

## Event-specific guidelines for IYTA meets

Events contested by age group (age determined by December 31<sup>st</sup> of current year)

	8 & under	9-10	11-12	13-14	15-18
100m, 200m, 400m, 800m, 1500m	X	X	X	X	X
3000m			X	X	X
relays	4x100m, 4x400m	4x100m,4x400m	4x100,4x400,4x800	4x100,4x400,4x800	4x100.4x400, 4x800
hurdles			80m 30"	100m F30",M33", 200m 30"	F100m 33" M110m 39" 400m F30", M36"
Long jump	X	X	X	X, triple jump	X, triple jump
shot put	2kg	6 lb	6 lb	F6lb,M4kg	F4kg, M12lb
discus			1 kg	1 kg	F1kg, M1.6kg
javelin	300g turbo	300g turbo	300g turbo	600g	F600g, M800g
Pole vault				X	X

All athletes have 3 attempts in field events.

Starting blocks are provided, but use is optional.

Athletes & clubs should bring their own throwing implements if possible, but they are required to share with any athlete in the competition who desires to use their implement.

## Hurdle Spacing

Race dist	Age group	height	1 <sup>st</sup> hurdle	Dist btwn	# of hurdles
80m	Midget girls & boys	30"	12m	7.5m	8
100m	Youth girls	30"	13m	8m	10
100m	Youth boys, intermediate girls, young women	33"	13m	8.5m	10
110m	Intermediate boys, young men	39"	15yd	10yd	10

**200m hurdles** (youth girls & boys 30")

1. Move finish line 5m back/short
2. Move 200m starting line in each lane back 5m
3. Use 300m hurdle marks on track, eliminating last hurdle (5 total hurdles.)

**400m hurdles** (intermediate girls & young women 30", intermediate boys & young men 36")

1. Move finish line 5m back/short
2. Move 400m starting line in each lane back 5m
3. Use 300m hurdle marks on track, eliminating last hurdle.
4. Measure 35m from 1<sup>st</sup> 300m hurdle mark in each lane back toward starting line for hurdle #3, an additional 35m for hurdle #2, and 35m more for hurdle #1 (total of 10 hurdles.)

## IYTA Opening Heights

**High Jump**

9-10 – 2'9"

11-12 – 3'2"

13-14 – 3'6"

15-16 & 17-18 girls – 4'0"

15-16 & 17-18 boys – 4'6"

**Pole vault**

All ages – 6'0"