

Junior Development (9–13 years olds) Track & Field and Cross Country Technical Specifications

Updated April 2026

SECTION	1	Purpose of this document
SECTION	2	About BC Athletics Junior Development Program
SECTION	3	Track Events
SECTION	4	Vertical Jumps
SECTION	5	Horizontal Jumps
SECTION	6	Throws
SECTION	7	Combined Events
SECTION	8	Cross Country

SECTION 1: PURPOSE OF THIS DOCUMENT

The purpose of the Junior Development Technical Specifications Manual is to outline the eligibility and specifications for each event contested by U10, U11, U12, U13, U14 age groups. These technical specifications should be used for all BC Athletics sanctioned events hosting Junior Development age categories.

The technical specifications for the sport of Athletics are set by World Athletics. As the governing body for Athletics in British Columbia, BC Athletics has discretion to amend technical specifications to meet the objectives of the Long Term Athlete Development framework for the Junior Development age groups.

[World Athletics Rule Book--See "Book C" Competition BC Athletics Events and Technical Specifications](#)

SECTION 2: ABOUT BC ATHLETICS JUNIOR DEVELOPMENT PROGRAM

The Junior Development (JD) Program introduces children to physical literacy and Athletics within a supportive club environment. Designed for participants ages 9 to 13, the program aligns with the Long-Term Athlete Development (LTAD) stages of FUNDamentals and Learn to Train, helping young athletes build the essential skills needed for lifelong participation in sport.

Through age-appropriate training and play-based activities, participants develop fundamental movement skills, as well as basic track & field techniques that support speed, power, coordination, endurance and overall athleticism. The program emphasizes skill development, confidence, and enjoyment, ensuring that participants gain a strong athletic foundation while also having fun and developing relationships.

BC Athletics' priority is to support a positive and inclusive space where children can grow, develop, and most importantly, have fun.

Categories and Age Groups

JD athletes must compete within their age group, based on their age as of December 31. Athletes under age 9 as of December 31 are not eligible and should enroll in a Track Rascals program.

JD athletes must compete in their designated age group and are not permitted to compete in older age categories (for example, U14 athletes cannot compete in U16 or Open events). Athletes will compete in the male or female category.

Competition Category	Age as of December 31
U14	Age 13
U13	Age 12
U12	Age 11
U11	Age 10
U10	Age 9

Athletes with a Disability: Para Athlete Categories

Para Athletics refers to Athletics competition for athletes with physical or cognitive impairments. Junior Development aged para athletes are eligible to compete in all age appropriate events. Whenever possible and safe, para athletes should compete alongside able-bodied athletes. Results for para athletes should be listed and awarded as a para category.

BC Athletics Sanctioned Events and BC Athletics Championship Events

BCA sanctioned events are formally recognized and approved by BC Athletics to ensure that the event meets established standards for safety, fairness and compliance with BC Athletics, Athletics Canada and World Athletics. Sanctioned events will be listed on the [BC Athletics Calendar](#) and listed as a “sanctioned event.” Sanctioned events can be hosted by BC Athletics affiliated clubs.

Championship events are BC Athletics sanctioned competitions that serve as Provincial Championships. These events are owned and delivered by BC Athletics, often with the support of a BC Athletics affiliated host club. Junior Development athletes are eligible to compete in both the Junior Development Pentathlon Championships and the Junior Development Track and Field Championships.

SECTION 3: TRACK EVENTS

Starting blocks are not used for any track events for Junior Development Age Groups

60 METERS

- 1) Eligible Age Groups: U10, U11, U12
- 2) Seeded heats are to be run based on times submitted at the time of registration using World Athletics rules for seeding.
- 3) Any athletes who do not have seed performances submitted with their registration will be:
 - Spread through the heats in events that have Heats to Semi-finals and/or Finals
 - When reseeding is not possible, late entries are to be spread through all the heats.
- 4) Championship events will include heats and finals.

100 METERS

- 1) This event is open to all age categories.
- 2) Seeded heats are to be run based on times submitted at the time of registration using World Athletics rules for seeding.
- 3) Any athletes who do not have seed performances submitted with their registration will be:
 - Spread through the heats in events that have Heats to Semi-finals and/or Finals
 - When reseeding is not possible, late entries are to be spread through all the heats.
- 4) Championship events will include heats and finals.

200 METERS

- 1) This event is open to U12, U13, U14 age categories.
- 2) Timed finals are to be run for all age categories.
- 3) Each section will be seeded using times submitted at the time of registration with the fastest performances grouped together in the same section.
- 4) Heats will be seeded from slowest to fastest times, with the fastest heat running last.

300 METERS

- 1) This event is open to U13, U14 age categories.
- 2) Timed finals are to be run for all age categories.
- 3) Each section will be seeded using times submitted at the time of registration with the fastest performances grouped together in the same section.
- 4) Heats will be seeded from slowest to fastest times, with the fastest heat running last.

600 METERS

- 1) This event is open to U10, U11, U12 age categories.
- 2) The maximum number of athletes per race is 16.
- 3) If there are more than 16 entries in one race, then the athletes are to be split into multiple heats based on submitted times.
- 4) Timed Finals are to be run for all age categories.
- 5) Heats will be seeded from slowest to fastest times, with the fastest heat running last.

800 METERS

- 1) This event is open to U13, U14 age categories.
- 2) The maximum number of athletes per race is 16.
- 3) If there are more than 16 entries in one race, then the athletes are to be split into multiple heats based on submitted times.
- 4) Timed Finals are to be run for all age categories.
- 5) Heats will be seeded from slowest to fastest times, with the fastest heat running last.

1000 METERS

- 1) This event is open to U10, U11, U12 age categories.
- 2) The maximum number of athletes in one section is 16.
- 3) If there are more than 16 entries in one race, then the athletes are to be split into multiple heats based on submitted times.
- 4) Timed Finals are to be run for all age categories.
- 5) Heats will be seeded from slowest to fastest times, with the fastest heat running last.

1200 METERS

- 1) This event is open to U13, U14 age categories.
- 2) The maximum number of athletes in one section is 16.
- 3) If there are more than 16 entries in one race, then the athletes are to be split into multiple heats based on submitted times.
- 4) Timed Finals are to be run for all age categories.
- 5) Heats will be seeded from slowest to fastest times, with the fastest heat running last.

2000 METERS

- 1) This event is open to U14 (13 year olds only) age category.
- 2) The maximum number of athletes per section is 20.
- 3) If there are more than 20 entries in one race, then the athletes are to be split into multiple heats based on submitted times.

- 4) Timed Finals are to be run for all age categories.
- 5) Heats will be seeded from slowest to fastest times, with the fastest heat running last.

HURDLE EVENTS

Weighted hurdles are not permitted. Collapsible / training hurdles that are designed to roll and fall apart are to be set up so that they will fall forward.

Hurdles that have one short and one long foot and the crossbar on the long foot side are to be placed on the track so that they have the short foot towards the finish line.

Hurdles that have equal length of feet should be set up so that the crossbar is on the finish line side of the base. They are designed to be kicked off as the hurdles do not fall forward.

Hurdles that have one foot and a curved leg are to be set up with the foot on the start line side of the crossbar. They are designed to fall forward.

Athletes should be able to see the black and white markings on the hurdle crossbar from the start line.

60 METER HURDLES

- 1) This event is open to U10, U11, and U12 in age categories.
- 2) Seeded heats are to be run based on times submitted at the time of registration using World Athletics rules for seeding.
- 3) Any athletes who do not have seed performances submitted with their registration will be:
 - Spread through the heats in events that have Heats to Semi-finals and/or Finals
 - When reseeding is not possible, late entries are to be spread through all the heats.
- 4) Please refer to the Hurdle Specification Chart at the end of this section for specifications.
- 5) Championship events will include heats and finals.

80 METER HURDLES

- 1) This event is open to U13, U14 age categories.
- 2) Seeded heats are to be run based on times submitted at the time of registration using World Athletics rules for seeding.
- 3) Any athletes who do not have seed performances submitted with their registration will be:
 - Spread through the heats in events that have Heats to Semi-finals and/or Finals
 - When reseeding is not possible - late entries are to be spread through all the heats.
- 4) Please refer to the Hurdle Chart at the end of this section for specifications.
- 5) Championship events will include heats and finals.

200 METER HURDLES

- 1) This event is open to U13, U14 age categories.
- 2) Timed finals are to be run for this event.
- 3) Heats will be seeded from slowest to fastest times, with the fastest heat running last.
- 4) Please refer to the Hurdle Chart at the end of this section for specifications.

HURDLE SPECIFICATION CHART

AGE CATEGORY	DISTANCE RUN	NO. OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
U10 Male and Female	60 meter hurdles	6	21"	11 meters	6.5 meters	16.5 meters
U11 Male and Female	60 meter hurdles	6	24"	11 meters	6.5 meters	16.5 meters
U12 Male and Female	60 meter hurdles	6	24"	11 meters	6.5 meters	16.5 meters
U13 Male and Female	80 meter hurdles	8	27"	12 meters	7.0 meters	19 meters
U14 Female	80 meter hurdles	8	30"	12 meters	7.5 meters	15.5 meters
U14 Male	80 meter hurdles	8	30"	12 meters	8.0 meters	12 meters
U13 Female and Male	200 meter hurdles	5	24"	20 meters	35 meters	40 meters
U14 Female and Male	200 meter hurdles	5	27"	20 meters	35 meters	40 meters

RACEWALK EVENTS

800 METER RACEWALK

- 1) This event is open to U 10, U11, U12, U13 age categories.
- 2) Timed finals are to be run for this event.
- 3) Age groups and genders may participate together, but awards should be based on single age divisions and genders.

1500 METER RACEWALK

- 1) This event is open to U14 (13 year olds only) age category.
- 2) Timed finals are to be run for this event.
- 3) Age groups and genders may participate together, but awards should be based on single age divisions and genders.

RELAYS

4 x 100 METER RELAYS

- 1) This event is open to all age categories.
- 2) Teams may be formed with individuals from various age groups, but the team must run in the age category of its oldest member.
- 3) Age groups may be combined to fill lanes on the track.
- 4) Awards should be based on single age divisions and genders.
- 5) Teams may be formed by:
 - Members of the same club.
 - Unattached members.
 - Combining unattached and club members.
 - Combining members from different clubs who cannot field a four-member team.
 - **Whenever possible, athletes must run as part of their own club team.**

1200m MEDLEY RELAY (200/ 200/ 200/ 600m)

- 1) This event is open to U12, U13, U14 age categories.
- 2) Teams may be formed with individuals from various age groups, but the team must run in the age category of its oldest member.
- 3) Age groups may be combined to fill lanes on the track.
- 4) Awards should be based on single age divisions and genders.
- 5) Teams may be formed by:
 - Members of the same club.
 - Unattached members.
 - Combining unattached club members.
 - Combining members from different clubs who cannot field a four-member team.
 - **Whenever possible, athletes must run as part of their own club team.**

Section 4 : VERTICAL JUMPS

Each athlete will be provided with an opportunity to warm up. The time allocated to warm up will be determined by the Meet Director and/or Officials.

HIGH JUMP (INDIVIDUAL AND PENTATHLON EVENTS)

- 1) This event is open to all age categories.
- 2) Each athlete is allowed to take a maximum of **3 attempts** at each height.
- 3) An athlete may choose to pass heights and enter the competition at the height of their choice.
- 4) The bar is to be raised by **5 cm** each time until one competitor remains in the competition. When there is only one competitor remaining, the bar should not be raised by less than 1 cm after each round. When a competitor has won the competition, the height to which the bar is raised shall be decided by the competitor in consultation with the jumps official.
- 5) Breaking ties for first place is not required for any JD competitions.

MINIMUM STARTING HEIGHTS FOR HIGH JUMP

AGE	U10	U11	U12	U13	U14
FEMALE	0.80 m	0.90 m	1.00 m	1.05 m	1.15 m
MALE	0.85 m	0.95 m	1.05 m	1.10 m	1.20 m

NOTE: Some high jump mats have a minimum height of .90 m so the lower starting heights are not possible if the athletes are to clear the pits when jumping.

POLE VAULT

- 1) This event is open to U14 (13 year old age group only) age category.
- 2) Each athlete is permitted 3 attempts at each height.
- 3) An athlete may choose to pass heights and enter the competition at the height of their choice.
- 4) The bar is to be raised by a minimum of **10 cm** each time.
- 5) When 3 competitors remain then the bar will be raised by **5 cm** each time. When there is only one competitor remaining, the bar should not be raised by less than **2 cm** after each round. When a competitor has won the competition, the height to which the bar is raised shall be decided by the competitor in consultation with the jumps official.

Starting heights will be determined by the Meet Director and Chief Official in consultation with the athletes and coaches.

SECTION 5: HORIZONTAL JUMPS

Each athlete will be provided with an opportunity to warm up. The time allocated to warm up will be determined by the Meet Director and/or Officials.

LONG JUMP

- 1) This event is open to all age categories.
- 2) Each athlete is permitted to take 3 competition jumps.

TRIPLE JUMP

- 1) This event is open to U14 (13 year old age group only) age category.
- 2) Each athlete is permitted to take 3 competition jumps from these recommended takeoff boards distances are 5m, 7m, and 9m.

SECTION 6: THROWS

Each athlete will be provided with an opportunity to warm up. The time allocated to warm up will be determined by the Meet Director and/or Officials.

SHOT PUT

- 1) This event is open to all age categories.
- 2) Each athlete is permitted to take 3 competition throws.

	AGE	WEIGHT
FEMALE	U10 to U12	2 kg shot
	U13 and U14	3 kg shot
MALE	U10 to U12	2 kg shot
	U13 and U14	3 kg shot

DISCUS

- 1) This event is open to U11, U12, U13, U14 age categories.
- 2) Each athlete is permitted to take 3 competition throws.

IMPLEMENT SPECIFICATIONS

	AGE	WEIGHT
FEMALE	U11 to U14	750 gram discus
MALE	U11 and U12	750 gram discus
	U13 to U14 years	1 kg discus

JAVELIN

- 1) This event is open to U11, U12, U13, U14 age categories.
- 2) Each athlete is permitted to take 3 competition throws.

IMPLEMENT SPECIFICATIONS

	AGES	WEIGHT
FEMALE	U11 to U14	400 gram javelin
MALE	U11 and U12	400 gram javelin
	U13 and U14	500 gram javelin

HAMMER THROW

- 1) This event is open to U13, U14 only.

2) Each athlete is permitted to take 3 competition throws

IMPLEMENT SPECIFICATIONS

	AGE	WEIGHT
FEMALE	U14 and U13	3 kg hammer
MALE	U14 and U13	3 kg hammer

SECTION 7: COMBINED EVENTS – PENTATHLON

- 1) This event is open to all age group categories.
- 2) Pentathlon Points will be calculated using the [Alberta Youth Scoring tables](#).
- 3) The Pentathlon will follow the technical specifications outlined in this document for each individual event.
- 4) Pentathlon events for each age group are:
 - 60 m hurdles (U10, U11, U12), 80 m hurdles (U13, U14)
 - Shot put
 - High jump
 - Long jump
 - 600 meters (U10, U11, U12), 800 meters (U13, U14)
 - The event order may vary by age groups but the 600/800 m races are always the final event in the competition.

SECTION 8: CROSS COUNTRY

- 1) Cross country events are open to all age group categories.
- 2) Recommended distances.
 - U10 – 1500 meters (1.5km)
 - U11 – 2000 meters (2.0km)
 - U12 – 2000 meters (2.0km)
 - U13 – 3000 meters (3.0km)
 - U14 – 3000 meters (3.0km)