

Events for Regional Rounds:

Please note ESAA are retaining their U15/U17/U19 age groups for 2026, while integrating the new EA hurdles specifications.

Junior Girls: Pentathlon: Sprint Hurdles* / 3.00 kg Shot / High Jump / Long Jump / 800m (Sun)

*Hurdles: Y8: 75m/68.5cm Y9: 80m/76.2cm

Inter Girls: Heptathlon: Sprint Hurdles* / High Jump / 3.00kg Shot / 200m (Sat)

Long Jump / 500g Javelin / 800m (Sun)

*Hurdles Y10: 80m/76.2cm Y11: 100m/76.2cm

Senior Girls: Heptathlon: Sprint Hurdles* / High Jump / 4.0kg Shot / 200m (Sat)

Long Jump / 600g Javelin / 800m (Sun)

*Hurdles Y12: 100m/76.2cm Y13: 100m/84.0cm

Junior Boys: Pentathlon: Sprint Hurdles* / 4.0 kg Shot / Long Jump / High Jump / 800m (Sat)

*Hurdles: Y8: 80m/76.2cm Y9: 100m/84.0cm

Inter Boys: Octathlon: Long Jump / 1.5kg Discus / 700g Javelin / 400m (Sat)

Sprint Hurdles* / High Jump / 5.0kg Shot / 1500m (Sun)

*Hurdles Y10: 100m/84.0cm Y11: 110m/91.4cm

Senior Boys: Decathlon: 100m / Long Jump / 6.0kg Shot / High Jump / 400m (Sat)

110m Hurdles* / 1.75kg Discus / Pole Vault / 800g Javelin / 1500m (Sun)

*Hurdles Y12: 110m/91.4cm Y13: 110m/99.1cm

Junior = 12 and under 15 years on 31 August/1 September 2026 (School YR8/9)

Intermediate = 15 and under 17 years on 31 August/1 September 2026 (School YR10/11)

Senior = 17 and under 19 years on 31 August/1 September 2026 (School YR12/13)