

Event Specifications & Rules for BCA and BC High Schools

Suggested order of races. Distances and heights for BCA hurdle events

110 Meter, 10 Hurdles

Age Group	Heights	To 1st H	Between H
Senior 20+ M	42"/1.067m	13.72M	9.14M
35 to 49 M	39"/.991m	13.72M	9.14M
U20 M	39"/.991m	13.72M	9.14M
U18 M	36"/.914m	13.72M	9.14M

100 Meter, 10 Hurdles

Age Group	Heights	To 1st H	Between H
50 to 59 M	36"/.914m	13.00M	10.50M
35 to 40 W	33"/.838m	13.00M	10.50M
Senior 20+ W	33"/.838m	13.00M	10.50M
U20 W	33"/.838m	13.00M	10.50M
U16 M	33"/.838m	13.00M	10.50M
U18 W	30"/.762m	13.00M	10.50M
60 to 69 M	33"/.838m	12.00M	8.00M

80 Meter, 8 Hurdles

Age Group	Heights	To 1st H	Between H
40 to 59 W	30"/.762m	12.00M	8.0M
U16 W	30"/.762m	12.00M	8.0M
70 to 79 M	30"/.762m	12.00M	7.0M
60+ W	30"/.762m	12.00M	7.0M
80+ M	27"/.686m	12.00M	7.0M
13 Yr W	30"/.762m	12.00M	7.5M
13 Yr M	30"/.762m	12.00M	8.0M
12 Yr W/M	27"/.686m	12.00M	7.0M

60 Meter, 6 Hurdles

Age Group	Heights	To 1st H	Between H
11 Yr W/M	24"/.610m	11.00M	6.5M
10 Yr W/M	24"/.610m	11.00M	6.5M
9 Yr W/M	21"/.534m	11.00M	6.5M

400 Meter, 10 Hurdles

Age Group	Heights	To 1st H
Senior 20+ M	36"/.914m	45m
35 to 49 M	36"/.914m	45m
U20 M	36"/.914m	45m
50 to 59 M	33"/.838m	45m
U18 M	33"/.838m	45m
35 to 49 W	30"/.762m	45m
Senior 20+ W	30"/.762m	45m
U20 W	30"/.762m	45m
U18 W	30"/.762m	45m

300 Meter, 7 Hurdles

Age Group	Heights	To 1st H
60 to 69 M	30"/.762m	50m
50 to 59 W	30"/.762m	50m
U16 W/M	30"/.762m	20m
60 to 69 W	27"/.686m	50m
70 to 79 M	27"/.686m	50m

200 Meter, 5 Hurdles

Age Group	Heights	To 1st H
U16 W/M (Nat)	30"/.762m	20m
70+ W	27"/.686m	20m
80+ M	27"/.686m	20m
13 Yr W/M	27"/.686m	20m
12 Yr W/M	24"/.610m	20m

Distance between Hurdles, 35.00M

U16 and above use weighted hurdles, 9 to 13 year olds use the practice/kick away/scissor hurdles

60-69 Men and 13 Yr W use unique hurdle distances

(Junior Development, JD = 9 - 13,) (U16 = 14/15,) (U18 = 16/17,) (U20 = 18/19,) (Senior = 20 - 34)

Masters 35+ in 5 year age groups

From Appendix A in the BC Athletics Events & Technical Specifications for Athletics Manual. Updated, March 2015

Event Specifications & Rules for BCA and BC High Schools

High School Heights and Distances

110 Meter, 10 Hurdles

Age Group	Heights	To 1st H	Between H
Senior Boys	36"/.914m	13.72M	9.14M

400 Meter, 10 Hurdles

Age Group	Heights	To 1st H
Senior Boys	36"/.914m	45m
Senior Girls	30"/.762m	

100 Meter, 10 Hurdles

Age Group	Heights	To 1st H	Between H
Junior Boys	36"/.914m	13.00M	10.50M
Senior Girls	33"/.838m		
Gr 8 Boys			

300 Meter, 7 Hurdles

Age Group	Heights	To 1st H
Junior Boys	33"/.838m	50m
Junior Girls	30"/.762m	

80 Meter, 8 Hurdles

Age Group	Heights	To 1st H	Between H
Jr/Gr8 Girls	30"/.762m	12.00M	8.0M

200 Meter, 5 Hurdles

Age Group	Heights	To 1st H
Gr. 8 Boys	30"/.762m	20m
Gr. 8 Girls		

Senior = Grades 11 & 12

Junior = Grades 9 & 10

The order for distance hurdles could be, Senior Boys, Junior Boys, Senior Girls, Junior Girls, Gr 8

This would minimize the raising/lowering of hurdles but would move the starters more

Distance between Hurdles, 35.00M

Relays

In BC there are usually 2 types of relays, the 4x100 and the 4x400. The basic rules are as follows.

- Blocks will be used for BCA's U16's Plus and BC High Schools Grade 8's and above.
- The "Takeover Zone" shall be 30M for the 4x100 and 20M for the 4x400. Note the change of takeover zone for the 4x100, it used to be 20M.
- When receiving the baton, the receiving runner in all relays will always start their forward motion within in the takeover zone in all relays. There is no acceleration zone or no standing on the scratch line or before the scratch line.
- The baton must be passed within the takeover zone. This means the receiving runner cannot touch it before the zone and the incoming runner cannot touch it after the zone. The baton is what is watched, not the runners.
- If a baton is dropped, the runner who dropped it must be the one to pick it up and then return to the spot that it was dropped in order to continue the race.
- In the 4x400 the 1st runner shall run 400M in their lane. The 2nd runner runs 1 bend, (approx. 100M) in their lane and then will merge at the cut-in zone on the back straight and run on the inside lane.
- The 3rd and 4th runners in the 4x400 shall be placed in a receiving order, (inside to outside,) based on their team's race order at the 200M start line. Runners may not change order after they are placed.
- After passing the baton, all runners in the 4x100 and the first 2 runners in the 4x400, shall stay in their lanes until the field has passed. The 3rd and 4th runners in the 4x400 shall stay in their running direction/lane until it is safe to exit one way or the other while paying attention to the runners behind.

Note: Other relay distances like the Medley Relay can be found within the Technical Rules 24.

Event Specifications & Rules for BCA and BC High Schools

BCA Steeplechase Specifications & Suggested Order

Age Group	D (m)	Height	# of H's	Water Jumps	# of Laps
U16 F	1500mSC	30" - 0.762m	12	0	3
U16 M					
U18 F	2000mSC	30" - 0.762m	18	5	4
Masters 35+ F					
Masters 60+ M					
U20 F	3000mSC	30" - 0.762m	28	7	7
Senior 20+F					
U18 M	2000mSC	33" - 0.840m	18	5	4
U20 M	3000mSC	36" - 0.914m	28	7	7
Senior 20+M					
Masters 35-59 M					

BC High Schools Steeplechase Specifications, & Suggested Order

Age Group	D (m)	Height	# of H's	Water Jumps	# of Laps
Sen/Jr Girls	1500mSC	30" - 0.762m	12	3	3
Junior Boys					
Senior Boys	2000mSC	33" - 0.840m	18	5	4

of laps = what athletes must complete after passing finish line for the first time.

Start lines and first hurdles for when water jump is on the "OUTSIDE".

- **1500mSC BCA U16:** Start line at regular 1500m start, 1st hurdle is first past the finish line and there are no water jumps.
- **1500mSC BCHS:** Start line approx. halfway down backstretch, 1st hurdle is first past the finish line, use water jumps
- **2000mSC:** Start line is very close to the regular 1500m flat race and first barrier is by the 200m start. Do water jump first time by
- **3000mSC:** Start line is on finish straight with approx. 80m to finish, 1st hurdle is first past the finish line.

Start lines and first hurdles for when water jump is on the "INSIDE".

- **1500mSC BCA U16:** Start line at regular 1500m start, 1st hurdle is first past the finish line and there are no water jumps.
- **1500mSC BCHS:** Start line is about 10m before the regular 1500m start, 1st hurdle is first past the finish line, use water jumps
- **2000mSC:** Start line is very close to the regular finish line and first barrier is by the 200m start. Do water jump first time by.
- **3000mSC:** Start line is on the back straight approx. halfway down, 1st hurdle is first past the finish line.

*** for 1500mSC and 3000mSC start line to finish line is ALWAYS clear of hurdles (no jumps) regardless if inside or outside water jump...first jump is first barrier past the finish line

Event Specifications & Rules for BCA and BC High Schools

BC Athletics Throws Weights

Shot Put			
Women		Men	
9 to 11	2 kg	9 to 11	2 kg
12 to 17	3 kg	12 to 13	3 kg
18 to 49	4 kg	14 to 15	4 kg
50 to 74	3 kg	16 to 17	5 kg
75+	2 kg	18 to 19	6 kg
		20 to 49	7.26 kg
		50 to 59	6 kg
		60 to 79	5 kg
		80+	3 kg

Hammer			
Women		Men	
9 to 11	NA	9 to 11	NA
12 to 17	3 kg	12 to 13	3 kg
18 to 49	4 kg	14 to 15	4 kg
50 to 74	3 kg	16 to 17	5 kg
75+	2 kg	18 to 19	6 kg
		20 to 49	7.26 kg
		50 to 59	6 kg
		60 to 79	5 kg
		80+	3 kg

Javelin			
Women		Men	
9	NA	9	NA
10 to 13	400 g	10 to 11	400 g
14 to 17	500 g	12 to 13	500 g
18 to 49	600 g	14 to 15	600 g
50 to 74	500 g	16 to 17	700 g
75 +	400 g	18 to 49	800 g
		50 to 59	700 g
		60 to 79	600 g
		80+	400 g

Discus			
Women		Men	
9	NA	9	NA
10 to 13	0.75 kg	10 to 11	0.75 kg
14 to 74	1 kg	12 to 15	1 kg
75+	0.75 kg	16 to 17	1.5 kg
		18 to 19	1.75 kg
		20 to 49	2 kg
		50 to 59	1.5 kg
		60 +	1 kg

BC High School Throws Weights

Shot Put			
Women		Men	
Grade 8	3 kg	Grade 8	4 kg
Junior	3 kg	Junior	5 kg
Senior	4 kg	Senior	6 kg

Hammer			
Women		Men	
Grade 8	3 kg	Grade 8	4 kg
Junior	3 kg	Junior	5 kg
Senior	4 kg	Senior	6 kg

Javelin			
Women		Men	
Grade 8	500 g	Grade 8	600 g
Junior	500 g	Junior	700 g
Senior	600 g	Senior	800 g

Discus			
Women		Men	
Grade 8	1 kg	Grade 8	1 kg
Junior	1 kg	Junior	1.5 kg
Senior	1 kg	Senior	1.75 kg

Note: To lay out the sector lines correctly, see next page.

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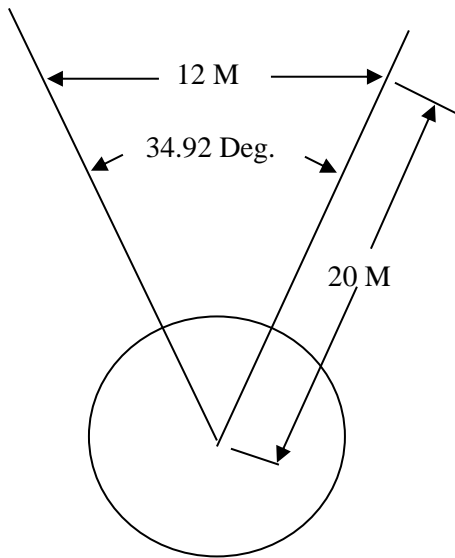
Laying out the Throws Sectors (Landing Areas): see Technical Rules 32.10 - 32.12

To get the right degrees for the sector lines in the throws;

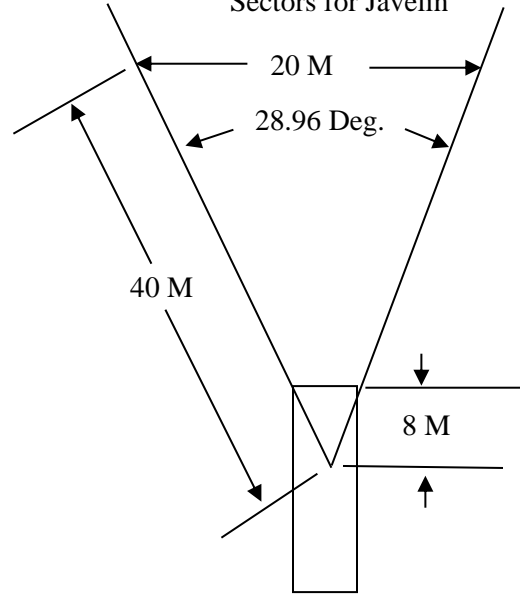
For Shot, Hammer and Discus measure out from the center of the circle, 20M on both sector lines and 12M across at the 20M mark.

For Javelin, measure out 40M and 20M across at the 40M mark. Measure from the 8M mark on the runway, (should be a small white dot,) and go through the corners of the runway, equal distance from each edge of the runway.

Sectors for Shot, Hammer, and Discus



Sectors for Javelin



Not to scale