

LAQ – Spikes Specifications

Age Group	Laned	Unlaned	Relays	Field		
				H/Jumps	V/Jumps	Jav
U6-U10						
U11	SWS		Ir*	SWS	SWS	SWS
U12	SWS		Ir*	SWS	SWS	SWS
U13	SWS	SWS	SWS	SWS	SWS	SWS
U14	SWS	SWS	SWS	SWS	SWS	SWS
U15	SWS	SWS	SWS	SWS	SWS	SWS
U16-U17	SWS	SWS	SWS	SWS	SWS	SWS

Key:
 SWS – Spike Shoes with spikes
 Ir – Athletes competing in Laned Relays
 * – Athletes competing in U13-U17 Relay Teams

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.



LAQ – Track - Hurdles Specifications

Event	Age Groups	Specifications
60mH (20cm)	U6	6F @ 7m S, 12m L, 13m R
60mH (30cm)	U7	6F @ 7m S, 12m L, 13m R
60mH (45cm)	U8; U9	6F @ 7m S, 12m L, 13m R
60mH (60cm)	U10	6F @ 7m S, 12m L, 13m R
80mH (60cm)	U11	9F @ 7m S, 12m L, 12m R
80mH (68cm)	U12	9F @ 7m S, 12m L, 12m R
80mH (76cm)	U13; U14G	9F @ 7m S, 12m L, 12m R
90mH (76cm)	U14B; U15G-U16G	9F @ 8m S, 13m L, 13m R
100mH (76cm)	U15-U16B; U17G	10F @ 8.5m S, 13m L, 10.5m R
110mH (76cm)	U17B	10F @ 9.14m S, 13.72m L, 14.02m R
200mH (68cm)	U13	5F @ 35m S, 20m L, 40m R
200mH (76cm)	U14	5F @ 35m S, 20m L, 40m R
300mH (76cm)	U15 - U17	7F @ 35m S, 50m L, 40m R

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

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. Hurdles designed to collapse 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

LAQ – Track Recording

Manual: Times are recorded to one tenth (0.1) of a second only. All times must be rounded up to the nearest one tenth of a second *above* the actual time, not the *nearest* tenth of a second. i.e. 15.09 seconds becomes 15.1 not 15.0 seconds
 15.11 seconds becomes 15.2 not 15.1 seconds

The following symbols are used when recording track events:
 DNS = Did not Start RC = Red Card (Walks)
 DNF = Did not Finish > = Bent Knee (Walks)
 Q = Qualified by place ~ = Contact (Walks)
 q = Qualified by time DQ = Disqualified
 r = Retired

Electronic: Hundredths (0.01) of a second only recorded with fully automotive start & finish electronic timing systems (i.e. Timing Gates)

LAQ – Track Colour Marking

4 x 100m
 Start line: white line (at 400m start).
 Take Over Zone (TOZ): yellow
 Scratch Line of TOZ: white (100, 200 & 300m marks)

4 x 200m & 4 x Medley
 Start line: blue & white line.
 Start & finish of 1st & 2nd TOZ: blue line.

4 x 200m
 Scratch Line of 1st TOZ: small blue dot.
 Scratch Line of 2nd TOZ: green & white.
 Start & finish of 3rd TOZ: yellow line across lane one extended by a blue line across the full width of the track.

Swedish
 Start line: 200m start: white line
 Scratch Line of 1st TOZ: white (same as 3rd change in 4 x 100)
 Scratch Line of 2nd TOZ at lane one of 200m start line.
 Scratch Line of 3rd TOZ at finish line: yellow line across lane one extended by a blue line across the full width of the track

Take Over Zone (TOZ) Scratch Line = 20m into the TOZ

Hurdles
 The following colours should be used for hurdle spacing marks.

60m Hurdle	Red
80m Hurdle	Black
90m Hurdle	White
100m Hurdle	Yellow
110m Hurdle	Blue
200m Hurdle	Green
300m Hurdle	Green

LAQ - Jumps Specifications

Age Group	Starting heights for High Jump		Technique
	Regional	Carnival/State	
U6 & U7	Centre Level ONLY		Scissors
U8	Centre Level ONLY		Scissors
U9	0.75	0.80	Scissors
U10	0.85	0.90	Scissors
U11	0.95	1.00	Scissors/Flop
U12	1.05	1.10	Scissors/Flop
U13	1.15	1.20	Scissors/Flop
U14	1.20	1.25	Scissors/Flop
U15	1.25	1.30	Scissors/Flop
U16 & U17	1.30	1.35	Scissors/Flop

High Jump:
 Scissor mat: depth should be 15cm - 30cm, the landing area should not be less than 5m x 3m.
 Flop mat: depth should be 40cm – 50cm, the landing area should not be less than 5m x 3m.

Long/Triple Jump:
 U6-U10 use 1m x ½m mat
 U11-U17 use 1.22m x 20cm board

LAQ - Throw Specifications

Age Group	Discus	Javelin	Shot Put
	Boys / Girls	Boys / Girls	Boys / Girls
U6 & U7	350g		1kg
U8	500g		1.5kg
U9 & U10	500g		2kg
U11	500g	400g	2kg
U12	750g	400g	2kg
U13	750g	600g / 400g	3kg
U14	1kg	600g / 400g	3kg
U15 & U16	1kg	700g / 500g	4kg / 3kg
U17	1.5kg / 1kg	700g / 500g	5kg / 3kg

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.

Shot Put:
 Colour match weight: Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg, Green=5kg

LAQ – Field Timing

At all field events, the timing of a trial shall commence from the time the athlete's name is called. The athlete must commence their attempt within the time allowed. The Recorder shall raise and keep raised a yellow flag during the final 15 seconds of the time allowed.

Individual Events	High Jump	Other
*Number of athletes left in the competition	1min	1min
*More than 3 or very 1 st trial	1.5min	1min
*2 or 3	3min	2min
*1	2min	2min
*Consecutive trials		

Combined Events (as above for 2 or more)
 *1 or Consecutive trials 2min 2min

The trial is completed at:
 - Throws, when the athlete leaves the circle or runway
 - Long/Triple Jump, when the athlete leaves the landing pit
 - High Jump, when the Chief Judge indicates a fair or foul jump

LAQ – Field Recording

- Measurements are recorded to the whole centimetre **below** the actual distance measured. i.e. 4.528 metres becomes 4.52 metres.
- Count backs are only required when placings are given. When Athletes are awarded equal place, i.e. tie for second, there is no third place, the next place is fourth.
- The following symbols are used when recording field events:
 - NM = No valid trial recorded
 - O = Cleared (High Jump)
 - X = Failed / Foul
 - - = Pass
 - r = Retired
 - 7.36 = Distance thrown or jumped (horizontal)
 - DQ = Disqualified from an event
 - DNS = Did not Start