

# BC Athletics Track & Field and Cross Country Event Changes for 2010 and 2011

Hi Athletes, Parents, Coaches, Club Executive and Officials:

As part of the process of the development and implementation of the Canadian Sport for Life/Athletics Canada Long Term Athlete Development Model (LTAD) a review of the events for children and youth ages 9 thru 17 was initiated by Athletics Canada. The goal was to set out the recommended events for athletes in these age groups.

Over the last 3 years discussions, presentations and meetings have occurred at the National level (Athletics Canada and Provinces/Territories) and provincially (BC Athletics as part of AGM workshops and at BCA Committee meetings) to review the existing events for age groups of 9 thru 17 inclusive.

BC Athletics had, prior to the finalizing of the recommended events, made some changes in events for these ages which positioned BC ahead of other provinces/territories and will make for an easier adjustment over the next two years.

In 2010 The Legion Canadian Youth Track & Field Championships for Midget (14/15 yrs) and Youth (16/17 yrs) ages will use the new events and technical standards. The implementation of these changes for the 2010 national championships provided BC Athletics with a model for our own implementation process and timeline which was approved by the Board of Directors on January 30, 2010.

BC Athletics has modified the national timeline for implementation of new events along with approving some variations to the recommended events and technical standards.

These modifications/variations have occurred because of:

- The changes made in BC several years ago and therefore the events are aligned;
- The need to provide a phased in approach to the event changes; and
- The need to provide for a wider circulation of this information to athletes, parents, coaches and club executive.

## Timelines for Changes for BC Athletics:

- **Midget (14/15) and Youth (16/17) Outdoor Track & Field** including Combined Events – April 1, 2010
- **Junior Development 9 thru 13 yrs Outdoor Track & Field** including Combined Events – April 1, 2011 – *this information will be published in March 2010.*
- **All age groups – Cross Country** – as of September 1, 2010
- **All age groups – Indoor Track & Field** – as of November 1, 2010

## Midget Age Group (14/15) – 2010 BC Track & Field Championships

- For 2010 and as part of the BC Summer Games Year, the BC Track & Field Championships for Midgets will be the ages of 14/15.
- The 2010 Championship will be held at the BC Athletics Championship Jamboree, July 16-18 in Abbotsford
- **Note:**
  - The 2010 BC JD Track & Field Championships, July 30 to Aug 1 in Kamloops will be for the ages 9 thru 13.
  - The 2010 BC JD Pentathlon Championships, June 26 hosted by Ocean Athletics in South Surrey will be for ages 9 thru 13

**Changes – Challenges and Rationale:**

It is appreciated that changes to events, technical standards and competition age groupings are not always easy or smooth. It is hoped that these changes will provide:

- A better progression of event distances, heights and weights
- An alignment of events with the different phases of development for children/athletes
- Events that children/athletes will be successful at and give them the foundation to build on for more challenging events and skills at older ages
- Standardizing the age groupings for competition at the Midget level (14/15) and over across Canada
- Growth in participation in Track & Field and Cross Country Running throughout BC and Canada

Questions with respect to these changes can be directed to BC Athletics, Attn: Brian McC Calder – ph: 604-333-3552 / Email: [brian.mccalder@bcathletics.org](mailto:brian.mccalder@bcathletics.org)

Thank you very much for reviewing this information and best wishes for a successful 2010!

Sincerely,  
Brian McC Calder  
President/CEO  
BC Athletics

**BC Athletics**  
**2010 Midget Age Group (14/15 yrs) and Youth (16/17 yrs)**  
**Outdoor Track & Field - implementation as of April 1, 2010**  
**Cross Country - implementation as of September 2010**  
**Events and Technical Standards**

**Outdoor Track and Cross Country Running**

	<b>MIDGET 14/15 years</b>	<b>YOUTH 16/17 years</b>
100 m	F/M	F/M
200 m	F/M	F/M
300 m	F/M	
400 m		F/M
800 m	F/M	F/M
1200 m	F/M	
1500 m		F/M
2000 m	F/M	
3000 m		F/M
1500 m SC	F/M – no water jump	
2000 m SC		F/M
80 m hurdles	F	
100 m hurdles	M	F
110 m hurdles		M
200 m hurdles	F/M	
300 m hurdles		F/M
1500 m RW	F/M	
3000 m RW		F/M
5000 m RW		F/M
Cross Country	3 km F/M	4 km W 5 km M
Relays	4 x 100 4 x 400	4 x 100 4 x 400

**Notes:**

- New IAAF False Start Rule: This new rule is to apply to Midget (14/15 yrs) and older – 1 False Start and the athlete is disqualified. We understand that the BC High School Track & Field Rules will also include this new rule.
- 1500m Steeplechase for Midget athletes does NOT have water jumps. Height of the barriers is 0.76m for both girls and boys. The start is at the 1500m start line and the hurdles positions the same. The race will consist of 12 hurdle jumps. The distance from the start to the beginning of the first lap [300 metres] does not include any jumps. The hurdles are removed until competitors have entered the first lap. There are 4 hurdles in each lap.
- 2000m Steeplechase for Youth athletes includes the water jumps. Height of barriers is 0.76m for girls and 0.84m for boys.
- New cross country distances for all age groups will begin with the Fall 2010 season. See the last section for the Cross Country distances.

## Outdoor Field Events

	<b>MIDGET 14/15 years</b>	<b>YOUTH 16/17 years</b>
High Jump	F/M	F/M
Long Jump	F/M	F/M
Triple Jump	F/M	F/M
Pole Vault	F/M	F/M
Discus	1 kg F/M	1 kg F 1.5 kg M
Shot Put	3 kg F 4 kg M	4 kg F 5 kg M
Javelin	600 g F/M	600 g F 700 g M
Hammer	3 kg F 4 kg M	4 kg F 5 kg M

**Notes:**

- Triple Jump for Midget and Youth athletes will use the 7 m, 9m or 11 metre take-off boards.

## Outdoor Combined Events

	<b>MIDGET 14/15 years</b>	<b>YOUTH 16/17 years</b>
Combined Events [Outdoors]	<b>Pentathlon Women</b> 80m Hurdles High Jump Shot Put Long Jump 800 metres  <i style="color: red;">AC specs</i>	<b>Heptathlon Women</b> <b>Day 1:</b> 100m Hurdles High Jump Shot Put 200 metres <b>Day 2:</b> Long Jump Javelin 800 metres
	<b>Pentathlon Men</b> 100m Hurdles High Jump Shot Put Long Jump 1000 metres  <i style="color: red;">AC specs</i>	<b>Octathlon Men</b> <b>Day 1:</b> 100 metres Long Jump Shot Put 400 metres <b>Day 2:</b> 110m Hurdles High Jump Javelin 1000 metres

**Combined Events:**

- Pentathlon will begin with the Midget age group.

## Hurdle Specifications

Age/Gender	Distance	# of Hurdles	Hurdle Height	Distance to First Hurdle	Distance Between Hurdles	Distance to Finish Line
<b>Sprint Hurdles</b>						
14 years Female	80 metres	8	30" 0.76 m	12 m	8 m	12 m
15 years Female	80 metres	8	30" 0.76 m	12 m	8 m	12 m
14 years Male	100 metres	10	33" 0.84 m	13 m	8.5 m	10.5 m
15 years Male	100 metres	10	33" 0.84 m	13 m	8.5 m	10.5 m
16 years Female	100 metres	10	30" 0.76 m	13 m	8.5 m	10.5 m
17 years Female	100 metres	10	30" 0.76 m	13 m	8.5 m	10.5 m
16 years Male	110 metres	10	36" 0.91 m	13.72 m	9.14 m	14.02 m
17 years Male	110 metres	10	36" 0.91 m	13.72 m	9.14 m	14.02 m
<b>Distance Hurdles</b>						
14 years Female	200 metres	5	0.76 m 30"	20m	35 m	40 m
14 years Male	200 metres	5	0.76 m 30"	20m	35 m	40 m
15 years Female	200 metres	5	0.76 m 30"	20m	35 m	40 m
15 years Male	200 metres	5	0.76 m 30"	20m	35 m	40 m
16 years Female	300 metres	7	0.76 m 30"	50 m	35 m	40 m
17 years Female	300 metres	7	0.76 m 30"	50 m	35 m	40 m
16 years Male	300 metres	7	0.84 m 33"	50 m	35 m	40 m
17 years Male	300 metres	7	0.84 m 33"	50 m	35 m	40 m

### Cross Country Running – all ages

<b>BC Athletics Cross Country – as of September 1, 2010</b>		
Age Group	Female - distance	Male - distance
9	1.5k	1.5k
10	2k	2k
11	2k	2k
12	2k	2k
13	3k	3k
Midget 14	3k	3k
Midget 15	3k	3k
Youth 16/17	4k	5k
Junior 18/19	5k	7k
Senior 20+	6k	10k
Masters 40+	6k	8k

**Reference documents:**

Athletics Canada Long Term Development Model

[http://www.athletics.ca/files//Development/LTAD\\_EN.PDF](http://www.athletics.ca/files//Development/LTAD_EN.PDF)

Recommended Events Aligned to the Long Term Athlete Development Model

<http://www.athletics.ca/files//Development/ATHLETICS%20CANADA%20EVENT%20STRUCTURE%20-%202008.PDF>.

BC Athletics Events and Technical Standards – as of March 2009 (Old)

<http://www.bcathletics.org/main/pdf/techspecs.pdf>