL, 13m R
80mH (76cm)	U13; U14G	9F @ 7m S, 12mL, 12m R
90mH (76cm)	U14B; U15G; U17G	9F @ 8m S, 13mL, 13m R
100mH (76cm)	U15B; U17B	10F @ 8.5m S, 13m L, 10.5m R
200mH (68cm)	U13	5F @ 35m S, 20m L, 40m R
200mH (76cm)	U14-U17	5F @ 35m S, 20m L, 40m R

Key: F – Flights; S – Spacing; L – Lead in; R – Run out

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<p>High Jump: Scissor mat – maximum depth should be 20cm, the landing area should not be less than 5m x 3m. Flop mat – minimum depth should be 45cm, the landing area should not be less than 5m x 3m.</p> <p>Long/Triple Jump: U6-U12 use 1m x 1/2m mat U13-U17 use 1.22m 20cm board</p>	<p>Discus: U6-U17 Athletes will use rubber / synthetic compound discus in normal Centre Competition. U13- U17 Athletes competing in any LAQ Association Competition shall have the choice of a metal rimmed discus (if available) or a rubber discus of the weight relevant to their age group.</p> <p>Shot Put: Colour match weight – Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg</p>
<p>LAQ – Track - Hurdles Specifications The hurdle crossbar shall be adjustable in height. The face of the crossbar shall be 7cm in width and shall be 120cm in length. The end of the crossbar shall project 5cm to 7.5cm outside the hurdle frame upright. The feet shall be at right angles to the crossbar and shall be placed on the track so that the feet are on the side approached by the athlete (this is in respect to non-collapsible hurdles). Hurdles designed to collapse (preferred) on contact may have feet that are designed to go on the non-approach side, or straddle the hurdle placement line. Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding.</p>	<p>LAQ – Spikes Specifications On synthetic track: spikes must be no longer than 7mm. On synthetic field: spikes must be no longer than 9mm. On grass track or field: spikes must be no longer than 12mm. Spiked shoes must not be worn in the stand or outer areas of the track. Spikes must be carried onto the track and to the field event areas and then removed on completion of the event. i.e. may only be worn from the commencement of an event and MUST be removed "immediately" at the finish of the event.</p> 