



ESAA TRACK & FIELD CHAMPIONSHIPS COMPETITION SPECIFICATIONS 2026

2026	age-groups <i>normally -</i>	Junior Boys Years 8&9	Inter Boys Years 10&11	Senior Boys Years 12&13	Junior Girls Years 8&9	Inter Girls Years 10&11	Senior Girls Years 12&13
Events:							
100m		100m	100m	100m	100m	100m	100m
200m		200m	200m	200m	200m	200m	200m
300m		300m	x	x	300m	300m	x
400m		x	400m	400m	x	x	400m
800m		800m	800m	800m	800m	800m	800m
1500m		1500m	1500m	1500m	1500m	1500m	1500m
3000m		x	3000m	3000m	x	3000m	3000m
Steeplechase		x	1500mSC	2000mSC	x	1500mSC	1500mSC
High Jump		HJ	HJ	HJ	HJ	HJ	HJ
Long Jump		LJ	LJ	LJ	LJ	LJ	LJ
Triple Jump		TJ*	TJ	TJ	x	TJ	TJ
Pole Vault		PV	PV	PV	PV	PV	PV
Shot		S	S	S	S	S	S
Discus		D	D	D	D	D	D
Javelin		J	J	J	J	J	J
Hammer		H	H	H	H	H	H
RELAY							
4 x 100m		A-county	A-county	A-county	A-county	A-county	A-county
4 x 100m		B - C - D counties have MIXED RELAYS at Junior/Inter/Senior levels (2 girls & 2 boys in a team)					

2026	HURDLES:	<i>Under 16 Boys</i>	<i>Under 18 Boys</i>	<i>Year 13 Boys</i>	<i>Under 16 Girls</i>	<i>Under 18 Girls</i>	<i>Year 13 Girls</i>
		<i>Years 9&10</i>	<i>Years 11&12</i>	<i>Year 13 only</i>	<i>Years 9&10</i>	<i>Years 11&12</i>	<i>Year 13 only</i>
	80m Hurdles	x	x	x	80mH	x	x
	100m Hurdles	100mH	x	x	x	100mH	100mH
	110m Hurdles	x	110mH	110mH	x	x	x
	300m Hurdles	300mH	x	x	300mH	x	x
	400m Hurdles	x	400mH	400mH	x	400mH	400mH
SPEC:		<i>Year Groups</i>	<i>height</i>	<i>flights</i>	<i>approach</i>	<i>interval</i>	<i>finish</i>
U16Girls	80m Hurdles	Years 9&10	76.2cm	8	12.00m	8.00m	12.00m
	300m Hurdles		76.2cm	7	50.00m	35.00m	40.00m
U18Girls	100m Hurdles	Years 11&12	76.2cm	10	13.00m	8.50m	10.50m
	400m Hurdles		76.2cm	10	45.00m	35.00m	40.00m
Y13Girls	100m Hurdles	Year 13 only	84.0cm	10	13.00m	8.50m	10.50m
	400m Hurdles		76.2cm	10	45.00m	35.00m	40.00m
U16Boys	100m Hurdles	Years 9&10	84.0cm	10	13.00m	8.50m	10.50m
	300m Hurdles		84.0cm	7	50.00m	35.00m	40.00m
U18Boys	110m Hurdles	Years 11&12	91.4cm	10	13.72m	9.14m	14.02m
	400m Hurdles		84.0cm	10	45.00m	35.00m	40.00m
Y13Boys	110m Hurdles	Year 13 only	99.1cm	10	13.72m	9.14m	14.02m
	400m Hurdles		91.4cm	10	45.00m	35.00m	40.00m

NB- no hurdles events for Year 8 students

2026	STEEPLECHASE:		<i>height</i>	<i>flights</i>	<i>approach</i>	<i>+laps</i>	<i>finish</i>
	1500m S/c	Inter Girls (Y10&11)	76.2cm	13+3wjs	312m	3	62.2m
	1500m S/c	Senior Girls (Y12&13)	76.2cm	13+3wjs	312m	3	62.2m
	1500m S/c	Inter Boys (Y10&11)	83.8cm	13+3wjs	312m	3	62.2m
	2000m S/c	Senior Boys (Y12&13)	91.4cm	18+5wjs	203.8m	4	62.2m

2026	THROWING IMPLEMENTS	Junior Boys Years 8&9	Inter Boys Years 10&11	Senior Boys Years 12&13	Junior Girls Years 8&9	Inter Girls Years 10&11	Senior Girls Years 12&13
	Shot	4.00k	5.00k	6.00k	3.00k	3.00k	4.00k
	Discus	1.25k	1.50k	1.75k	1.00k	1.000k	1.00k
	Javelin	600gm	700gm	800gm	500gm	500gm	600gm
	Hammer	4.00k	5.00k	6.00k	3.00k	3.00k	4.00k

NB- all weights comply with new UKA/EA specifications for the older year group in each category ie Y9,Y11 & Y13; except at Inter Girls level where both Y10 & Y11 competitors comply with the new weight specifications.

2026	Ages:	as at midnight 31st August / 01 September, 2026	
	Junior -	under 15 / over 13	normally Years 8 & 9
		JUNIOR- born between 01 Sep 2011 - 31 Aug 2013	
	Inter -	under 17 / over 15	normally Years 10 & 11
		INTER - born between 01 Sep 2009 - 31 Aug 2011	
	Senior -	under 19 / over 17	normally Years 12 & 13
		SENIOR- born between 01 Sep 2007 - 31 Aug 2009	