



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	80mH	HJ	LJ	SP	800m						
	Bantam	13	Pentathlon	80mH	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	80mH	HJ	LJ	SP	800m						
	Bantam	13	Pentathlon	80mH	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.