

## **SECTION 8.1          HIGH JUMP**

This event is open to all age categories.

Two high jump pits are required. A third pit is to be available in case of delays or large numbers of entries in certain age groups.

Each athlete is allowed 3 attempts at each height.

The bar is to be raised by 5 cm each time until one competitor remains in the competition. When there is only one competitor remaining, the bar should not be raised by less than 1 cm after each round. When a competitor has won the competition, the height to which the bar is raised shall be decided by the competitor in consultation with the jumps official.

### **STARTING HEIGHTS FOR HIGH JUMP**

AGE	9	10	11	12	13	14
GIRLS	★0.80 m	0.90 m	1.00 m	1.05 m	1.15 m	1.20 m
BOYS	★0.85 m	0.95 m	1.05 m	1.10 m	1.20 m	1.35 m

★ NOTE: Some high jump mats have a minimum height of .90 m so the lower starting heights are not possible if the athletes are to clear the pits.

## **SECTION 8.2          LONG JUMP**

This event is open to all age categories.

Each athlete is permitted 3 jumps.

The top 8 qualifiers in the 14 year age group will have 3 additional jumps.

### SECTION 8.3 TRIPLE JUMP

This event is restricted to athletes aged 11 to 14 years.

Athletes aged 9 and 10 years may not compete in this event.

Each athlete is permitted 3 jumps.

The top 8 qualifiers aged 14 will have 3 additional jumps.

**Recommended takeoff boards for Junior Development athletes are:**

AGE	9	10	11	12	13	14
GIRLS			5 m	5 m	7 m	7 m
			6 m	6 m	9 m	9 m
			8 m	8 m	11 m	11 m

AGE	9	10	11	12	13	14
BOYS			5 m	5 m	7 m	9 m
			6 m	6 m	9 m	11 m
			8 m	8 m	11 m	13 m

\* Options including IAAF and Athletics Canada rules are 9 m, 11 m and 13 metres.

### SECTION 8.4 POLE VAULT

This event is restricted to 13 and 14 year-old athletes only.

Each athlete is permitted 3 attempts at each height.

The bar is to be raised by a minimum of 5 cm each time [10 cm is recommended]. When 3 competitors remain then the bar will be raised by 5 cm each time. When there is only one competitor remaining, the bar should not be raised by less than 2 cm after each round. When a competitor has won the competition, the height to which the bar is raised shall be decided by the competitor in consultation with the jumps official.

The host organizing committee will determine the starting heights for pole vault.

## **SECTION 8.5 SHOT PUT**

This event is open to all age categories.

Each athlete is permitted 3 throws.

The top 8 qualifiers in the 14 year age group will have 3 additional throws.

### **IMPLEMENTS**

	<b>AGES</b>	<b>WEIGHT</b>
<b>GIRLS</b>	9 to 11 years	2 kg shot
	12 to 14 years	3 kg shot
<b>BOYS</b>	9 to 11 years	2 kg shot
	12 and 13 years	3 kg shot
	14 years	4 kg shot

## **SECTION 8.6 DISCUS**

This event is restricted to athletes aged 10 to 14 years.

Each athlete is permitted 3 throws.

The top 8 qualifiers in the 14 year age group will have 3 additional throws.

### **IMPLEMENTS**

	<b>AGES</b>	<b>WEIGHT</b>
<b>GIRLS</b>	10 to 13 years	750 gram discus
	14 years	1 kg discus
<b>BOYS</b>	10 and 11 years	750 gram discus
	12 to 14 years	1 kg discus

**SECTION 8.7      JAVELIN**

This event is not open to Junior Development athletes aged 9 years.

Each competitor is permitted 3 throws.

The top 8 qualifiers in the 14 year age groups will have 3 additional throws.

**IMPLEMENTS**

	<b>AGES</b>	<b>WEIGHT</b>
<b>GIRLS</b>	10 to 13 years	400 gram javelin
	14 years	600 gram javelin
<b>BOYS</b>	10 and 11 years	400 gram javelin
	12 to 14 years	600 gram javelin

**SECTION 8.8      HAMMER**

This event is restricted to 12 to 14 year old athletes.

Each athlete is permitted 3 throws.

The top 8 qualifiers in the 14 year age group will have 3 additional throws.

**IMPLEMENTS**

	<b>AGES</b>	<b>WEIGHT</b>
<b>GIRLS</b>	12 to 14 years	3 kg hammer
<b>BOYS</b>	12 and 13 years	3 kg hammer
	14 years	4 kg hammer

**SECTION 8.9      THROWING IMPLEMENT CHARTS****THROWING IMPLEMENTS ~ GIRLS**

<b>AGES</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Shot Put</b>	2 kg	2 kg	2 kg	3 kg	3 kg	3 kg
<b>Discus</b>		750 g	750 g	750 g	750 g	1 kg
<b>Javelin</b>		400 g	400 g	400 g	400 g	600 g
<b>Hammer</b>				3 kg	3 kg	3 kg

**THROWING IMPLEMENTS ~ BOYS**

<b>AGES</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Shot Put</b>	2 kg	2 kg	2 kg	3 kg	3 kg	4 kg
<b>Discus</b>		750 g	750 g	1 kg	1 kg	1 kg
<b>Javelin</b>		400 g	400 g	600 g	600 g	600 g
<b>Hammer</b>				3 kg	3 kg	4 kg