



Track and Field
Road Running
Marathons/Ultras
Cross Country Running
Race Walking

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 13 – Event Changes

Midget - ages 14 & 15 and Event Changes

Youth - ages 16 & 17

Junior - ages 18 & 19

Senior - ages 20 to 34 for Track & Field

Senior – ages 20 to 39 for Out of Stadium Road, Cross Country, Mountain & Trail

Master Track & Field – ages 35 & over - updated

Master Road and Cross Country Running - ages 40 & over

Note: Event Changes and Additions are **highlighted**

Updated March 2011

BC Athletics is supported by



BC ATHLETICS TRACK & FIELD CHAMPIONSHIP EVENTS BY AGE CLASS

Track & Field Events contested in each age group - 9 years to Masters (35 & over for T&F and 40 & over for Road and Cross Country Running). **Unless noted, events are for Females and Males. Ages are as of Dec 31 in the year of competition. Note: Masters Ages are based on the individual's age on the day or in multiple day events, the first day of competition.**

Changes / Additions / Clarification: (highlighted)

- See the specific events and age groups for details

Confirmed Changes for 2011:

- Masters ages for Out of Stadia Events is now 40+ (Masters Track & Field remains at 35+)
- **14 & 15 Year Olds in BC Championships will compete as one Midget age group with each age recognized separately for awards**
- Events and technical standards
- Starting Blocks – shall be used for the Midget Age group (14/15) and older
- Weighted Hurdles – shall be used for the Midget Age group (14/15) and older

Notes:

- **IAAF False Start Rule:** This rule is to apply to Midget (14/15 yrs) and older – 1 False Start and the athlete is disqualified. The BC High School Track & Field Rules will also include this new rule.
- **False Start Rule for Junior Development Age Groups 9 to 13 yrs of age:** 1 False start by an athlete in a race is charged to all athletes in that specific race. A 2nd false start results in disqualification of the athlete.
- **1500m Steeplechase for Midget athletes (14/15)** 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 Cross Country section of this document.
- **BC Junior Development Events and Technical Standards:** have been updated to reflect the approved changes as of the January 2011 Annual General Meeting.

X -event for that gender & age class.

S/C - Steeplechase

RW - Race Walk

Junior Development Age Group: Ages 9 through 13 inclusive – As of April 1, 2011

Competition and Recognition for 9 to 13 yr olds is by individual ages

X – indicates the event for the Age Group & Gender. **Highlight indicates a change/clarification**

Gender Age Group Age	Female Tyke 9 (BC)	Male Tyke 9 (BC)	Female Pee Wee 10	Male Pee Wee 10	Female Pee Wee 11	Male Pee Wee 11	Female Bantam 12	Male Bantam 12	Female Bantam 13	Male Bantam 13
60m	X	X	X	X	X	X				
100m	X	X	X	X	X	X	X	X	X	X
200m					X	X	X	X	X	X
300m							X	X	X	X
600m	X	X	X	X	X	X				
800m							X	X	X	X
1000m	X	X	X	X	X	X				
1200m							X	X	X	X
2000m									X	X
60m H	X	X	X	X	X	X				
80m H							X	X	X	X
200m H							X	X	X	X
800m RW	X	X	X	X	X	X	X	X		
1500m RW									X	X
4x100m relay	X	X	X	X	X	X	X	X	X	X
Medley relay					TBA	TBA	TBA	TBA	TBA	TBA
High Jump	X	X	X	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X
Triple Jump									X	X
Pole Vault									X	X
Shot Put	X-2kg	X-2kg	X-2kg	X-2kg	X-2kg	X-2kg	X-3kg	X-3kg	X-3kg	X-kg
Discus			X-750g	X-750g	X-750g	X-750g	X-750g	X-1kg	X-750g	X-1kg
Javelin			X-400g	X-400g	X-400g	X-400g	X-400g	X-600g	X-400g	X-600g
Hammer							X-3kg	X-3kg	X-3kg	X-3kg
Pentathlon	X-60H, HJ, LJ, SP, 600m	X-60H, HJ, LJ, SP, 600m	X-60H, HJ, LJ, SP, 600m	X-60H, HJ, LJ, SP, 600m	X-60H, HJ, LJ, SP, 600m	X-60H, HJ, LJ, SP, 600m	X-80H, HJ, LJ, SP, 800m	X-80H, HJ, LJ, SP, 800m	80H, HJ, LJ, SP, 800m	X-80H, HJ, LJ, SP, 800m

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

MIDGET (14/15), YOUTH (16/17), JUNIOR (18/19), SENIOR (20+) AGE GROUPS – as of April 1, 2010
 X – indicates the event for the Age Group and Gender

Gender Age Group Ages	Women Midget 14/15	Men Midget 14/15	Women Youth 16/17	Men Youth 16/17	Women Junior 18/19	Men Junior 18/19	Women Senior 20 +	Men Senior 20 +
100m	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X
300m	X	X						
400m			X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X
1200m	X	X						
1500m			X	X	X	X	X	X
2000m	X	X						
3000m			X	X	X			
5000m						X	X	X
10000m							X	X
80m H	X							
100m H		X	X		X		X	
110m H				X		X		X
200m H	X	X						
300m H			X	X				
400m H					X	X	X	X
1500m SC	X – No Water Jump	X – No Water Jump						
2000m SC			X	X	X			
3000m SC						X	X	X
1500m RW	X	X						
**3000m RW			X	X				
5k RW			X	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
Pentathlon / Heptathlon	Pentathlon		Heptathlon		Heptathlon		Heptathlon	
Pentathlon / Octathlon / Decathlon		Pentathlon		Octathlon		Decathlon		Decathlon

See the following pages and IAAF Rule book on Hurdle Heights, Weights for Throwing Events, Heptathlon, Octathlon and Decathlon.

**** Race Walk – Youth Men and Women – the BC Championship Distance is 3000m.**

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.

Combined Events - changes as of April 1, 2010:

- Midget Women and Men 14/15 – Pentathlon – see the events in the Combined Events section of this document.
- Youth Women and Men 16/17 - at the BC Youth Track and Field Championships are the Heptathlon and Octathlon respectively continue to be the Combined Events championship event.

The Midget Age Group 14/15 years old will compete as one age group in the BC Championships . Their events and the event technical standards will be the same (see above and in the Technical Standards sections below). The Midget Age Group (14/15 years) with respect to Championship awards – awards will be presented to the top 3 in each age.

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/F Tyke (BC)	60 m H	6	21"	11 metres	6.5 metres	16.5 metres
10 M/F Pee Wee	60 m H	6	24"	11 metres	6.5 metres	16.5 metres
11 M/F Pee Wee	60 m H	6	24"	11 metres	6.5 metres	16.5 metres
12 M/F Bantam	80 m H	8	27"	12 metres	7.0 metres	19 metres
13 F Bantam	80 m H	8	30"	12 metres	7.5 metres	15.5 metres
13 M Bantam	80 m H	8	30"	12 metres	8.0 metres	12 metres
12 M/F Bantam	200 m H	5	24"	20 metres	35 metres	40 metres
13 M/F Bantam	200 m H	5	27"	20 metres	35 metres	40 metres

Hurdles: It is recommended that Practice Hurdles (non-weighted) be used for all Junior Development Hurdle Events.

Starting Blocks: Starting blocks are not used for ages 9 thru 13 inclusive.

HURDLE STANDARDS MIDGET - YOUTH - JUNIOR - SENIOR

	Competition	Distance	# of H's	H Height	→ 1 st H	↔ H's	H → Finish
MEN							
MID (14/15)	BC, Nat'l Legion	100m	10	.840 (33")	13.0m	8.5m	10.5m
	BC, Nat'l Legion	200m	5	.762 (30")	20m	35m	40m
YTH (16/17)	BC, Nat'l Legion	110m	10	.914m (36")	13.72m	9.14m	14.02m
	BC, Nat'l Legion	300m	7	.840 m (33")	50m	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 (14/15)	BC, Nat'l Legion	80m	8	.762 (30")	12.0m	8.0m	12.0m
	BC	200m	5	.762 (30")	20m	35m	40m
YTH (16/17)	BC, Nat'l Legion	100m	10	.762m (30")	13.0m	8.5m	10.5m
	BC, Nat'l Legion	300m	7	.762m (30")	50m	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

MEN	SHOT PUT	DISCUS	JAVELIN	HAMMER
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
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

THROWING EVENTS AND WEIGHTS MIDGET 14/15 - YOUTH - JUNIOR - SENIOR

	SHOT PUT	DISCUS	JAVELIN	HAMMER
MEN				
Mid 14/15)	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				
Mid (14/15)	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 – PENTATHLON, HEPTATHLON, OCTATHLON & DECATHLON
MIDGET 14/15 - YOUTH - JUNIOR - SENIOR**

Pentathlon Mid 14/15 Women *	Pentathlon Mid 14/15 Men *	HEPTATHLON Youth, Junior & Senior Women		OCTATHLON Youth Men		DECATHLON Junior and Senior Men	
		DAY 1	DAY 2	DAY 1	DAY 2	DAY 1	DAY 2
1 Day Event 80m H	1 Day Event 100m H	100mH	Long Jump	100m	110m H	100m	110m H
High Jump	Long Jump	High Jump	Javelin	Long Jump	High Jump	Long Jump	Discus
Shot Put	Shot Put	Shot Put	800m	Shot Put	Javelin	Shot Put	Pole Vault
Long Jump	High Jump	200m		400m	1000m	High Jump	Javelin
800m	1000m					400m	1500m

• Notes:

- BC Pentathlon Championships for the Midget (14/15 yr old) age group will be run together with the Junior Development Pentathlon
- Pentathlon - Uses Athletics Canada Technical Specifications (not IAAF)

PENTATHLON, OCTATHLON, HEPTATHLON & DECATHLON HURDLE TECHNICAL SPECIFICATIONS

	Distance	# H's	H Height	→ 1 st H	↔ H's	H → Finish
PENTATHLON (Mid 14/15) OCTATHLON (Youth) and DECATHLON – (Junior & Senior) MEN						
Midget (14/15) BC, Nat'l Legion	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
PENTATHLON (MID 14/15) AND HEPTATHLON (YOUTH, JUNIOR, SENIOR) WOMEN						
Midget (14/15) BC, Nat'l Legion	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

PENTATHLON, OCTATHLON, HEPTATHLON & DECATHLON THROWING EVENT WEIGHTS

	SHOT PUT	DISCUS	JAVELIN
MEN – PENT/OCT/DEC			
Midget (14/15) - Pentathlon BC, Nat'l Legion	4.00 kg	n/a	n/a
Yth (16/17) - Octathlon BC & Cdn, Int'l	5.00 kg	1.5 kg	700 g
Jnr (18/19) - Decathlon 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 – PENT/HEPT			
Midget (14/15) - Pentathlon BC, Nat'l Legion	3 kg	n/a	n/a
Yth (16/17) - Heptathlon BC, Cdn & Int'l	4 kg	n/a	600 g
Jr (18/19) - Heptathlon BC, Cdn & Int'l	4 kg	n/a	600 g
Sr (20+) - Heptathlon BC, Cdn & Int'l	4 kg	n/a	600 g

Steeplechase distances and heights – March 2011

- Midget – 1500m s/c – barrier height .762m (both genders) - no water jump – Males and Females – 12 barriers (no water jumps) – start line is the 1500m start line.
- Youth – 2000m s/c – barrier height Women .762m / Men .840m – includes water jump - 18 barriers & 5 water jumps
- Junior – Women 2000m s/c – barrier height .762m - 18 barriers & 5 water jumps / Men 3000m s/c – barrier height .914m – 28 barriers & 7 water jumps
- Senior – Women 3000m s/c – barrier height .762m - 28 barriers & 7 water jumps / Men 3000m s/c – barrier height .941m - 28 barriers & 7 water jumps
- Master – Women (35+) 2000m s/c – barrier height .762m – 18 barriers & 5 water jumps
- Masters – Men (35 – 59) 3000m s/c – barrier height .941m – 28 barriers & 7 water jumps
- Masters – Men (60+) 2000m s/c – barrier height .762m – 18 barriers & 5 water jumps

World Masters, CANADIAN AND B.C. MASTERS HURDLES

Masters - Hurdles and Throwing Implement Specifications – March 2011

1. Hurdles

WOMEN

Age Groups	Race Distance	Hurdle Height	Number of Hurdles	Distance To First	Distance Between	Distance To Finish
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Indoor Women

W35-39	60m	.840m (33")	5	13m	8.5m	13m
W40-49	60m	.762m (30")	5	12m	8m	16m
W50-59	60m	.762m (30")	5	12m	7m	20m
W60+	60m	.686m (27")	5	12m	7m	20m

Outdoor

Short Women

W35-39	100m	.840m (33")	10	13m	8.5m	10.5m
W40-49	80m	.762m (30")	8	12m	8m	12m
W50-59	80m	.762m (30")	8	12m	7m	19m
W60+	80m	.686m (27")	8	12m	7m	19m

Long Women

W35-49	400m	.762m (30")	10	45m	35m	40m
W50-59	300m	.762m (30")	7	50m	35m	40m
W60-69	300m	.686m (27")	7	50m	35m	40m
W70+	200m	.686m (27")	5	20m	35m	40m

Steeplechase

W35+	2000m	.762m (30")	18 barriers & 5 water jumps			
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MEN

Age Groups	Race Distance	Hurdle Height	Number of Hurdles	Distance To First	Distance Between	Distance To Finish
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Indoor Hurdles

M35-49	60m	.991m (39")	5	13.72m	9.14m	9.72m
M50-59	60m	.914m (36")	5	13m	8.5m	13m
M60-69	60m	.840m (33")	5	12m	8m	16m
M70-79	60m	.762m (30")	5	12m	7m	20m
M80+	60m	.686m (27")	5	12m	7m	20m

Outdoor Hurdles

MEN

Age Groups	Race Distance	Hurdle Height	Number of Hurdles	Distance To First	Distance Between	To Finish
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Short Men

M35-49	110m	.991m (39")	10	13.72m	9.14m	14.02m
M50-59	100m	.914m (36")	10	13m	8.5m	10.5m
M60-69	100m	.840m (33")	10	12m	8m	16m
M70-79	80m	.686m (30")	8	12m	7m	19m
M80+	80m	.686m (27")	8	12m	7m	19m

Long Men

35-49	400m	.914m (36")	10	45m	35m	40m
M50-59	400m	.840m (33")	10	45m	35m	40m
M60-69	300m	.762m (30")	7	50m	35m	40m
M70-79	300m	.686m (27")	7	50m	35m	40m
M80 +	200m	.686m (27")	5	20m	35m	40m

Steeplechase

M35-59	3000m	.914m (36")	28 barriers &	7 water jumps
M60+	2000m	.762m (30")	18 barriers &	5 water jumps

2. Throwing Implements

WOMEN

Age	Hammer	Shot Put	Discus	Javelin	Weight
W35-49	4K	4K	1.0K	600G	9.08K (20#)
W50-59	3K	3K	1.0K	500G	7.26K (16#)
W60-74	3K	3K	1.0K	400G	5.45K (12#)
W75+	2K	2K	.75K	400G	4.00K (8.9#)

MEN

M35-49	7.26K (16#)	7.26K (16#)	2.0K	800G	15.88K (35#)
M50-59	6K	6K	1.5K	700G	11.34K (25#)
M60-69	5K	5K	1.0K	600G	9.08K (20#)
M70-79	4K	4K	1.0K	500G	7.26K (16#)
M80+	3K	3K	1K	400G	5.45K (12#)

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

MIDGET / JUVENILE / JUNIOR / SENIOR / MASTER

MIDGET (14/15 years)	3000m	WOMEN
	3000m	MEN
YOUTH (16 - 17 years)	4000m ←	WOMEN
	5000m ←	MEN
JUNIOR (18 - 19 years)	5000m ←	WOMEN
	7000m ←	MEN
SENIOR (20 + years)	6000m	WOMEN
	10000m	MEN
MASTERS (40 + 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 40+)
- **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.