



BC Athletics

Events & Technical Specifications Manual for Athletics

Last Updated : 01 January 2017

Important Reminders & Changes

| No. | Type | Age Groups | Change | Effective | Page |
|-----|-----------------------------------|-------------------------|--|------------|------|
| 1. | Rule Change | Midget | The Midget Age Group (14-15) will compete as a single age group, and receive awards as a single age group | 01.01.2014 | 3 |
| 2. | Event Change | Youth | Women's 300mH has been replaced with the 400mH | 01.01.2015 | 7 |
| 3. | Event Change | Youth | Women's 3000mRW has been replaced with the 5000mRW | 01.01.2015 | 7 |
| 4. | Event Change | Youth | Men's 300mH has been replaced with the 400mH | 01.01.2015 | 7 |
| 5. | Event Change | Youth | Men's 3000mRW has been replaced with the 5000mRW | 01.01.2015 | 7 |
| 6. | Event Change | Youth | Men's Octathlon has been replaced with the Decathlon | 01.01.2015 | 8 |
| 7. | Event Change | Junior | Addition of the Men's 10,000m Track Event | 01.01.2015 | 7 |
| 8. | Event Change | Junior | Addition of the Women's 5000m Track Event | 01.01.2015 | 7 |
| 9. | Event Change | Junior | Women's 2000mSC had been replaced with the 3000mSC | 01.01.2015 | 7 |
| 10. | Restriction | Youth | Youth Male and Female athletes may not compete in the 10,000m track event at BC Athletics Junior, Senior Track & Field Championships; and this restriction applies to all BC Athletics sanctioned event. | 01.01.2015 | 7 |
| 11. | Restriction | Youth | Youth Male athletes may not compete in the BC Athletics Junior, Senior and Masters Men's 10,000m Track Event. | 01.01.2015 | 7 |
| 12. | Change in Cross Country Distances | Junior, Senior, Masters | Junior, Senior and Masters Women run 6000m | 04.30.16 | 8 |
| 13 | Rule/Event Change | Midget | Midget Female and Male Intermediate Hurdles: Distance is changed from 200m Hurdles to 300m Hurdles | 01.01.17 | 11 |

1.0 Overview

The purpose of the “BC Athletics Events and Technical Specifications for Athletics Manual” is to provide members with information pertaining to the events offered in each age category and gender for the different BC Athletics divisions. The events and technical specifications listed are those provided at BC Championships, however meet directors may offer other events. (ie. Mile). This information is also available on the BC Athletics website at www.bcathletics.org.

2.0 BC Athletics Divisions

As a reminder, the divisions of BC Athletics are:

- Track & Field
- Race Walking
- Cross Country
- Road Running

3.0 Recognized Age Groups

- a. Junior Development Age Group - recognized as male and female athletes ages 9 to 13 years old as of December 31st in the year of competition. Athletes within this age group compete in single age categories defined as:
 - i. Tyke (9 years)
 - ii. Pee Wee (10 years)
 - iii. Pee Wee (11 years)
 - iv. Bantam (12 years)
 - v. Bantam (13 years)
- b. Midget Age Group - recognized as male and female athlete’s ages 14 and 15 years old as of December 31st in the year of competition. Athletes within this age group compete as a combined age category (compete together and awarded together) [BCA AGM 2013 - Resolution 14.1].
- c. Youth Age Group - recognized as male and female athlete’s ages 16 and 17 years old as of December 31st in the year of competition. Athletes within this age group compete as a combined age category (compete together and awarded together).
- d. Junior Age Group - recognized as male and female athlete’s ages 18 and 19 years old as of December 31st in the year of competition. Athletes within this age group compete as a combined age category (compete together and awarded together).
- e. Senior Age Group - recognized as male and female athlete’s ages 20 to 34+ years old as of December 31st in the year of competition. Athletes within this age group compete as a combined age category (compete together and awarded together).

- f. Masters Age Group - recognized as male and female athlete’s aged 35+ years old as of the individual’s age on the day of competition, or in multiple day events, the first day of competition. Athletes within this age group compete in 5 year age categories (starting at 35 - 39 years).

4.0 Track & Field and Race Walk

4.1 Junior Development (JD) Age Group

The following section pertains to athletes in the Junior Development age group. For further information concerning this age group, please consult the Junior Development (JD) Manual. **Please note that BC Athletics is currently reviewing indoor track & field events and technical specifications. Please contact BC Athletics for more information.**

a. Events

| TABLE 4.1A - Junior Development Track & Field and Race Walking Events | | | | | | | | | | |
|---|------|---|---------|---|---------|---|--------|---|--------|---|
| Age Group | Tyke | | Pee Wee | | Pee Wee | | Bantam | | Bantam | |
| Age | 9 | | 10 | | 11 | | 12 | | 13 | |
| Gender | F | M | F | M | F | M | F | M | F | M |
| 60m | ● | ● | ● | ● | ● | ● | | | | |
| 100m | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 200m | | | | | ● | ● | ● | ● | ● | ● |
| 300m | | | | | | | ● | ● | ● | ● |
| 600m | ● | ● | ● | ● | ● | ● | | | | |
| 800m | | | | | | | ● | ● | ● | ● |
| 1000m | ● | ● | ● | ● | ● | ● | | | | |
| 1200m | | | | | | | ● | ● | ● | ● |
| 2000m | | | | | | | | | ● | ● |
| 60mH | ● | ● | ● | ● | ● | ● | | | | |
| 80mH | | | | | | | ● | ● | ● | ● |
| 200mH | | | | | | | ● | ● | ● | ● |
| 800mRW | ● | ● | ● | ● | ● | ● | ● | ● | | |
| 1500mRW | | | | | | | | | ● | ● |
| 4 x 100m Relay | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 1200m Medley Relay | | | | | ● | ● | ● | ● | ● | ● |
| High Jump | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Long Jump | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Triple Jump | | | | | | | | | ● | ● |
| Pole Vault | | | | | | | | | ● | ● |
| Shot Put | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Discus | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Javelin | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Hammer | | | | | | | ● | ● | ● | ● |
| Pentathlon | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |

LEGEND: H = Hurdle Events | RW = Race Walk | 1200m Medley Relay = 200m, 200m, 200m, 600m

b. Track Event - Junior Development

- i. Junior Development False Start Rule - One (1) false start by an athlete in a race shall be charged to all athletes in that specific race. A second (2nd) false start shall result in the disqualification of the athlete.
 - ii. Starting Blocks are not used for the Junior Development age group, ages 9-13 years of age.
- c. Hurdle Events - Junior Development
- i. It is recommended that practice hurdles (non-weighted) be used for all Junior Development hurdle events. For hurdle specifications (height, distances) please consult **Appendix A**.
- d. Throws Events - Junior Development
- i. For complete throwing implement specifications (i.e. weights for each age group), please consult **Appendix D**.
- e. Combined Events - Junior Development
- i. For technical specifications including events and event orders in the combined events for each age group, please consult **Appendix E**.
 - ii. For technical specifications relating to hurdle events in the combined events, please consult **Appendix A**.
 - iii. For technical specifications relating to throwing events in the combined events, please consult **Appendix D**.

4.2 Athlete Development - Midget (14-15) to Senior (20+) - Age Group

a. Events

See events below. Also, please note that BC Athletics is currently reviewing indoor track & field events and technical specifications. Please contact BC Athletics for more information.

| TABLE 4.2A- Midget to Senior Age Group Events | | | | | | | | |
|---|--------|---|-------|---|--------|---|--------|---|
| Age Group | Midget | | Youth | | Junior | | Senior | |
| Age | 14/15 | | 16/17 | | 18/19 | | 20+ | |
| Gender | F | M | F | M | F | M | F | M |
| 100m | • | • | • | • | • | • | • | • |
| 200m | • | • | • | • | • | • | • | • |
| 300m | • | • | | | | | | |
| 400m | | | • | • | • | • | • | • |
| 800m | • | • | • | • | • | • | • | • |
| 1200m | • | • | | | | | | |
| 1500m | | | • | • | • | • | • | • |
| 2000m | • | • | | | | | | |
| 3000m | | | • | • | | | | |
| 5000m | | | | | • | • | • | • |
| 10,000m | | | | | | • | • | • |
| 80mH | • | | | | | | | |
| 100mH | | • | • | | • | | • | |
| 110mH | | | | • | | • | | • |
| 300mH | • | • | | | | | | |
| 400mH | | | • | • | • | • | • | • |
| 1500mSC | • | • | | | | | | |
| 2000mSC | | | • | • | | | | |
| 3000mSC | | | | | • | • | • | • |
| 1500mRW | • | • | | | | | | |
| 5000mRW | | | • | • | | | | |
| 5 Km RW | | | • | • | • | • | | |
| 10 Km RW | | | | | • | • | • | • |
| 20 Km RW | | | | | | | • | • |
| 50 Km RW | | | | | | | | • |
| 4 X 100m Relay | • | • | • | • | • | • | • | • |
| 4 X 400m Relay | • | • | • | • | • | • | • | • |
| High Jump | • | • | • | • | • | • | • | • |
| Long Jump | • | • | • | • | • | • | • | • |
| Triple Jump | • | • | • | • | • | • | • | • |
| Pole Vault | • | • | • | • | • | • | • | • |
| Shot Put | • | • | • | • | • | • | • | • |
| Discus | • | • | • | • | • | • | • | • |
| Javelin | • | • | • | • | • | • | • | • |
| Hammer | • | • | • | • | • | • | • | • |
| Pentathlon | • | • | | | | | | |
| Heptathlon | | | • | | • | | • | |
| Decathlon | | | | • | | • | | • |

LEGEND: **H** = Hurdle Events | **RW** = Race Walk | **SC** = Steeplechase | **1200m Medley Relay** = 200m, 200m, 200m, 600m

b. Track Events

- i. For the Midget age group and older, the IAAF False Start Rule shall be in effect [IAAF Rule 162.6]. One (1) false start and the athlete is disqualified. The BC High School Track & Field Rules will also include this rule.
- ii. Starting Blocks shall be used for the Midget age group and older.
- iii. As of 2015, Junior Men will now run the 10,000m [2014 AGM-Resolution 12.6.1].
- iv. As of 2015, Junior Women will now run the 5000m [2014 AGM-Resolution 12.6.2a].
- v. As of 2015 Youth Male athletes may not compete in the BC Athletics Junior, Senior and Masters Men's 10,000m Track Event [2014 AGM - Resolution 12.6.5].
- vi. As of 2015 Youth Male and Female athletes may not compete in the 10,000m track event at BC Athletics Junior, Senior Track & Field Championships; and this restriction applies to all BC Athletics sanctioned event [2014 AGM-Resolution 12.7a and b].

c. Race Walk Events

- i. As of 2015, Youth Men will compete in the 5000mRW [2014 AGM-Resolution 12.6.3c]

d. Hurdle Events

- i. Weighted Hurdles shall be used for the Midget age group and older.
- ii. **For technical specifications relating to hurdle events in the combined events, please consult Appendix A.**
- iii. As of 2015, Youth Males will now run the 400mH [2014 AGM-Resolution 12.6.3a].
- iv. As of 2015, Youth Women will now run the 400mH [2014 AGM-Resolution 12.6.4a].
- v. As of 2017, Midget Females and Males will now run 300m H [2016 AGM – Resolution 12.iii]

e. Steeplechase Events

- i. For technical specifications relating to steeplechase events (i.e. hurdle height, distance and number of water jumps) please consult **Appendix C**.
- ii. For the Midget (14-15) 1500m Steeplechase does NOT have water jumps. The start of the race is at the 1500m start line and the hurdles positions the same.
- iii. The Youth (16-17) 2000m Steeplechase will be the first steeplechase events with water jumps.
- iv. As of 2015, Junior Women will now run the 3000mSC [2014 AGM-Resolution 12.6.2b].

f. Throwing Events

- i. For technical specifications relating to throwing events in the combined events, please consult **Appendix D**.

g. Combined Events

- i. For technical specifications including events and event orders in the combined events for each age group, please consult **Appendix E**.
- ii. For technical specifications relating to hurdle events in the combined events, please consult **Appendix A**.
- iii. For technical specifications relating to throwing events in the combined events, please consult **Appendix D**.
- iv. As of 2015, Youth Men will now compete in the Decathlon event [2014 AGM-Resolution 12.6.3c]

5.0 Cross Country

The following distances are recommended for the BC Cross Country Championships, but may vary depending on the location and the course available. Please note, these distances are also recommended as a guide for non-championships Cross Country races.

5.1 Junior Development (JD) Cross Country Championship Race Distances

| Age | Gender | Age Group | Distance |
|-----|--------|-----------|----------|
| 9 | F/M | Tyke | 1500m |
| 10 | F/M | Pee Wee | 2000m |
| 11 | F/M | Pee Wee | 2000m |
| 12 | F/M | Bantam | 3000m |
| 13 | F/M | Bantam | 3000m |

5.2 Midget to Masters Cross Country Championship Race Distances

| Age | Gender | Age Group | Distance |
|-------|--------|-----------|----------|
| 14/15 | F | Midget | 3000m |
| 14/15 | M | Midget | 3000m |
| 16/17 | F | Youth | 4000m |
| 16/17 | M | Youth | 5000m |
| 18/19 | F | Junior | 6000m |
| 18/19 | M | Junior | 8000m |
| 20+ | F | Senior | 6000m |
| 20+ | M | Senior | 8000m |
| 35+ | F | Masters | 6000m |
| 35+ | M | Masters | 8000m |

❖ **Please note changes Junior, Senior and Masters Men's and Women's distances as of 2016.**

6.0 Road Running

Approved Age Groups for Road Running - The following recommended age groups are not intended to prevent younger boys and girls from participating in long road races, but to gently discourage them by not recognizing them by awarding medals or prizes. Rational for this reasoning can be found here:

Link: http://www.acroad.ca/documents/DistanceRecommendation_2014-01-15.pdf

6.1 Recognized BC Athletics Championship Age Groups

- a. Male and Female Junior, Senior and Masters.

6.2 Recognized BC Athletics Championships Distances

- a. 5 Km
- b. 8 Km
- c. 10 Km
- d. Half Marathon
- e. Marathon
- f. Road Relay

6.3 Recognized BC Athletics Non-Championships Age Groups

- a. 5Km - 10+ years of age;
- b. 8Km - 12+ years of age;
- c. 10Km - 14+ years of age;
- d. Half Marathon - 16+ years of age;
- e. Marathon - 18+ years of age.

7.0 Important Links

| | |
|---|----------------------|
| International Amateur Athletics Federation (IAAF) | Link |
| Athletics Canada (AC) | Link |
| Canadian Masters Athletics (CMA) | Link |
| World Masters Athletics (WMA) | Link |

APPENDIX A

Outdoor Hurdle Specifications | 80mH - 110mH | All Age Groups

| Age Group | Age | Female / Women / Girls | | | | | Male / Men / Boys | | | | | | |
|-----------|-------|------------------------|--------------|----------|-----------------------|--------|-------------------|-------|--------------|----------|-----------------------|--------|---------|
| | | D (m) | Height | # of H's | S > 1 st H | H <> H | H > F | D (m) | Height | # of H's | S > 1 st H | H <> H | H > F |
| Tyke | 9 | 60mH | 21" - 0.533m | 6 | 11.00 m | 6.50 m | 16.50 m | 60mH | 21" - 0.533m | 6 | 11.00 m | 6.50 m | 16.50 m |
| Pee Wee | 10 | 60mH | 24" - 0.610m | 6 | 11.00 m | 6.50 m | 16.50m | 60mH | 24" - 0.610m | 6 | 11.00 m | 6.50 m | 16.50 m |
| Pee Wee | 11 | 60mH | 24" - 0.610m | 6 | 11.00 m | 6.50 m | 16.50 m | 60mH | 24" - 0.610m | 6 | 11.00 m | 6.50 m | 16.50 m |
| Bantam | 12 | 80mH | 27" - 0.686m | 8 | 12.00 m | 7.00 m | 19.00 m | 80mH | 27" - 0.686m | 8 | 12.00 m | 7.00 m | 19.00 m |
| Bantam | 13 | 80mH | 30" - 0.762m | 8 | 12.00 m | 7.50 m | 15.50 m | 80mH | 30" - 0.762m | 8 | 12.00 m | 8.00 m | 12.00 m |
| Midget | 14-15 | 80mH | 30" - 0.762m | 8 | 12.00 m | 8.00 m | 12.00 m | 100mH | 33" - 0.840m | 10 | 13.00 m | 8.50 m | 10.50 m |
| Youth | 16-17 | 100mH | 30" - 0.762m | 10 | 13.00 m | 8.50 m | 10.50 m | 110mH | 36" - 0.914m | 10 | 13.72 m | 9.14 m | 14.02 m |
| Junior | 18-19 | 100mH | 33" - 0.840m | 10 | 13.00 m | 8.50 m | 10.50 m | 110mH | 39" - 0.991m | 10 | 13.72 m | 9.14 m | 14.02 m |
| Senior | 20+ | 100mH | 33" - 0.840m | 10 | 13.00 m | 8.50 m | 10.50 m | 110mH | 42" - 1.067m | 10 | 13.72 m | 9.14 m | 14.02 m |
| Masters | 35-39 | 100mH | 33" - 0.840m | 10 | 13.00 m | 8.50 m | 10.50 m | | | | | | |
| Masters | 35-49 | | | | | | | 110mH | 39" - 0.991m | 10 | 13.72 m | 9.14 m | 14.02 m |
| Masters | 40-49 | 80mH | 30" - 0.762m | 8 | 12.00 m | 8.00 m | 12.00m | | | | | | |
| Masters | 50-59 | 80mH | 30" - 0.762m | 8 | 12.00 m | 7.00 m | 19.00m | 100mH | 36" - 0.914m | 10 | 13.00 m | 8.50 m | 10.50 m |
| Masters | 60+ | 80mH | 27" - 0.686m | 8 | 12.00 m | 7.00 m | 19.00 m | | | | | | |
| Masters | 60-69 | | | | | | | 100mH | 33" - 0.840m | 10 | 12.00 m | 8.00 m | 16.00 m |
| Masters | 70-79 | | | | | | | 80mH | 30" - 0.762m | 8 | 12.00 m | 7.00 m | 19.00 m |
| Masters | 80+ | | | | | | | 80mH | 27" - 0.686m | 8 | 12.00 m | 7.00 m | 19.00 m |

LEGEND: H = Hurdle | m = metres | D(m) = Race Distance | S > 1st H - Distance from Start to First Hurdle | H <> H = Distance Between Hurdles | H > F = Distance from Last Hurdle to Finish Line

IMPORTANT UPDATES:

- BC Athletics is currently evaluating the addition of Indoor Events and Specifications in the BCA Events and Specifications Manual

APPENDIX A (continued)

Outdoor Hurdle Specifications | 200mH - 300mH - 400mH | All Age Groups

| Age Group | Age | Female / Women / Girls | | | | | Male / Men / Boys | | | | | | |
|-----------|-------|------------------------|--------------|----------|-----------------------|---------|-------------------|-------|--------------|----------|-----------------------|---------|---------|
| | | D (m) | Height | # of H's | S > 1 st H | H <> H | H > F | D (m) | Height | # of H's | S > 1 st H | H <> H | H > F |
| Bantam | 12 | 200mH | 24" - 0.610m | 5 | 20.00 m | 35.00 m | 40.00 m | 200mH | 24" - 0.610m | 5 | 20.00 m | 35.00 m | 40.00 m |
| Bantam | 13 | 200mH | 27" - 0.686m | 5 | 20.00 m | 35.00 m | 40.00 m | 200mH | 27" - 0.686m | 5 | 20.00 m | 35.00 m | 40.00 m |
| Midget | 14-15 | 300mH | 30" - 0.762m | 7 | 50.00 m | 35.00 m | 40.00 m | 300mH | 30" - 0.762m | 7 | 50.00 m | 35.00 m | 40.00 m |
| Youth | 16-17 | 400mH | 30" - 0.762m | 10 | 45.00 m | 35.00 m | 40.00 m | 400mH | 33" - 0.840m | 10 | 45.00 m | 35.00 m | 40.00 m |
| Junior | 18-19 | 400mH | 30" - 0.762m | 10 | 45.00 m | 35.00 m | 40.00 m | 400mH | 36" - 0.914m | 10 | 45.00 m | 35.00 m | 40.00 m |
| Senior | 20+ | 400mH | 30" - 0.762m | 10 | 45.00 m | 35.00 m | 40.00 m | 400mH | 36" 0.914m | 10 | 45.00 m | 35.00 m | 40.00 m |
| Masters | 35-39 | 400mH | 30" - 0.762m | 10 | 45.00 m | 35.00 m | 40.00 m | | | | | | |
| Masters | 35-49 | | | | | | | 400mH | 36" - 0.914m | 10 | 45.00 m | 35.00 m | 40.00 m |
| Masters | 50-59 | 300mH | 30" - 0.762m | 7 | 50.00 m | 35.00 m | 40.00 m | 400mH | 33" - 0.840m | 10 | 45.00 m | 35.00 m | 40.00 m |
| Masters | 60-69 | 300mH | 27" - 0.686m | 7 | 50.00 m | 35.00 m | 40.00 m | 300mH | 30" - 0.762m | 7 | 50.00 m | 35.00 m | 40.00 m |
| Masters | 70+ | 200mH | 27" - 0.686m | 5 | 20.00 m | 35.00 m | 40.00 m | | | | | | |
| Masters | 70-79 | | | | | | | 300mH | 27" - 0.686m | 7 | 50.00 m | 35.00m | 40.00 m |
| Masters | 80+ | | | | | | | 200mH | 27" - 0.686m | 5 | 20.00 m | 35.00 m | 40.00 m |

LEGEND: H = Hurdle | m = metres | D(m) = Race Distance | S > 1st H - Distance from Start to First Hurdle | H <> H = Distance Between Hurdles | H > F = Distance from Last Hurdle to Finish Line

IMPORTANT UPDATES:

- As of 2015, Youth Men and Women will now run the 400mH event for the long hurdle races.
- As of 2017, Midget Age (14/15) Female and Males will run the 300m Hurdles.

APPENDIX B

Indoor Hurdle Specifications | 60mH | Masters Age Group only

| Age Group | Age | Female / Women / Girls | | | | | | Male / Men / Boys | | | | | | |
|-----------|-------|------------------------|--------------|----------|-----------------------|--------|---------|-------------------|--------------|----------|-----------------------|--------|---------|--|
| | | D (m) | Height | # of H's | S > 1 st H | H <> H | H > F | D (m) | Height | # of H's | S > 1 st H | H <> H | H > F | |
| Bantam | 12 | | | | | | | | | | | | | |
| Bantam | 13 | | | | | | | | | | | | | |
| Midget | 14-15 | | | | | | | | | | | | | |
| Youth | 16-17 | | | | | | | | | | | | | |
| Junior | 18-19 | | | | | | | | | | | | | |
| Senior | 20+ | | | | | | | | | | | | | |
| Masters | 35-39 | 60mH | 33" - 0.840m | 5 | 13.00 m | 8.50 m | 13.00 m | | | | | | | |
| Masters | 35-49 | | | | | | | 60mH | 39" - 0.991m | 5 | 13.72 m | 9.14 m | 9.72 m | |
| Masters | 40-49 | 60mH | 30" - 0.762m | 5 | 12.00 m | 8.00 m | 16.00 m | | | | | | | |
| Masters | 50-59 | 60mH | 30" - 0.762m | 5 | 12.00 m | 7.00 m | 20.00 m | 60mH | 36" - 0.914m | 5 | 13.00 m | 8.50 m | 13.00 m | |
| Masters | 60+ | 60mH | 27" - 0.686m | 5 | 12.00 m | 7.00 m | 20.00 m | | | | | | | |
| Masters | 60-69 | | | | | | | 60mH | 33" - .840m | 5 | 12.00m | 8.00m | 16.00m | |
| Masters | 70-79 | | | | | | | 60mH | 30" - 0.762m | 5 | 12.00 m | 7.00 m | 20.00 m | |
| Masters | 80+ | | | | | | | 60mH | 27" - 0.686m | 5 | 12.00 m | 7.00 m | 20.00 m | |

LEGEND: H = Hurdle | m = metres | D(m) = Race Distance | S > 1st H - Distance from Start to First Hurdle | H <> H = Distance Between Hurdles | H > F = Distance from Last Hurdle to Finish Line

IMPORTANT UPDATES:

❖ BC Athletics is currently evaluating the addition of Indoor Events and Specifications to the BCA Events and Technical Specifications Manual

APPENDIX C

Steeplechase Specifications | 1500mSC - 3000mSC | All Age Groups

| Age Group | Age | Female / Women / Girls | | | | Male / Men / Boys | | | |
|-----------|-------|------------------------|--------------|----------|-------------|-------------------|--------------|----------|-------------|
| | | D (m) | Height | # of H's | Water Jumps | D (m) | Height | # of H's | Water Jumps |
| Midget | 14-15 | 1500mSC | 30" - 0.762m | 12 | 0 | 1500mSC | 30" - 0.762m | 12 | 0 |
| Youth | 16-17 | 2000mSC | 30" - 0.762m | 18 | 5 | 2000mSC | 33" - 0.840m | 18 | 5 |
| Junior | 18-19 | 3000mSC | 30" - 0.762m | 28 | 7 | 3000mSC | 36" - 0.914m | 28 | 7 |
| Senior | 20+ | 3000mSC | 30" - 0.762m | 28 | 7 | 3000mSC | 36" - 0.914m | 28 | 7 |
| Masters | 35+ | 2000mSC | 30" - 0.762m | 18 | 5 | | | | |
| Masters | 35-59 | | | | | 3000mSC | 36" - 0.914m | 28 | 7 |
| Masters | 60+ | | | | | 2000mSC | 30" - 0.762m | 18 | 5 |

LEGEND: SC = Steeplechase | H = Hurdle | m = metres | D(m) = Race Distance

IMPORTANT UPDATES:

- As of 2015, Junior Women will now compete in the 3000mSC event, which has replaced the 2000mSC.

APPENDIX D

Throwing Events Specifications | All Throwing Events | All Age Groups

| Age Group | Age | Female / Women / Girls | | | | | | | Male / Men / Boys | | | | | | | |
|-----------------|-------|------------------------|--------|-------|--------|--------|--------|--------|-------------------|--------|--------|-------|--------|---------|--------|---------|
| | | SP | DT | JT | HT | WT | SP | WT | SP | DT | JT | HT | WT | SP | WT | |
| | | Outdoor | | | | | Indoor | | Outdoor | | | | | Indoor | | |
| Tyke | 9 | 2.00 K | n/a | n/a | n/a | | | | | 2.00 K | n/a | n/a | n/a | | | |
| Pee Wee | 10 | 2.00 K | 750 g | 400 g | n/a | | | | | 2.00 K | 750 g | 400 g | n/a | | | |
| Pee Wee | 11 | 2.00 K | 750 g | 400 g | n/a | | | | | 2.00 K | 750 g | 400 g | n/a | | | |
| Bantam | 12 | 3.00 K | 750 g | 400 g | 3.00 K | | | | | 3.00 K | 1.00 K | 500 g | 3.00 K | | | |
| Bantam | 13 | 3.00 K | 750 g | 400 g | 3.00 K | | | | | 3.00 K | 1.00 K | 500 g | 3.00 K | | | |
| Midget | 14-15 | 3.00 K | 1.00 K | 500 g | 3.00 K | | | | | 4.00 K | 1.00 K | 600 g | 4.00 K | | | |
| Youth | 16-17 | 3.00 K | 1.00 K | 500 g | 3.00 K | | | | | 5.00 K | 1.50 K | 700 g | 5.00 K | | | |
| Junior | 18-19 | 4.00 K | 1.00 K | 600 g | 4.00 K | | | | | 6.00 K | 1.75 K | 800 g | 6.00 K | | | |
| Senior | 20+ | 4.00 K | 1.00 K | 600 g | 4.00 K | | | | | 7.26 K | 2.00 K | 800 g | 7.26 K | | | |
| Masters - F | 35-39 | 4.00 K | 1.00 K | 600 g | 4.00 K | 9.08 K | 4.00 K | 9.08 K | | | | | | | | |
| Masters - M | 35-49 | | | | | | | | | 7.26 K | 2.00 K | 800 g | 7.26 K | 15.88 K | 7.26 K | 15.88 K |
| Masters – F & M | 50-59 | 3.00 K | 1.00 K | 500 g | 3.00 K | 7.26 K | 3.00 K | 7.26 K | | 6.00 K | 1.50 K | 700 g | 6.00 K | 11.34 K | 6.00 K | 11.34 K |
| Masters - F | 60-74 | 3.00 K | 1.00 K | 500 g | 3.00 K | 5.45 K | 3.00 K | 5.45 K | | | | | | | | |
| Masters – M | 60-69 | | | | | | | | | 5.00 K | 1.00 K | 600 g | 5.00 K | 9.08 K | 5.00 K | 9.08 K |
| Masters - M | 70-79 | | | | | | | | | 4.00 K | 1.00 K | 500 g | 4.00 K | 7.26 K | 4.00 K | 7.26 K |
| Masters - F | 75+ | 2.00 K | 750 g | 400 g | 2.00 K | 4.00 K | 2.00 K | 4.00 K | | | | | | | | |
| Masters - M | 80+ | | | | | | | | | 3.00 K | 1.00 K | 400 g | 3.00 K | 5.45 K | 3.00 K | 5.45 K |

LEGEND: K = Kilogram | g = Gram | n/a = Not Applicable

IMPORTANT UPDATES:

❖ BC Athletic is currently evaluating the addition of Indoor Event and Specifications to the BCA Events and Technical Specifications Manual.

APPENDIX E

Combined Events | Pentathlon - Decathlon | Tyke 9 - Senior 20+ Age Groups

| | Age Group | Age | Event | Event Order | | | | | | | | | | |
|----------------------|-----------------|-------|--------------------|-------------|------|----|------|-------|-------|------|----|----|-------|--|
| | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| Female, Women, Girls | Tyke | 9 | Pentathlon | 60mH | HJ | LJ | SP | 600m | | | | | | |
| | Pee Wee | 10 | Pentathlon | 60mH | HJ | LJ | SP | 600m | | | | | | |
| | Pee Wee | 11 | Pentathlon | 60mH | HJ | LJ | SP | 600m | | | | | | |
| | Bantam | 12 | Pentathlon | 60mH | HJ | LJ | SP | 800m | | | | | | |
| | Bantam | 13 | Pentathlon | 60mH | HJ | LJ | SP | 800m | | | | | | |
| | Midget | 14-15 | Pentathlon | 80mH | HJ | LJ | SP | 800m | | | | | | |
| | Youth | 16-17 | Heptathlon (2 Day) | 100mH | HJ | SP | 200m | LJ | JT | 800m | | | | |
| | Junior | 18-19 | Heptathlon (2 Day) | 100mH | HJ | SP | 200m | LJ | JT | 800m | | | | |
| | Senior | 20+ | Heptathlon (2 Day) | 100mH | HJ | SP | 200m | LJ | JT | 800m | | | | |
| | Male, Men, Boys | Tyke | 9 | Pentathlon | 60mH | HJ | LJ | SP | 600m | | | | | |
| Pee Wee | | 10 | Pentathlon | 60mH | HJ | LJ | SP | 600m | | | | | | |
| Pee Wee | | 11 | Pentathlon | 60mH | HJ | LJ | SP | 600m | | | | | | |
| Bantam | | 12 | Pentathlon | 60mH | HJ | LJ | SP | 800m | | | | | | |
| Bantam | | 13 | Pentathlon | 60mH | HJ | LJ | SP | 800m | | | | | | |
| Midget | | 14-15 | Pentathlon | 100mH | LJ | SP | HJ | 1000m | | | | | | |
| Youth | | 16-17 | Decathlon (2 Day) | 100m | LJ | SP | HJ | 400m | 110mH | DT | PV | JT | 1500m | |
| Junior | | 18-19 | Decathlon (2 Day) | 100m | LJ | SP | HJ | 400m | 110mH | DT | PV | JT | 1500m | |
| Senior | | 20+ | Decathlon (2 Day) | 100m | LJ | SP | HJ | 400m | 110mH | DT | PV | JT | 1500m | |

LEGEND: 2 Day = the event takes place over 2 Days. Bold Line (|) indicates start of day 2 events.

IMPORTANT UPDATES:

- As of 2015, Youth Men will compete in the Decathlon event. This replaces the former Octathlon event.
- For all Hurdle Specifications and Throwing Event Specifications, please consult Appendix A and D.
- Midget age group uses Athletics Canada Specifications. Youth to Senior age groups use IAAF Specifications. Masters age group uses CMA Specifications.

Appendix E (continued)

Indoor and Outdoor Combined Events | Pentathlon - Decathlon | Master 35+ Age Group

| | Age Group | Age | Event | Event Order | | | | | | | | | | |
|-------|-----------|-----|---------------------------|-------------|----|------|------|---------|---------|-------|----|----|-------|--|
| | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| Women | Masters | 35+ | Pentathlon | Hurdles | HJ | SP | LJ | 800m | | | | | | |
| | Masters | 35+ | Indoor Pentathlon | Hurdles | HJ | SP | LJ | 800m | | | | | | |
| | Masters | 35+ | Indoor Heptathlon (2 Day) | 60m | SP | LJ | PV | Hurdles | HJ | 800m | | | | |
| | Masters | 35+ | Heptathlon (2 Day) | Hurdles | HJ | SP | 200m | LJ | JT | 800m | | | | |
| | Masters | 35+ | Throws Pentathlon | HT | SP | DT | JT | WT | | | | | | |
| | Masters | 35+ | Decathlon | 100m | DT | PV | JT | 400m | Hurdles | LJ | SP | HJ | 1500m | |
| Men | Masters | 35+ | Pentathlon | LJ | JT | 200m | DT | 1500m | | | | | | |
| | Masters | 35+ | Indoor Pentathlon | Hurdles | LJ | SP | HJ | 1000m | | | | | | |
| | Masters | 35+ | Indoor Heptathlon (2 Day) | 60m | LJ | SP | HJ | Hurdles | PV | 1000m | | | | |
| | Masters | 35+ | Decathlon (2 Day) | 100m | LJ | SP | HJ | 400m | Hurdles | DT | PV | JT | 1500m | |
| | Masters | 35+ | Throws Pentathlon | HT | SP | DT | JT | WT | | | | | | |

LEGEND: **2 Day** = the event takes place over 2 Days. Bold Line (|) indicates start of day 2 events | **Hurdles** - Please consult Appendix A and B for age appropriate hurdle events and specifications.

IMPORTANT UPDATES:

- For all Hurdle Specifications and Throwing Event Specifications, please consult Appendix A and D.
- Midget age group uses Athletics Canada Specifications. Youth to Senior age groups use IAAF Specifications. Masters age group uses CMA Specifications.