

Recommended Specifications and Rules for Events

Rec Aths is a participation entry point for members to participate in friendly competition at Little Athletics SA centres and clubs, compete at the current Mums and Dads races at the Little Athletics SA Cross Country events, and Little Athletics SA Relay Day. Rec Aths athletes will also be aligned with an Athletics SA club. This will give the Rec Aths member the opportunity to also attend Athletics SA competitions.

Rec Aths members can participate in any athletics events, for fun and personal best results as part of the existing Little Athletics SA event program. Events, weight implements, specifications and results will be at the discretion of the individual and the centre. No formal structure will be implemented, however recommended specifications and rules can be seen below.

Standard Events

The following events may be conducted for Rec Aths at Little Athletics Centres.

Event	Men	Women
60m	✓	✓
100m	✓	✓
200m	✓	✓
400m	✓	✓
800m	✓	✓
1500m	✓	✓
100m Hurdles		✓
110m Hurdles	✓	
400m Hurdles	✓	✓
Shot Put	✓	✓
Discus	✓	✓
Javelin	✓	✓
Long Jump	✓	✓
Triple Jump	✓	✓
High Jump	✓	✓
Additional Events		
Event	Men	Women
3000m	✓	✓
5000m	✓	✓
10000m	✓	✓
2000m Steeplechase		✓
3000m Steeplechase	✓	
5000m Walk	✓	✓
Hammer Throw	✓	✓
Weight Throw	✓	✓
Pole Vault	✓	✓

RECREATIONAL ATHLETICS 'Rec Aths'



If formulating a regular program for Rec Aths athletes at Little Athletics Centres, it is recommended that the events above be used.

The longer running and walking events may be conducted at centres if desired. The steeplechase, hammer throw, weight throw and pole vault may only be conducted at venues with the appropriate safety equipment and appropriately trained personnel available.

Athletes competing in Athletics SA events at SA Athletics Stadium may participate in additional events. More information about these membership products can be found at <http://www.athleticsa.com.au/MembershipHub>.

Weights and Standards

	Shot Put	Discus	Javelin
Men	7.26kg	2kg	800g
Women	4kg	1kg	600g

Note: For Men's events conducted at Centres, U17 Boys weights may be used where the correct implements are not available. For Rec Aths members under the age of 20, refer to [Athletics Australia standards](#).

Hurdles

	Distance	Flights	Height	Distance to First Hurdle	Distance Between Hurdles	Distance to Finish	Colour Code
Men	110m	10	99cm	13.72m	9.14m	14.02m	Blue
Women	100m	10	76cm	13m	8.5m	10.5m	Yellow
Men	400m	10	91cm	45m	35m	40m	Green
Women	400m	10	76cm	45m	35m	40m	Green

Note: If hurdles events are conducted at centres, 76cm Little Athletics Hurdles may be used instead of full height hurdles. If there is not an 110m straight available, the men's hurdles can be conducted over 100m, using 9 flights with the same distance to the first hurdle and distance between hurdles as the 110m hurdles.

For Rec Aths under the age of 20, refer to [Athletics Australia standards](#).

Sample Programs

Centres offering a Rec Aths program can offer a selection of events each week, and participants can choose which of those events they will participate in.

Program 1	Program 2	Program 3
100m	200m	400m Hurdles
Long Jump	Triple Jump	High Jump
400m	100m/110m Hurdles	60m
Discus	Shot Put	Javelin
800m	1500m	800m