



BC ATHLETICS

EVENTS AND TECHNICAL SPECIFICATIONS FOR ATHLETICS

Track & Field
Multi / Combined Events
Cross Country Running
Road Running
Race Walking (see Track & Field)

MEN AND WOMEN

AGE GROUPS

Junior Development - ages 9 to 14
Midget – age 15
Youth - ages 16 & 17
Junior - ages 18 & 19
Senior - ages 20 to 39
Master – ages 35 & over

BC ATHLETICS TRACK & FIELD CHAMPIONSHIP EVENTS BY AGE CLASS

Track & Field Events contested in each age group - 9 years to Masters (40 & over). **Unless noted, events are for Females and Males. Ages are as of 12/31 in the year of competition. Masters ages are based on the individuals age on the day or in multiple day events, the first day of competition.**

X -event for that gender & age class. S/C - Steeplechase RW - Race Walk Medley relay - 200m, 200m, 400m, 800m

JUNIOR DEVELOPMENT AGE GROUP: Ages 9 through to 14 inclusive

GENDER/AGE	W-9	M-9	W-10	M-10	W-11	M-11	W-12	M-12	W-13	M-13	W-14	M-14
60m	X	X	X	X	X	X						
100m	X	X	X	X	X	X	X	X	X	X	X	X
200m					X	X	X	X	X	X	X	X
400m					X	X	X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X	X	X	X	X
1500m	X	X	X	X	X	X	X	X	X	X	X	X
3000m									X	X	X	X
60m H	X	X	X	X	X	X						
80m H							X	X	X	X	X	
100m H												X
200m H							X	X	X	X		
300m H											X	X
1500m S/C											X	X
800m RW	X	X	X	X	X	X	X	X				
1500m RW									X	X	X	X
3000m RW											X	X
4x100m relay	X	X	X	X	X	X	X	X	X	X	X	X
Medley relay					X	X	X	X	X	X	X	X
High Jump	X	X	X	X	X	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X
Triple Jump					X	X	X	X	X	X	X	X
Pole Vault									X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X	X	X	X
Discus			X	X	X	X	X	X	X	X	X	X
Javelin			X	X	X	X	X	X	X	X	X	X
Hammer							X	X	X	X	X	X
Pentathlon	X	X	X	X	X	X	X	X	X	X	X	X

Refer to the **JD Manual** for details on hurdles, throws and pentathlon.

MIDGET (15), YOUTH (16/17), JUNIOR (18/19), SENIOR (20+) AGE GROUPS

GENDER/AGE	W - M15	M - M15	W - YTH	M - YTH	W - JR	M - JR	W - SR	M - SR
100m	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X
400m	X	X	X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X
1500m	X	X	X	X	X	X	X	X
3000m	X	X	X	X	X			
5000m						X	X	X
10000m							X	X
80m H	X							
100m H		X	X		X		X	
110m H				X		X		X
300m H	X	X						
400m H			X	X	X	X	X	X
1500m SC	X	X	X	X				
2000m SC					X			
3000m SC						X	X	X
1500m RW	X	X	X	X				
3000m RW	X	X	X					
5k RW				X	X			
10k RW					X	X	X	X
20k RW							X	**X**
4x100m Relay	X	X	X	X	X	X	X	X
4x400m Relay	X	X	X	X	X	X	X	X
High Jump	X	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X
Triple Jump	X	X	X	X	X	X	X	X
Pole Vault	X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X
Javelin	X	X	X	X	X	X	X	X
Hammer	X	X	X	X	X	X	X	X
Heptathlon	X		X		X		X	
Octathlon / Decathlon		Octathlon		Octathlon		Decathlon		Decathlon

Refer to the accompanying documents and the IAAF Rule book on Hurdle Heights, Weights for Throwing Events, Heptathlon, Octathlon and Decathlon.

Please note that as of 2006 the Junior Mens longest track event at the BC Junior Track and Field Championships will be 5000m as the 10k has been withdrawn as a championship meet event.

Similarly that as of 2006 the Junior Women's longest track event at the BC Junior Track and Field Championships will be 3000m as the 5K has been withdrawn as a championship meet event

The Octathlon for Midget 15 and Youth Men at the BC Youth Track and Field Championships will now be the Combined Events championship event.

As of 2007 the Midget 15 year old age group comes under the jurisdiction of the BC Athletics Track and Field Committee. Their event specifications remain unchanged. The Midget Age Group (14/15 years) will remain intact for the purpose of the BC Summer Games selections which occur every second year.

HURDLE CHART - Junior Development Age Group

Age / Gender	Distance	# H	H Height	To 1 st H	Between H's	Last H To Finish
9 M/W	60 m H	6	21"	11 metres	6.5 metres	16.5 metres
10 M/W	60 m H	6	24"	11 metres	6.5 metres	16.5 metres
11 M/W	60 m H	6	24"	11 metres	6.5 metres	16.5 metres
12 M/W	80 m H	8	27"	12 metres	7.0 metres	19 metres
13 W	80 m H	8	30"	12 metres	7.5 metres	15.5 metres
13 M	80 m H	8	30"	12 metres	8.0 metres	12 metres
14 W	80 m H	8	30"	12 metres	8.0 metres	12 metres
14 M	100 m H	10	33"	13 metres	8.5 metres	10.5 metres
12 M/W	200 m H	5	24"	20 metres	35 metres	40 metres
13 M/W	200 m H	5	27"	20 metres	35 metres	40 metres
14 M/W	300 m H	7	30"	50 metres	35 metres	40 metres

Hurdles: It is recommended that Practice Hurdles (non-weighted) be used for all Junior Development Hurdle Events except for Sprint Hurdles (80m & 100m) for the 14 year old age group, where competition hurdles (weighted) shall be used.

Starting Blocks: Starting blocks for hurdles and sprints may be used in heats and finals of Junior Development meets for ONLY THE 14 year old age group. The effect of this rule is that starting blocks shall be provided for this age group and athletes may individually opt to use them. Younger age groups may not use them.

HURDLE STANDARDS MIDGET 15 - YOUTH - JUNIOR - SENIOR

	Competition	Distance	# of H's	H Height	→ 1 st H	↔ H's	H → Finish
MEN							
MID 15 (15)	BC, Nat'l Legion	100m	10	.840 (33")	13.0m	8.5m	10.5m
	BC	300m	7	.762 (30")	50m	35m	40m
YTH (16/17)	BC, Nat'l Legion	110m	10	.914m (36")	13.72m	9.14m	14.02m
	BC, Nat'l Legion	400m	10	.840m (33")	45m	35m	40m
JR (18/19)	BC, Cdn & Int'l	110m	10	.990m (39")	13.72m	9.14m	14.02m
	BC, Cdn & Int'l	400m	10	.914m (36")	45m	35m	40m
SR (20+)	BC, Cdn & Int'l	110m	10	1.067m (42")	13.72m	9.14m	14.02m
	BC, Cdn & Int'l	400m	10	.914m (36")	45m	35m	40m
WOMEN							
MID 15 (15)	BC, Nat'l Legion	80m	8	.762 (30")	12.0m	8.0m	12.0m
	BC	300m	7	.762 (30")	50m	35m	40m
YTH (16/17)	BC, Nat'l Legion	100m	10	.762m (30")	13.0m	8.5m	10.5m
	BC, Nat'l Legion	400m	10	.762m (30")	45m	35m	40m
JR (18/19)	BC, Cdn & Int'l	100m	10	.840m (33")	13.0m	8.5m	10.5m
	BC, Cdn & Int'l	400m	10	.762m (30")	45m	35m	40m
SR (20+)	BC, Cdn & Int'l	100m	10	.840m (33")	13.0m	8.5m	10.5m
	BC, Cdn & Int'l	400m	10	.762m (30")	45m	35m	40m

THROWING EVENTS AND WEIGHTS JUNIOR DEVELOPMENT AGE GROUP

	SHOT PUT	DISCUS	JAVELIN	HAMMER
MEN				
9 yrs	2 kg	N/A	N/A	N/A
10 - 11 yrs	2 kg	750 g	400 g	N/A
12 - 13 yrs	3 kg	1 kg	600 g	3 kg
14 yrs (Midget)	4 kg	1 kg	600 g	4 kg
WOMEN				
9 yrs	2 kg	N/A	N/A	N/A
10 - 11 yrs	2 kg	750 g	400 g	N/A
12 - 13 yrs	3 kg	750 g	400 g	3 kg
14 yrs (Midget)	3 kg	1 kg	600 g	3 kg

THROWING EVENTS AND WEIGHTS MIDGET 15 - YOUTH - JUNIOR - SENIOR

	SHOT PUT	DISCUS	JAVELIN	HAMMER
MEN				
Mid 15 (15)	4.00 kg	1.0 kg	600 g	4.00 kg
Yth (16/17)	5.00 kg	1.5 kg	700 g	5.00 kg
Jnr (18/19)	6.00 kg	1.75 kg	800 g	6.00 kg
Sr (20+)	7.260 kg	2 kg	800 g	7.260 kg
WOMEN				
Mid15 (15)	3 kg	1 kg	600 g	3 kg
Yth (16/17)	4 kg	1 kg	600 g	4 kg
Jnr (18/19)	4 kg	1 kg	600 g	4 kg
Sr (20+)	4 kg	1 kg	600 g	4 kg

**COMBINED EVENTS – HEPTATHLON, OCTATHLON & DECATHLON
MIDGET 15 - YOUTH - JUNIOR - SENIOR**

HEPTATHLON		OCTATHLON		DECATHLON	
DAY 1	DAY 2	DAY 1	DAY 2	DAY 1	DAY 2
100mH	Long Jump	100m	110m H	100m	110m H
High Jump	Javelin	Long Jump	High Jump	Long Jump	Discus
Shot Put	800m	Shot Put	Javelin	Shot Put	Pole Vault
200m		400m	1000m	High Jump	Javelin
				400m	1500m

OCTATHLON, DECATHLON & HEPTATHLON HURDLE HEIGHTS

	Distance	# H's	H Height	→ 1 st H	↔ H's	H → Finish
OCTATHLON (Mid 15 & Youth) and DECATHLON – (Junior & Senior) MEN						
Midget 15 (15) BC	100m	10	.840 (33")	13.0m	8.5m	10.5m
Yth (16/17) BC, Nat'l Legion	110m	10	.914m (36")	13.72m	9.14m	14.02m
Jnr (18/19) BC, Cdn, Int'l	110m	10	.990m (39")	13.72m	9.14m	14.02m
Sr (20 +) BC, Cdn, Int'l	110m	10	1.067m (42")	13.72m	9.14m	14.02m
HEPTATHLON - WOMEN						
Midget 15 (15) BC	80m	8	.762m (30")	12.0m	8.0m	12.0m
Yth (16/17) BC, Nat'l Legion	100m	10	.762m (30")	13.0m	8.5m	10.5m
Jnr (18/19) BC, Nat'l, Int'l	100m	10	.840m (33")	13.0m	8.5m	10.5m
Sr (20 +) BC, Nat'l, Int'l	100m	10	.840m (33")	13.0m	8.5m	10.5m

OCTATHLON, DECATHLON & HEPTATHLON THROWING EVENT WEIGHTS

	SHOT PUT	DISCUS	JAVELIN
MEN – OCT/DEC			
Midget 15 (15) BC	4.00 kg	1.0 kg	600 g
Yth (16/17) BC & Cdn, Int'l	5.00 kg	1.5 kg	700 g
Jnr (18/19) BC & Cdn, Int'l	6.00 kg	1.750 kg	800 g
Sr (20 +) BC, Cdn & Int'l	7.260 kg	2 kg	800 g
WOMEN - HEPTATHLON			
Midget 15 (15) BC	3 kg	n/a	600 g
Yth (16/17) BC, Cdn & Int'l	4 kg	n/a	600 g
Jr (18/19) BC, Cdn & Int'l	4 kg	n/a	600 g
Sr (20+) BC, Cdn & Int'l	4 kg	n/a	600 g

CANADIAN AND B.C. MASTERS HURDLES

WOMEN	Distance	# of H's	H Height	→ 1 st H	↔ H's	H → Finish
35 - 39	100m H	10	.840m (33")	13.00m (42' 8 1/2")	8.5m (27' 10 1/2")	10.5m (34' 5")
40 - 49	80m H	8	.762 m (30")	12.00m (39' 4")	8.0m (26' 3")	12.00m (39' 4")
50 - 59	80m H	8	.762 m (30")	12.00m (39' 4")	7.0m (22' 11 1/2")	19.00m (62' 4")
60 +						
35 - 39	400m H	10	.762 m (30")	45.00m (147' 7 3/4")	35.00m (114' 9 1/2")	40.00m (131' 2 1/2")
40 - 49						
50 - 59	300m H	7	.762 m (30")	50.00m (164' 0 1/2")	35.00m (114' 9 1/2")	40.00m (131' 2 1/2")
60 +			.686m (27")			
MEN	Distance	# of H's	H Height	→ 1 st H	↔ H's	H → Finish
35 - 39	110m H	10	.991m (39")	13.72m (45')	9.14m (30")	14.02m (46')
40 - 49						
50 - 59	100m H	10	.914m (36")	13.00m (42' 8")	8.50m (27' 10 1/2")	10.50m (34' 5")
60 - 69	100m H	10	.840m (33")	16.00m (52' 6")	8.00m (26' 3")	12.00m (39' 4")
70 - 79	80m	8	.762m (30")	12.00m (39' 4")	7.0m (22' 11 1/2")	19.0m (62' 4")
80 +			.686m (27")			
35 - 49	400m	10	.914m (36")	45.00m (147' 7 1/2")	35.00m (114' 9 1/2")	40.00m (131' 2 1/2")
50 - 59			.840m (33")			
60 - 69	300m	7	.762m (30")	50.00m (164' 0 1/2")	35.00m (114' 9 1/2")	40.00m (131' 2 3/4")
70 +			.686m (27")			

CANADIAN AND B.C. MASTERS IMPLEMENTS

WOMEN	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT
35- 49	4.00 kg	1.00 kg	4.00 kg	600 g	20 #
50 - 59	3.00 kg		3.00 kg	500 g	16 #
60 +				400 g	12 #
MEN					
35 - 49	7.26 kg	2.00 kg	7.26 kg	800 g	35 #
50 - 59	6.00 kg	1.50 kg	6.00 kg	700 g	25 #
60 - 69	5.00 kg	1.00 kg	5.00 kg	600 g	20 #
70 - 79	4.00 kg		4.00 kg	500 g	16 #
80 +				400 g	12 #

STEEPLECHASE	3000m for Men 35 - 59 2000m for Men 60+ 2000m for Women 35+
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BC CROSS COUNTRY CHAMPIONSHIP RACE DISTANCES

JUNIOR DEVELOPMENT

The following distances are recommended for the Junior Development Championships but may vary depending on the location and the course available.

These distances are also recommended as a guide for non-championship Cross Country Races.

MEN & WOMEN	
9 years	1500m
10 years	2000m
11 years	2000m
12 years	3000m
13 years	3000m
14 years (Midget)	4000m

MIDGET 15 / JUVENILE / JUNIOR / SENIOR / MASTER

MIDGET 15 (15 years)	4000m	WOMEN
	4000m	MEN
YOUTH (16 - 17 years)	5000m ←	WOMEN
	7000m ←	MEN
JUNIOR (18 - 19 years)	5000m ←	WOMEN
	7000m ←	MEN
SENIOR (20 + years)	8000m	WOMEN
	10000 - 12000m	MEN
MASTERS (35 + years)	6000m	WOMEN
	8000m	MEN

Distance up to these are also recommended as a guide for non-championship Cross Country Races

BC ROAD RUNNING RACE DISTANCES

Events and Age Groups for 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.

- **The following age groups are recognized for B.C.A. Road Running Championships:**
 - Men and Women, Junior (18-19), Senior (20+) and
 - Masters (Men and Women 35+)
- **BC Athletics Road Race Championship distances**
 - 5 km
 - 8 km
 - 10 km
 - Half Marathon
 - Marathon
 - Road Relay
- **BC Athletics Age groups recognized for non-championship Road Races:**
 - Up to 10 km: 10-13, 14-15, 16-17, Junior, Senior, Masters.
 - Over 10 km to ½ Marathon: 14-15, 16-17, Junior, Senior, Masters.
 - Over ½ Marathon to 20 miles: 16-17, Junior, Senior, Masters.
 - Marathon: Junior, Senior, Masters.