

## ATHLETICS CANADA CHAMPIONSHIP EVENTS RULES (151-170)

## SECTION III

## OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

- 151** Senior Men's Track and Field Championships
- Track*  
100m, 200m, 400m, 800m, 1,500m, 5,000m, 10,000m  
110m Hurdles, 400m Hurdles, 3,000m steeplechase, 4x100m, 4x400m  
20km walk  
High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Discus, Javelin, Hammer  
Decathlon
- Race Walking*  
20km walk
- Jumps*  
High Jump, Long Jump, Triple Jump, Pole Vault
- Throws*  
Shot, Discus, Javelin, Hammer
- Combined Events*  
Decathlon
- 152** Junior Men's Track and Field Championships
- Track*  
100m, 200m, 400m, 800m, 1,500m, 5,000m, 110m Hurdles (99 cm),  
400m Hurdles (91.4 cm), 3,000m steeplechase, 4x100m, 4x400m  
10km walk  
High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Discus, Javelin, Hammer  
Decathlon
- Race Walking*  
10km walk
- Jumps*  
High Jump, Long Jump, Triple Jump, Pole Vault
- Throws*  
Shot, Discus, Javelin, Hammer
- Combined Events*  
Decathlon
- 153** Youth Men's Track and Field Championships
- Track*  
100m, 200m, 400m, 800m, 1,500m, 3,000m, 110m Hurdles (91.4 cm),  
400m Hurdles (84 cm), 2000m steeplechase, 4x100m, 4x400m  
1,500m  
High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Discus, Javelin, Hammer  
Octathlon
- Race Walking*  
10km walk
- Jumps*  
High Jump, Long Jump, Triple Jump, Pole Vault
- Throws*  
Shot, Discus, Javelin, Hammer
- Combined Events*  
Octathlon
- 154** Senior Women's Track and Field Championships
- Track*  
100m, 200m, 400m, 800m, 1,500m, 5,000m, 10,000m,  
100m Hurdles, 400m Hurdles, 3,000m steeplechase, 4x100m, 4x400m  
20km walk  
High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Discus, Javelin, Hammer  
Heptathlon
- Race Walking*  
20km walk
- Jumps*  
High Jump, Long Jump, Triple Jump, Pole Vault
- Throws*  
Shot, Discus, Javelin, Hammer
- Combined Events*  
Heptathlon
- 155** Junior Women's Track and Field Championships
- Track*  
100m, 200m, 400m, 800m, 1,500m, 3,000m, 100m Hurdles (84 cm),  
400m Hurdles (76.2 cm), 2,000m steeplechase, 4x100m, 4x400m  
10km walk  
High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Discus, Javelin, Hammer  
Heptathlon
- Race Walking*  
10km walk
- Jumps*  
High Jump, Long Jump, Triple Jump, Pole Vault
- Throws*  
Shot, Discus, Javelin, Hammer
- Combined Events*  
Heptathlon

**156** Youth Women's Track and Field Championships

- Track*  
100m, 200m, 400m, 800m, 1,500m, 3,000m, 100m Hurdles (76.2 cm),  
400m Hurdles (76.2 cm), 2,000m steeplechase, 4x100m, 4x400m  
1,500m walk  
High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Discus, Javelin, Hammer  
Heptathlon
- Race Walking*  
10km walk
- Jumps*  
High Jump, Long Jump, Triple Jump, Pole Vault
- Throws*  
Shot, Discus, Javelin, Hammer
- Combined Events*  
Heptathlon

**157** Events for which National Championships may be held separately from those listed above

- Marathon*  
Men's 50km walk (road), Women's 10km walk (road)  
*Road Running*  
10km road race - Men and Women, Senior and Junior  
20km road race - Men and Women, Senior and Junior  
*Half Marathon*  
Senior Men and Women

Other Events – Any other event approved from time to time by the membership at an Annual General Meeting on or before December 15<sup>th</sup>, of the year prior to the event, may be held separately from the National Championships.

In the event of extenuating circumstances at a National Championship Event (such as inclement weather) Athletics Canada, through its Technical Delegate, reserves the right to make appropriate modification to the composition of the event structure and/or schedule.

## CROSS-COUNTRY CHAMPIONSHIPS

- 158**
- Senior Men 8,000m to 12,000m  
Junior Men 5,000m to 8,000m  
Senior Women 6,000m to 8,000m  
Junior Women 4,000m to 6,000m

## INDOOR TRACK AND FIELD CHAMPIONSHIPS

- 159** Senior Men's Indoor Championships
- Track*  
60m\* , 200m, 400m, 800m, 1,500m, 3,000m  
60m\* Hurdles  
5,000m walk  
*Race Walking*  
High Jump, Long Jump, Triple Jump, Pole Vault  
*Jumps*  
Shot, 35 lb weight throw (Note: no metric equivalent/conversion)  
*Throws*  
Heptathlon (60m\* , LJ, SP, HJ, 60mH\* , PV, 1,000m)  
*Combined Events*  
(\*60m unless length of track is limited, then 50m may be acceptable)
- 160** Senior Women's Indoor Championships
- Track*  
60m\* , 200m, 400m, 800m, 1,500m, 3,000m  
60m\* Hurdles  
3,000m walk  
*Race Walking*  
High Jump, Long Jump, Triple Jump, Pole Vault  
*Jumps*  
Shot, 20lb weight throw (Note: no metric equivalent/conversion)  
*Throws*  
Pentathlon (60mH\* , HJ, SP, LJ, 800m)  
*Combined Events*  
(\*60m unless length of track is limited, then 50m may be acceptable)
- 161-170** Spare

## ATHLETICS CANADA RECORDS RULES (171-240)

## SECTION IV

## ELIGIBILITY FOR CANADIAN RECORDS

- 171 Canadian records are maintained in two categories, native and open, and in two divisions, indoor and outdoor.
- 172 Canadian native records may be claimed by citizens of Canada, irrespective of the country within which the performance was made.
- 173 Canadian open records may be claimed by citizens of Canada, irrespective of the country within which the performance was made, or by citizens of other countries competing in Canada.
- 174 Canadian native records are maintained in the following categories:
- Senior men
  - Junior men (19 years of age and under on 31 December in year of Competition)
  - Youth men (17 years of age and under on 31 December in year of Competition)
  - Senior women
  - Junior women (19 years of age and under on 31 December in year of Competition)
  - Youth women (17 years of age and under on 31 December in year of Competition)
- 175 Record applications shall only be accepted for Events listed in Rules 296 and 303.
- 176 An athlete may claim a record in his own age class and in all higher age classes irrespective of the age class of the event in which the performance was made.
- 177 In all competitions held completely in a stadium, performances established in events which permit or schedule male and female athletes to compete together or to be on the track at the same time, shall not be eligible for Canadian records or selection purposes.
- 178 Canadian native records for relay events shall be kept in two distinct sections, one for club teams, the other for teams whose members do not all belong to one club (e.g. teams representing Member Branches, regions of Canada, Canada, etc.).
- 179 All athletes who establish Canadian Records in a bona fide competition must present themselves to doping control for testing. In the event there is no provision for doping control, the athlete must inform Athletics Canada immediately that a record has been set and no doping control facilities were at hand. It is then the responsibility of Athletics Canada to determine if testing will occur.
- 180 No field event record-breaking performance will be accepted unless the implement was immediately impounded and certified after the event.

## APPLICATION FOR A CANADIAN RECORD

- 181 a. Except as provided for in **Rule 184**, whenever a Canadian record is to be claimed, the meet director and/or the athlete or his representative shall be responsible for ensuring that the official Athletics Canada Record Form (see Appendices B and C) is completed and forwarded to the Athletics Canada Competitions Manager, and to the Member Branch Office in whose territory the meet was conducted, and to the Member Branch Office of which the athlete is a member.
- b. A record-breaking performance shall be considered pending until such time as all necessary information has been received by the Athletics Canada National Office and has been ratified by the Athletics Canada Board of Directors.
- c. An athlete claiming a Canadian record must, at the time the performance is achieved, hold a current competitive Athletics Canada/Branch membership.
- 182 Record forms shall be forwarded as soon as possible and in any case within ninety (90) days, to the National Office.
- 183 Record forms received by the National Office more than ninety (90) days after the performance was made shall not be considered unless accompanied by a fee of \$5.00 for each such late record form.
- 184 By exception, record forms shall *not* be required for Canadian records made in the following circumstances:
- At National Championships or International Athletics Competitions held in Canada (as defined in **Rule 010**);
  - At Olympic, Pan American Senior and Junior, Pacific Conference, Commonwealth or World Student Games, or at other World, Continental, Regional, Area or Group Championships or Games, and all IAAF Grand Prix Competitions [see **IAAF Rules 1 and 3**], provided always that:
    - If the record claimed is a Junior record, evidence of the athlete's date of birth must be supplied according to **Rule 201**;
    - In track events, record forms shall be required in all cases when the record was achieved by a competitor placing fourth or lower in a race, unless fully automatic electrical timing was in operation.
    - A copy of the official results of the competition is sent by the athlete, his coach, or the team manager, to the Athletics Canada Competitions Manager.
- 185 Canadian record forms shall always be completed when World or Commonwealth records are also to be claimed and, in the case of World records, IAAF Application of a World Record (Appendix D) must also be completed.
- 186 The Statistics Committee shall review applications and submit recommendations to the Athletics Canada Competitions Manager. A report of the records approved by, and all applications submitted to, the Competitions Manager shall be made to the Board of Directors for ratification at its next regular scheduled meeting.
- 187-190 Spare

**GENERAL CONDITIONS - CANADIAN RECORDS**

- 191** The record must be made in a *bona fide* event which is part of a duly sanctioned Competition and advertised before the day and is included in the printed program of the meet.
- 192** All record-breaking performances must be verified by a qualified Referee.
- 193** No record breaking performance will be accepted if it is determined that the claimant has received illegal assistance as outlined in **IAAF Rule 144**.
- 194** A race held within the stadium must be stated and conducted over one distance only, and all competitors shall compete at that distance. Claims may be submitted for any number of records accomplished by the same athlete in that race, (*i.e.* distance covered over a given time, race over fixed distance).
- 195** It is not permissible for an athlete to be credited with a record at a shorter distance if he did not finish the race over the full distance for which the race had been fixed.
- 196** In field events, an athlete with a disability may be considered as a *bona fide* competitor.
- 197** Running and walking records must either be timed by three official timekeepers, or by an approved fully automatic electrical timing device as defined in **IAAF Rule 165**. For races up to and including 400 metres, only performances timed by an approved fully automatic electrical timing device shall be accepted. Times measured by fully automatic electrical timing apparatus shall be recorded as outlined in **IAAF Rule 165**.
- 198** Records in field events must be measured either by three field judges with a steel or fiberglass tape or bar, graduated in centimetres, or by an approved scientific measuring apparatus. Measurements for records in field events shall be made and submitted in metres and centimetres to the nearest centimetre below if the distance measured is not a whole centimetre.
- 199** In a race in lanes, no record will be accepted where the runner has run on or inside the inner curved border of the lane.
- 200** When a record is claimed in a Combined Events competition, the conditions imposed for recognizing records in individual events must be complied with, save that a record will be recognized if the wind velocity in any individual event does not exceed plus 4 metres per second or the average velocity in all the events does not exceed plus 2 metres per second.
- 201** Records made in heats or qualifying competitions, in deciding ties, and in individual events in Combined Events competitions, will be accepted.
- 202** Application for records in Junior events must carry the day, month, and year of birth of the applicant, which at the time of a first application for a record must be supported by a copy of a birth certificate or a sworn statement as to date of birth.
- 203** Every athlete who equals or betters an existing record, even if such record is broken before it is officially accepted, shall be credited with such a record, and the mark recorded in the official report by the Athletics Canada Competitions Manager to the Board of Directors.

**203-210 Spare****ADDITIONAL CONDITIONS - OUTDOOR RECORDS**

- 211** The record must have been accomplished out-of-doors in a facility where the event area conforms to IAAF specifications as outlined in the IAAF Rules.
- The measurement of the track shall be taken 30cm outward from the inner border of the track or, where no border exists, 20cm from the line marking the inside of the track.
- 212** For any record at any distance over 110 metres to be recognized, the track on which it was made must not exceed 440 yards, and the race must have started on some part of the perimeter. The limitation does not apply to Steeplechase events where the water jump is placed outside a normal 400 metres or 440 yards track.
- 213** On any track with more than nine (9) lanes, records made in any lane beyond the nine (9) at distances over 110 metres shall not be accepted.
- 214** For walking records the track must be an oval from 350 metres (minimum) to 500 metres (maximum) with two curves and two straights from 60 metres (minimum) to 120 metres (maximum).
- 215** Wind speeds allowable for setting records:
- For all records up to and including 200 metres, and for the Long Jump and Triple Jump, information as to wind conditions must be submitted. If the wind velocity behind the competitor, measured in the direction of the running or jumping, exceeds two (2) metres per second, the performance will not be accepted as a record. (For Combined Events competitions see **Rule 199**).
  - The periods for which the wind component shall be measured are as follows from the flash of the pistol or approved apparatus:

100m	10 sec
100m Hurdles	13 sec
110m Hurdles	13 sec
  - In a 200 metres run on a curve, the component shall be measured for a period of 10 seconds commencing when the first runner enters the straight.
  - In the Long and Triple Jump, the wind component shall be measured for a period of five (5) seconds from the time the competitor passes a mark placed alongside the runway - in the case of the Long Jump forty (40) metres, and in the case of the Triple Jump thirty-five (35) metres from the take-off board; or, if the competitor runs less than 40 or 35 metres, as the case may be, from the time he commences his run.
  - In each case the average wind speed during the prescribed period shall be calculated.
- 216** Weight Throw
- In making a throw, the competitor may choose to assume any starting position and shall use both hands, holding the weight exclusively by the handle.
  - In all other respects, the rules for the Hammer Throw shall govern.
  - Construction – The weight shall consist of three parts: a head, a handle and a connection assembly which may contain a harness.

- 1) Head – the head shall be a solid sphere or a spherical bladder. The solid sphere shall be made of a metal not softer than brass, or of a shell of such metal or plastic filled with lead or other material, which will not deform on impact. If a filling is used, it must be inserted in such a manner that it is immovable and that the center of gravity shall be not more than 9mm from the center of the sphere. The maximum diameter of a sphere with a shell of plastic shall be no more than 15mm larger in diameter than the corresponding all metal implement and may only be used for indoor competitions. Where indoor facilities dictate and for weights lighter than 56 lbs., a spherical bladder head may be used. The spherical bladder shall be made of a synthetic material which will return to its shape after impact. The bladder shall be filled with lead shot or other suitable material. The bladder shall be surrounded by a harness and have no maximum diameter requirement.
- 2) Handle – the handle shall be made of round steel rod not to exceed 12.7mm in diameter, bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point shall have two sides of equal length and the third side of less than or equal length. When the overall length of the implement is measured, the equal and longest sides must form the vertical sides of a triangle. The handle must be rigid and not show evidence of elasticity or malformation upon being thrown.
- 3) Connection – the handle shall be connected either directly to the head or to a harness. The direct connection shall be by means of no more than two steel links (loops), whose diameters shall not exceed 9.5mm. The handle shall be connected to the steel links by a loop; a swivel may not be used. The head may be connected to the links by means of a swivel that may be either plain or with ball bearings for the solid sphere implement. For the plastic filled implement, a swivel is allowed between the ball and the handle. The connection to a harness for the bladder type implement shall be by means of no more than two steel links (loops), whose diameter shall not exceed 9.5mm and a swivel may be placed between the two links. The harness shall have a minimum of four straps, sewn together to form a sling. Netting of any kind shall not be used to form the harness. The harness must not show evidence of elasticity or malformation upon being thrown.
- d. Length – the overall length of the complete implement, from the bottom surface of the head to the inside surface of the handle (grip), shall not exceed 40.64cm at any time.

- e. For record purposes, the following weights shall apply:

Senior and Junior Men:	35lbs (15.88kg)
Senior and Junior Women:	20lbs (9.08kg)

Note: Since weight throw implements in North America are available just in Imperial Weights, the Metric equivalents are provided only for comparative purposes.

- f. Weight specifications shall be as follows:

Imperial:	56 lbs	35lbs	25lbs	20lbs	16lbs	12lbs
Metric:	25.400kg	15.880kg	11.34kg	9.080kg	7.260kg	5.450 kg
Diameter:						
Min:	-	145mm	130mm	120mm	110mm	100mm
Max:	-	165mm	150mm	140mm	130mm	120mm

Note: Weights for other than those specified in clause 5 above are given for when Masters age classes are involved.

## 217 Outdoor Events for which Canadian Records are kept:

**Note:** Fully automatic Electrically Timed performances (ET) Hand Timed performances (HT)

a.	Men 20 years and over (Senior)		
	ET only -	<i>Sprints</i> <i>Hurdles</i> <i>Relays</i>	100m, 200m, 400m 110m, 400m 4x100m
	ET or HT -	<i>Middle Distance</i>  <i>Distance</i>  <i>Race Walking</i> <i>Relays</i>  <i>Jumps</i>	800m, 1,000m, 1,500m, 1 mile, 2,000m, 3,000m, 5,000m, 3,000m Steeplechase 10,000m, 20,000m, 25,000m, 30,000m, 1 hour 20,000m, 30,000m, 50,000m, 2 hours 4x200m, 4x400m, 4x800m, 4x1,500m High Jump, Long Jump, Triple Jump, Pole Vault
		<i>Throws</i> <i>Combined Events</i>	Shot, Discus, Javelin, Hammer Decathlon/Pentathlon (as per IAAF Rule 200)
b.	Men 19 years and under (Junior):		
	ET only -	<i>Sprints</i> <i>Hurdles</i> <i>Relays</i>	100m, 200m, 400m 110m, 400m 4x100m
	ET or HT -	<i>Middle Distance</i>  <i>Distance</i> <i>Race Walking</i> <i>Relays</i>  <i>Jumps</i>	800m, 1,500m, 1 mile, 2,000m, 3,000m, 5,000m and 3,000m Steeplechase 10,000m 10,000m 4x200m, 4x400m, 4x800m High Jump, Long Jump, Triple Jump, Pole Vault
		<i>Throws</i> <i>Combined Events</i>	Shot, Discus, Javelin, Hammer Decathlon/Pentathlon (as per IAAF Rule 200)
c.	Boys 17 and under (Youth)		
	ET only -	<i>Sprints</i> <i>Hurdles</i> <i>Relays</i>	100m, 200m, 400m 110m, 400m 4x100m
	ET or HT -	<i>Middle Distance</i>  <i>Race Walking</i> <i>Relays</i>  <i>Jumps</i>	800m, 1,500m, 3,000m, 2,000m Steeplechase 10,000m High Jump, Long Jump, Triple Jump, Pole Vault
		<i>Throws</i> <i>Combined Events</i>	Shot, Discus, Javelin, Hammer Decathlon/Pentathlon (as per IAAF Rule 200)

d.	<p>Women 20 years and over (Senior)</p> <p>ET only -     <i>Sprints</i>                   <i>Hurdles</i>                   <i>Relays</i></p> <p>ET or HT -     <i>Middle Distance</i>                     <i>Distance</i>                     <i>Race Walking</i>                     <i>Relays</i>                     <i>Jumps</i> <i>Throws</i> <i>Combined Events</i></p> <p>100m, 200m, 400m 100m, 400m 4x100m</p> <p>800m, 1,000m, 1,500m, 1 mile, 2,000m, 3,000m, 5,000m, 3,000m steeplechase 10,000m, 20,000m, 25,000m, 30,000m, 1 hour 5,000m, 10,000m 4x200m, 4x400m, 4x800m High Jump, Long Jump, Triple Jump, Pole Vault Shot, Discus, Javelin, Hammer Heptathlon/Decathlon (as per <b>IAAF Rule 200</b>)</p>
e.	<p>Women 19 years and under (Junior)</p> <p>ET only -     <i>Sprints</i>                   <i>Hurdles</i>                   <i>Relays</i></p> <p>ET or HT -     <i>Middle Distance</i>                     <i>Distance</i>                     <i>Race Walking</i>                     <i>Relays</i>                     <i>Jumps</i> <i>Throws</i> <i>Combined Events</i></p> <p>100m, 200m, 400m 100m, 400m 4x100m 800m, 1,500m, 1 mile, 3,000m 2,000m Steeplechase 10,000m, 10,000m 4x200m, 4x400m, 4x800m High Jump, Long Jump, Triple Jump, Pole Vault Shot, Javelin, Discus, Hammer Heptathlon/Decathlon (as per <b>IAAF Rule 200</b>)</p>
f.	<p>Girls 17 and under (Youth)</p> <p>ET only -     <i>Sprints</i>                   <i>Hurdles</i>                   <i>Relays</i></p> <p>ET or HT -     <i>Middle Distance</i>                     <i>Race Walking</i>                     <i>Jumps</i> <i>Throws</i> <i>Combined Events</i></p> <p>100m, 200m, 400m, 100m, 400m 4 x 100m</p> <p>800m, 1,500m, 3,000m 2,000m steeplechase 10,000m High Jump, Long Jump, Triple Jump, Pole Vault Shot, Discus, Javelin, Hammer Pentathlon</p>
<b>218-220</b>	Spare

**ADDITIONAL CONDITIONS - INDOOR RECORDS**

<b>221</b>	<p>Applications submitted for indoor track records shall be accompanied by a surveyor's certificate of the track, and a statement of lap size and surface.</p>																																																												
<b>222</b>	<p>Performances established on tracks whose lap size exceeds 220 yards shall not be recognized as indoor records.</p>																																																												
<b>223</b>	<p>Indoor Events for which Canadian records are kept:</p> <p><b>Note:</b> Fully automatic Electrically Timed performances (ET) Hand Timed performances (HT)</p> <p>a.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 30%;">Men 20 years and over (Senior)</td> <td style="width: 30%;"></td> <td style="width: 30%;"></td> </tr> <tr> <td>Men 19 years and under (Junior)</td> <td></td> <td></td> </tr> <tr> <td>ET only -     <i>Sprints</i></td> <td></td> <td>50y, 50m, 60y, 60m, 200m, 300m, 400m, 600m</td> </tr> <tr> <td></td> <td><i>Hurdles</i></td> <td>50m, 60m</td> </tr> <tr> <td>ET or HT -</td> <td><i>Middle Distance</i></td> <td>800m, 1,000m, 1,500m, 1 mile, 3,000m, 5,000m</td> </tr> <tr> <td></td> <td><i>Race Walking</i></td> <td>5,000m</td> </tr> <tr> <td></td> <td><i>Relays</i></td> <td>4x200m, 4x400m, 4x800m</td> </tr> <tr> <td></td> <td><i>Jumps</i></td> <td>High Jump, Long Jump, Triple Jump, Pole Vault</td> </tr> <tr> <td></td> <td><i>Throws</i></td> <td>Shot, 35lb weight throw</td> </tr> <tr> <td></td> <td><i>Combined Events</i></td> <td>Heptathlon (60m, SP, HI, LI, 60m H, PV, 1,000m)</td> </tr> </table> <p>b.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 30%;">Women 20 years and over (Senior)</td> <td style="width: 30%;"></td> <td style="width: 30%;"></td> </tr> <tr> <td>Women 19 years and under (Junior)</td> <td></td> <td></td> </tr> <tr> <td>ET only -     <i>Sprints</i></td> <td></td> <td>50y, 50m, 60y, 60m, 200m, 300m, 400m, 600m</td> </tr> <tr> <td></td> <td><i>Hurdles</i></td> <td>50m, 60m</td> </tr> <tr> <td>ET or HT -</td> <td><i>Middle Distance</i></td> <td>800m, 1,000m, 1,500m, 1 mile, 3,000m, 5,000m</td> </tr> <tr> <td></td> <td><i>Race Walking</i></td> <td>3,000m</td> </tr> <tr> <td></td> <td><i>Relays</i></td> <td>4x200m, 4x400m, 4x800m</td> </tr> <tr> <td></td> <td><i>Jumps</i></td> <td>High Jump, Long Jump, Triple Jump, Pole Vault</td> </tr> <tr> <td></td> <td><i>Throws</i></td> <td>Shot</td> </tr> <tr> <td></td> <td><i>Combined Events</i></td> <td>Pentathlon (60m H, SP, HI, LI, 800m)</td> </tr> </table>	Men 20 years and over (Senior)			Men 19 years and under (Junior)			ET only - <i>Sprints</i>		50y, 50m, 60y, 60m, 200m, 300m, 400m, 600m		<i>Hurdles</i>	50m, 60m	ET or HT -	<i>Middle Distance</i>	800m, 1,000m, 1,500m, 1 mile, 3,000m, 5,000m		<i>Race Walking</i>	5,000m		<i>Relays</i>	4x200m, 4x400m, 4x800m		<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault		<i>Throws</i>	Shot, 35lb weight throw		<i>Combined Events</i>	Heptathlon (60m, SP, HI, LI, 60m H, PV, 1,000m)	Women 20 years and over (Senior)			Women 19 years and under (Junior)			ET only - <i>Sprints</i>		50y, 50m, 60y, 60m, 200m, 300m, 400m, 600m		<i>Hurdles</i>	50m, 60m	ET or HT -	<i>Middle Distance</i>	800m, 1,000m, 1,500m, 1 mile, 3,000m, 5,000m		<i>Race Walking</i>	3,000m		<i>Relays</i>	4x200m, 4x400m, 4x800m		<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault		<i>Throws</i>	Shot		<i>Combined Events</i>	Pentathlon (60m H, SP, HI, LI, 800m)
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ET only - <i>Sprints</i>		50y, 50m, 60y, 60m, 200m, 300m, 400m, 600m																																																											
	<i>Hurdles</i>	50m, 60m																																																											
ET or HT -	<i>Middle Distance</i>	800m, 1,000m, 1,500m, 1 mile, 3,000m, 5,000m																																																											
	<i>Race Walking</i>	5,000m																																																											
	<i>Relays</i>	4x200m, 4x400m, 4x800m																																																											
	<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault																																																											
	<i>Throws</i>	Shot, 35lb weight throw																																																											
	<i>Combined Events</i>	Heptathlon (60m, SP, HI, LI, 60m H, PV, 1,000m)																																																											
Women 20 years and over (Senior)																																																													
Women 19 years and under (Junior)																																																													
ET only - <i>Sprints</i>		50y, 50m, 60y, 60m, 200m, 300m, 400m, 600m																																																											
	<i>Hurdles</i>	50m, 60m																																																											
ET or HT -	<i>Middle Distance</i>	800m, 1,000m, 1,500m, 1 mile, 3,000m, 5,000m																																																											
	<i>Race Walking</i>	3,000m																																																											
	<i>Relays</i>	4x200m, 4x400m, 4x800m																																																											
	<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault																																																											
	<i>Throws</i>	Shot																																																											
	<i>Combined Events</i>	Pentathlon (60m H, SP, HI, LI, 800m)																																																											
<b>224-230</b>	Spares																																																												

**CANADIAN RECORDS**

- 231** Canadian Records will be kept for the following events on the road:
- |               |   |
|---------------|---|
| Running:      | Junior Men and Women: 10km  |
|               | Senior Men and Women: 10km, 15km, 20km Half Marathon, 25km, 30km<br>Marathon 100km, Road Relay (Ekidon) |
| Race Walking: | Junior Men and Women: 10km  |
|               | Senior Women: 10km, 20km, 30km  |
|               | Senior Men: 10km, 20km, 30km, 50km  |
- 232** Spare
- 233** Claims for Canadian Records will be accepted under the same conditions as those governing claims for Canadian Outdoor Records.
- 234** Claims for Canadian Records in both road running and road walking events will only be accepted, if the general conditions in **Rules 191, 193, 196, 201, 202** are satisfied, and if the course has been certified in accordance with **IAAF Rule 240** and a copy of the certificate is provided.
- 235** Canadian Records will be compiled under the direction of the Statistics Committee from results sent to the National Office and from lists of Best Performances submitted to the National Office by Member Branches.
- 236-240** Spares