



## **BC ATHLETICS**

### **EVENTS AND TECHNICAL SPECIFICATIONS FOR ATHLETICS**

Track & Field  
Multi / Combined Events  
Cross Country Running

**MEN AND WOMEN**

#### **AGE GROUPS**

Junior Development - ages 9 to 15

Juvenile - ages 16 & 17

Junior - ages 18 & 19

Senior - ages 20 to 39

Master - ages 40 & over

#### Note 2003 changes:

- ◆ Junior Development Steeplechase W 14/15 – P. 2
- ◆ Junior Development Race Walk M/W 14/15 – P.2
- ◆ Juvenile Race Walk W/M – P. 3
- ◆ Junior Race Walk W – P. 3
- ◆ Juvenile Men's SP, H, Jav & DT implements – P.4
- ◆ Juvenile Men's Decathlon SP, Jav & DT implements – P.5
- ◆ Throwing implements – metric weights only.

## 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 15 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     | W-15     | M-15     |
|------------------|-----|-----|------|------|------|------|------|------|------|------|----------|----------|----------|----------|
| 100m             | X   | X   | X    | X    | X    | X    | X    | X    | X    | X    | X        | X        | X        | X        |
| 200m             | X   | X   | X    | X    | X    | X    | X    | X    | X    | X    | X        | X        | X        | X        |
| 400m             | X   | X   | X    | X    | X    | X    | X    | X    | X    | X    | X        | X        | X        | X        |
| 800m             | X   | X   | 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        | X        | X        |
| 3000m            |     |     |      |      |      |      |      |      | X    | X    | X        | X        | X        | X        |
| 60m H            | X   | X   | X    | X    | X    | X    |      |      |      |      |          |          |          |          |
| 80m H            |     |     |      |      |      |      | X    | X    | X    | X    | X        |          | X        |          |
| 100m H           |     |     |      |      |      |      |      |      |      |      |          | X        |          | X        |
| 200m H           |     |     |      |      | X    | X    | X    | X    | X    | X    |          |          |          |          |
| 300m H           |     |     |      |      |      |      |      |      |      |      | X        | X        | X        | X        |
| <b>1500m S/C</b> |     |     |      |      |      |      |      |      |      |      | <b>X</b> | <b>X</b> | <b>X</b> | <b>X</b> |
| 800m RW          | X   | X   | X    | X    | X    | X    | X    | X    |      |      |          |          |          |          |
| 1500m RW         |     |     |      |      |      |      |      |      | X    | X    | X        | X        | X        | X        |
| <b>3000m RW</b>  |     |     |      |      |      |      |      |      |      |      | <b>X</b> | <b>X</b> | <b>X</b> | <b>X</b> |
| 4x100m relay     | X   | X   | X    | X    | X    | X    | X    | X    | X    | X    | X        | X        | X        | X        |
| Medley relay     | X   | X   | X    | X    | X    | X    | X    | X    | X    | X    | X        | X        | X        | X        |
| High Jump        | X   | X   | 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        | X        | X        |
| Triple Jump      |     |     |      |      | X    | X    | 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        | X        | X        |
| Discus           |     |     | X    | X    | X    | X    | X    | X    | X    | X    | X        | X        | X        | X        |
| Javelin          |     |     | X    | X    | X    | X    | X    | X    | X    | X    | X        | X        | X        | X        |
| Hammer           |     |     |      |      |      |      | X    | X    | X    | X    | X        | X        | X        | X        |
| Pentathlon       | X   | X   | X    | X    | X    | X    | X    | X    | X    | X    | X        | X        | X        | X        |

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

**JUVENILE (16&17), JUNIOR (18&19), SENIOR (20+) AGE GROUPS**

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

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

### HURDLE CHART - Junior Development Age Group

| Age / Gender | Distance | # H | H Height | To 1 <sup>st</sup> 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        |
| 14/15 W      | 80 m H   | 8   | 30"      | 12 metres            | 8.0 metres  | 12 metres        |
| 14/15 M      | 100 m H  | 10  | 33"      | 13 metres            | 8.5 metres  | 10.5 metres      |
| 11& 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        |
| 14/15 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 and 15 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 & 15 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 JUVENILE - JUNIOR - SENIOR

|              | Competition      | Distance | # of H's | H Height     | → 1 <sup>st</sup> H | ↔ H's | H → Finish |
|--------------|------------------|----------|----------|--------------|---------------------|-------|------------|
| <b>MEN</b>   |                  |          |          |              |                     |       |            |
| JUV (16/17)  | BC, Nat'l Legion | 110m H   | 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         | 110m     | 10       | .990m (39")  | 13.72m              | 9.14m | 14.02m     |
|              | Int'l            | 110m     | 10       | 1.067m (42") | 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        |
| <b>WOMEN</b> |                  |          |          |              |                     |       |            |
| JUV (16/17)  | BC, Nat'l Legion | 100m     | 10       | .762m (30")  | 13.00m              | 8.50m | 10.5m      |
|              | BC, Nat'l Legion | 400m     | 10       | .762m (30")  | 45m                 | 35m   | 40m        |
| JR (18/19)   | BC, Cdn & Int'l  | 100m     | 10       | .840m (33")  | 13m                 | 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")  | 13m                 | 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 |
|----------------------|----------|--------|---------|--------|
| <b>MEN</b>           |          |        |         |        |
| 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 - 15 yrs (Midget) | 4 kg     | 1 kg   | 600 g   | 4 kg   |
| <b>WOMEN</b>         |          |        |         |        |
| 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 - 15 yrs (Midget) | 3 kg     | 1 kg   | 600 g   | 3 kg   |

### JUVENILE - JUNIOR - SENIOR

| BC, Cdn & Int'l | SHOT PUT | DISCUS  | JAVELIN | HAMMER   |
|-----------------|----------|---------|---------|----------|
| <b>MEN</b>      |          |         |         |          |
| Juv (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 |
| <b>WOMEN</b>    |          |         |         |          |
| Juv (16/17)     | 4 kg     | 1 kg    | 600 g   | 4 kg     |
| Jr (18/19)      | 4 kg     | 1 kg    | 600 g   | 4 kg     |
| Sr (20 +)       | 4 kg     | 1 kg    | 600 g   | 4 kg     |

**COMBINED EVENTS - HEPTATHLON & DECATHLON**  
**Juvenile - Junior - Senior (1/1/01)**

| HEPTATHLON (WOMEN)                                     |  | DECATHLON (MEN)  |  |
|--|--|--|--|
| <b>DAY 1</b><br>100mH<br>High Jump<br>Shot Put<br>200m | <b>DAY 2</b><br>Long Jump<br>Javelin<br>800m | <b>DAY 1</b><br>100m<br>Long Jump<br>Shot Put<br>High Jump<br>400m | <b>DAY 2</b><br>110m H<br>Discus<br>Pole Vault<br>Javelin<br>1500m |

**DECATHLON & HEPTATHLON HURDLE HEIGHTS**

|                                    | Distance | # H's | H Height     | → 1 <sup>st</sup> H | ↔ H's | H → Finish |
|------------------------------------|----------|-------|--------------|---------------------|-------|------------|
| <b>DECATHLON - MEN</b>             |          |       |              |                     |       |            |
| Juv (16/17)<br>BC, Nat'l<br>Legion | 110m     | 10    | .914m (36")  | 13.72m              | 9.14m | 14.02m     |
| Jnr (18/19)<br>BC, Cdn             | 110m     | 10    | .990m (39")  | 13.72m              | 9.14m | 14.02m     |
| Int'l                              | 110m     | 10    | 1.067m (42") | 13.72m              | 9.14m | 14.02m     |
| Sr (20 +)<br>BC, Cdn , Int'l       | 110m     | 10    | 1.067m (42") | 13.72m              | 9.14m | 14.02m     |
| <b>HEPTATHLON - WOMEN</b>          |          |       |              |                     |       |            |
| Juv (16/17)<br>BC, Nat'l<br>Legion | 100m     | 10    | .762m (30")  | 13.00m              | 8.5m  | 10.5m      |
| Jnr (18/19)<br>BC, Nat'l, Int'l    | 100m     | 10    | .840m (33")  | 13.00m              | 8.5m  | 10.5m      |
| Sr (20 +)<br>BC, Nat'l, Int'l      | 100m     | 10    | .840m (33")  | 13.00m              | 8.5m  | 10.5m      |

**DECATHLON & HEPTATHLON THROWING EVENT WEIGHTS**

|                                | SHOT PUT | DISCUS   | JAVELIN |
|--------------------------------|----------|----------|---------|
| <b>MEN - DECATHLON</b>         |          |          |         |
| Juv (16/17)<br>BC              | 5.00 kg  | 1.5 kg   | 700 g   |
| Jnr (18/19)<br>BC & Cdn, Int'l | 6.00 kg  | 1.750 kg | 800 g   |
| Sr (20 +)<br>BC, Cdn & Int'l   | 7.260 kg | 2 kg     | 800 g   |
| <b>WOMEN - HEPTATHLON</b>      |          |          |         |
| Juv (16/17)<br>BC              | 4 kg     |          | 600 g   |
| Jr (18/19)<br>BC, Cdn & Int'l  | 4 kg     |          | 600 g   |
| Sr (20+)<br>BC, Cdn & Int'l    | 4 kg     |          | 600 g   |

**HEPTATHLON & DECATHLON EVENTS SCHEDULE**  
**(SAMPLE SCHEDULE ONLY)**

| HEPTATHLON  |   | DECATHLON   |   |
|---|---|---|---|
| DAY 1   | DAY 2   | DAY 1   | DAY 2   |
| 11:00 am 100m H<br>11:45 am High Jump<br>2:15 pm Shot Put<br>3:30 pm 200m | 11:30 am Long Jump<br>1:00 pm Javelin<br>2:30 pm 800m | 11:15 am 100m<br>11:45 am Long Jump<br>12:30 pm Shot Put<br>1:45 pm High Jump<br>4:00 pm 400m | 10:30 am 110m H<br>11:45 am Discus<br>12:30 pm Pole Vault<br>3:00 pm Javelin<br>4:15 pm 1500m |

## CANADIAN AND B.C. MASTERS HURDLES

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

## CANADIAN AND B.C. MASTERS IMPLEMENTS

| WOMEN      | SHOT PUT | DISCUS  | HAMMER  | JAVELIN | WEIGHT |
|------------|----------|---------|---------|---------|--------|
| 30 - 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 #    |        |
| <b>MEN</b> |          |         |         |         |        |
| 30 - 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 #    |        |

|                     |   |
|---------------------|---|
| <b>STEEPLECHASE</b> | 3000m for Men 30 - 59<br>2000m for Men 60+<br>2000m for Women |
|---------------------|---|

# 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 |
| 15 years (Midget) | 4000m |

## JUVENILE / JUNIOR / SENIOR / MASTER

|                                     |                |       |
|-------------------------------------|----------------|-------|
| <b>JUVENILE</b><br>( 16 - 17 years) | 5000m ←        | WOMEN |
|                                     | 7000m ←        | MEN   |
| <b>JUNIOR</b><br>( 18 - 19 years)   | 5000m ←        | WOMEN |
|                                     | 7000m ←        | MEN   |
| <b>SENIOR</b><br>( 20 + years )     | 8000m          | WOMEN |
|                                     | 10000 - 12000m | MEN   |
| <b>MASTERS</b><br>( 40 + years )    | 6000m          | WOMEN |
|                                     | 8000m          | MEN   |

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