

Events for Regional Rounds:

Please note ESAA are retaining their U15/U17/U20 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/Long Jump/**

500g Javelin/800m

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

Senior Girls: Heptathlon: **Sprint Hurdles*/High Jump/4.0Kg Shot/200m/Long Jump/600g Javelin/800m**

*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/ Sprint Hurdles*/**

High Jump/**5.0Kg Shot/1500m**

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

Senior Boys: Decathlon: 100m/Long Jump/**6.0Kg Shot/High Jump/400m/110m Hurdles*/1.75Kg Discus/Pole Vault/800g Javelin/1500m**

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

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