



**BC Athletics**

# **Events & Technical Specifications Manual for Athletics**

**Reviewed / Updated: 24 September 2020**

## Important Reminders & Changes

No.	Type	Age Groups	Change	Effective	Page
1.	Rule Change	U16	The U16 Age Group (14-15) will compete as a single age group, and receive awards as a single age group	01.01.2014	3
2.	Event Change	U18	Women's 300mH has been replaced with the 400mH	01.01.2015	7
3.	Event Change	U18	Women's 3000mRW has been replaced with the 5000mRW	01.01.2015	7
4.	Event Change	U18	Men's 300mH has been replaced with the 400mH	01.01.2015	7
5.	Event Change	U18	Men's 3000mRW has been replaced with the 5000mRW	01.01.2015	7
6.	Event Change	U18	Men's Octathlon has been replaced with the Decathlon	01.01.2015	8
7.	Event Change	U20	Addition of the Women's 5000m Track Event	01.01.2015	7
8.	Event Change	U20	Women's 2000mSC had been replaced with the 3000mSC	01.01.2015	7
9.	Restriction	U18	U18 Male and Female athletes may not compete in the 10,000m track event at BC Athletics Senior Track & Field Championships; and this restriction applies to all BC Athletics sanctioned event.	01.01.2015	7
11.	Change in Cross Country Distances	U20, Senior, Masters	U20, Senior and Masters Women run 6000m	04.30.16	8
12.	Rule/Event Change	U16	U16 Female and Male Intermediate Hurdles: Distance is changed from 200m Hurdles <b>to 300m Hurdles</b>	01.01.17	11
13.	Event Change	U20	Removal of the Men's 10,000m Track Event	09.09.20	7
14.	Event Change	U20	Addition of the Men's 3,000m Track Event	09.09.20	7

## 1.0 Overview

The purpose of the “BC Athletics Events and Technical Specifications for Athletics Manual” is to provide members with information pertaining to the events offered in each age category and gender for the different BC Athletics divisions. The events and technical specifications listed are those provided at BC Championships, however meet directors may offer other events. (i.e. Mile). This information is also available on the BC Athletics website at [www.bcathletics.org](http://www.bcathletics.org).

## 2.0 BC Athletics Divisions

As a reminder, the divisions of BC Athletics are:

- Track & Field
- Race Walking
- Cross Country
- Road Running

## 3.0 Recognized Age Groups

- a. Junior Development Age Group - recognized as male and female athletes ages 9 to 13 years old as of December 31<sup>st</sup> in the year of competition. Athletes within this age group compete in single age categories defined as:
  - i. U10 (age 9)
  - ii. U12 (age 10)
  - iii. U12 (age 11)
  - iv. U14 (age 12)
  - v. U14 (age 13)
- b. U16 Age Group - recognized as male and female athlete’s ages 14 and 15 years old as of December 31<sup>st</sup> in the year of competition. Athletes within this age group compete as a combined age category (compete together and awarded together) [BCA AGM 2013 - Resolution 14.1].
- c. U18 Age Group - recognized as male and female athlete’s ages 16 and 17 years old as of December 31<sup>st</sup> in the year of competition. Athletes within this age group compete as a combined age category (compete together and awarded together).
- d. U20 Age Group - recognized as male and female athlete’s ages 18 and 19 years old as of December 31<sup>st</sup> in the year of competition. Athletes within this age group compete as a combined age category (compete together and awarded together).
- e. Senior Age Group - recognized as male and female athlete’s ages 20 to 34+ years old as of December 31<sup>st</sup> in the year of competition. Athletes within this age group compete as a combined age category (compete together and awarded together).
- f. Masters Age Group - recognized as male and female athlete’s aged 35+ years old as of the individual’s age on the day of competition, or in multiple day events, the first day of competition. Athletes within this age group compete in 5-year age categories (starting at 35 - 39 years).

## 4.0 Track & Field and Race Walk

### 4.1 Junior Development (JD) Age Group

The following section pertains to athletes in the Junior Development age group. For further information concerning this age group, please consult the Junior Development (JD) Manual. **Please note that BC Athletics is currently reviewing indoor track & field events and technical specifications. Please contact BC Athletics for more information.**

#### a. Events

TABLE 4.1A - Junior Development Track & Field and Race Walking Events										
Age Group	U10		U12		U12		U14		U14	
Age	9		10		11		12		13	
Gender	F	M	F	M	F	M	F	M	F	M
60m	•	•	•	•	•	•				
100m	•	•	•	•	•	•	•	•	•	•
200m					•	•	•	•	•	•
300m							•	•	•	•
600m	•	•	•	•	•	•				
800m							•	•	•	•
1000m	•	•	•	•	•	•				
1200m							•	•	•	•
2000m									•	•
60mH	•	•	•	•	•	•				
80mH							•	•	•	•
200mH							•	•	•	•
800mRW	•	•	•	•	•	•	•	•		
1500mRW									•	•
4 x 100m Relay	•	•	•	•	•	•	•	•	•	•
1200m Medley Relay					•	•	•	•	•	•
High Jump	•	•	•	•	•	•	•	•	•	•
Long Jump	•	•	•	•	•	•	•	•	•	•
Triple Jump									•	•
Pole Vault									•	•
Shot Put	•	•	•	•	•	•	•	•	•	•
Discus			•	•	•	•	•	•	•	•
Javelin			•	•	•	•	•	•	•	•
Hammer							•	•	•	•
Pentathlon	•	•	•	•	•	•	•	•	•	•

**LEGEND: H = Hurdle Events | RW = Race Walk | 1200m Medley Relay = 200m, 200m, 200m, 600m**

#### b. Track Event - Junior Development

- i. Junior Development False Start Rule - One (1) false start by an athlete in a race shall be charged to all athletes in that specific race. A second (2nd) false start shall result in the disqualification of the athlete.
- ii. Starting Blocks are not used for the Junior Development age group, ages 9-13 years of age.

#### c. Hurdle Events - Junior Development

- i. It is recommended that practice hurdles (non-weighted) be used for all Junior Development hurdle events. For hurdle specifications (height, distances) please consult **Appendix A**.
  
- d. Throws Events - Junior Development
  
- i. For complete throwing implement specifications (i.e. weights for each age group), please consult **Appendix D**.
  
- e. Combined Events - Junior Development
  
- i. For technical specifications including events and event orders in the combined events for each age group, please consult **Appendix E**.
  
- ii. For technical specifications relating to hurdle events in the combined events, please consult **Appendix A**.
  
- iii. For technical specifications relating to throwing events in the combined events, please consult **Appendix D**.

4.2 Athlete Development – U16 (14-15) to Senior (20+) - Age Group

a. Events

See events below. Also, please note that BC Athletics is currently reviewing indoor track & field events and technical specifications. Please contact BC Athletics for more information.

TABLE 4.2A- U16 to Senior Age Group Events								
Age Group	U16		U18		U20		Senior	
Age	14/15		16/17		18/19		20+	
Gender	F	M	F	M	F	M	F	M
100m	•	•	•	•	•	•	•	•
200m	•	•	•	•	•	•	•	•
300m	•	•						
400m			•	•	•	•	•	•
800m	•	•	•	•	•	•	•	•
1200m	•	•						
1500m			•	•	•	•	•	•
2000m	•	•						
3000m			•	•	•	•		
5000m					•	•	•	•
10,000m							•	•
80mH	•							
100mH		•	•		•		•	
110mH				•		•		•
300mH	•	•						
400mH			•	•	•	•	•	•
1500mSC	•	•						
2000mSC			•	•				
3000mSC					•	•	•	•
1500mRW	•	•						
5000mRW			•	•				
5 Km RW			•	•	•	•		
10 Km RW					•	•	•	•
20 Km RW							•	•
50 Km RW								•
4 X 100m Relay	•	•	•	•	•	•	•	•
4 X 400m Relay	•	•	•	•	•	•	•	•
High Jump	•	•	•	•	•	•	•	•
Long Jump	•	•	•	•	•	•	•	•
Triple Jump	•	•	•	•	•	•	•	•
Pole Vault	•	•	•	•	•	•	•	•
Shot Put	•	•	•	•	•	•	•	•
Discus	•	•	•	•	•	•	•	•
Javelin	•	•	•	•	•	•	•	•
Hammer	•	•	•	•	•	•	•	•
Pentathlon	•	•						
Heptathlon			•		•		•	
Decathlon				•		•		•

LEGEND: H = Hurdle Events | RW = Race Walk | SC = Steeplechase | 1200m Medley Relay = 200m, 200m, 200m, 600m

b. Track Events

- i. For the U16 age group and older, the World Athletics False Start Rule shall be in effect [World Athletics Rule 16.8]. One (1) false start and the athlete is disqualified. The BC High School Track & Field Rules will also include this rule.
- ii. Starting Blocks shall be used for the U16 age group and older.

- iii. **As of 2020, U20 Men will no longer run the 10,000m** [2014 AGM-Resolution 12.6.1].
- iv. As of 2015, U20 Women will now run the 5000m [2014 AGM-Resolution 12.6.2a].
- v. As of 2015 U18 Male athletes may not compete in the BC Athletics U20, Senior and Masters Men's 10,000m Track Event [2014 AGM - Resolution 12.6.5].
- vi. As of 2015 U18 Male and Female athletes may not compete in the 10,000m track event at BC Athletics U20, Senior Track & Field Championships; and this restriction applies to all BC Athletics sanctioned event [2014 AGM-Resolution 12.7a and b].
- c. Race Walk Events
  - i. As of 2015, U18 Men will compete in the 5000mRW [2014 AGM-Resolution 12.6.3c]'
- d. Hurdle Events
  - i. Weighted Hurdles shall be used for the U16 age group and older.
  - ii. **For technical specifications relating to hurdle events in the combined events, please consult Appendix A.**
  - iii. As of 2015, U18 Males will now run the 400mH [2014 AGM-Resolution 12.6.3a].
  - iv. As of 2015, U18 Women will now run the 400mH [2014 AGM-Resolution 12.6.4a].
  - v. As of 2017, U16 Females and Males will now run 300m H [2016 AGM – Resolution 12.iii]
- e. Steeplechase Events
  - i. For technical specifications relating to steeplechase events (i.e. hurdle height, distance, and number of water jumps) please consult **Appendix C**.
  - ii. For the U16 (14-15) 1500m Steeplechase does NOT have water jumps. The start of the race is at the 1500m start line and the hurdles positions the same.
  - iii. The U18 (16-17) 2000m Steeplechase will be the first steeplechase events with water jumps.
  - iv. As of 2015, U20 Women will now run the 3000mSC [2014 AGM-Resolution 12.6.2b].
- f. Throwing Events
  - i. For technical specifications relating to throwing events in the combined events, please consult **Appendix D**.
- g. Combined Events
  - i. For technical specifications including events and event orders in the combined events for each age group, please consult **Appendix E**.
  - ii. For technical specifications relating to hurdle events in the combined events, please consult **Appendix A**.
  - iii. For technical specifications relating to throwing events in the combined events, please consult **Appendix D**.
  - iv. As of 2015, U18 Men will now compete in the Decathlon event [2014 AGM-Resolution 12.6.3c]

## 5.0 Cross Country

The following distances are recommended for the BC Cross Country Championships but may vary depending on the location and the course available. Please note, these distances are also recommended as a guide for non-championships Cross Country races.

### 5.1 Junior Development (JD) Cross Country Championship Race Distances

Age	Gender	Age Group	Distance
9	F/M	U10	1500m
10	F/M	U12	2000m
11	F/M	U12	2000m
12	F/M	U14	3000m
13	F/M	U14	3000m

### 5.2 U16 to Masters Cross Country Championship Race Distances

Age	Gender	Age Group	Distance
14/15	F	U16	3000m
14/15	M	U16	3000m
16/17	F	U18	4000m
16/17	M	U18	5000m
18/19	F	U20	6000m
18/19	M	U20	8000m
20+	F	Senior	6000m
20+	M	Senior	8000m
35+	F	Masters	6000m
35+	M	Masters	8000m

❖ Please note changes U20, Senior and Masters Men's and Women's distances as of 2016.

## 6.0 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. Rational for this reasoning can be found here:

Link: [http://www.acroad.ca/documents/DistanceRecommendation\\_2014-01-15.pdf](http://www.acroad.ca/documents/DistanceRecommendation_2014-01-15.pdf)

### 6.1 Recognized BC Athletics Championship Age Groups

a. Male and Female U20, Senior, and Masters.

### 6.2 Recognized BC Athletics Championships Distances



- a. 5 Km
- b. 8 Km
- c. 10 Km
- d. Half Marathon
- e. Marathon
- f. Road Relay

### 6.3 Recognized BC Athletics Non-Championships Age Groups

- a. 5Km - 10+ years of age;
- b. 8Km - 12+ years of age;
- c. 10Km - 14+ years of age;
- d. Half Marathon - 16+ years of age;
- e. Marathon - 18+ years of age.

### 7.0 Important Links

World Athletics (WA)	<a href="#">Link</a>
Athletics Canada (AC)	<a href="#">Link</a>
Canadian Masters Athletics (CMA)	<a href="#">Link</a>
World Masters Athletics (WMA)	<a href="#">Link</a>

## APPENDIX A

### Outdoor Hurdle Specifications | 80mH - 110mH | All Age Groups

Age Group	Age	Female / Women / Girls					Male / Men / Boys						
		D (m)	Height	# of H's	S > 1 <sup>st</sup> H	H <> H	H > F	D (m)	Height	# of H's	S > 1 <sup>st</sup> H	H <> H	H > F
U10	9	60mH	21" - 0.533m	6	11.00 m	6.50 m	16.50 m	60mH	21" - 0.533m	6	11.00 m	6.50 m	16.50 m
U12	10	60mH	24" - 0.610m	6	11.00 m	6.50 m	16.50m	60mH	24" - 0.610m	6	11.00 m	6.50 m	16.50 m
U12	11	60mH	24" - 0.610m	6	11.00 m	6.50 m	16.50 m	60mH	24" - 0.610m	6	11.00 m	6.50 m	16.50 m
U14	12	80mH	27" - 0.686m	8	12.00 m	7.00 m	19.00 m	80mH	27" - 0.686m	8	12.00 m	7.00 m	19.00 m
U14	13	80mH	30" - 0.762m	8	12.00 m	7.50 m	15.50 m	80mH	30" - 0.762m	8	12.00 m	8.00 m	12.00 m
U16	14-15	80mH	30" - 0.762m	8	12.00 m	8.00 m	12.00 m	100mH	33" - 0.840m	10	13.00 m	8.50 m	10.50 m
U18	16-17	100mH	30" - 0.762m	10	13.00 m	8.50 m	10.50 m	110mH	36" - 0.914m	10	13.72 m	9.14 m	14.02 m
U20	18-19	100mH	33" - 0.840m	10	13.00 m	8.50 m	10.50m	110mH	39" - 0.991m	10	13.72 m	9.14 m	14.02 m
Senior	20+	100mH	33" - 0.840m	10	13.00 m	8.50 m	10.50 m	110mH	42" - 1.067m	10	13.72 m	9.14 m	14.02 m
Masters	35-39	100mH	33" - 0.840m	10	13.00 m	8.50 m	10.50 m						
Masters	35-49							110mH	39" - 0.991m	10	13.72 m	9.14 m	14.02 m
Masters	40-49	80mH	30" - 0.762m	8	12.00 m	8.00 m	12.00m						
Masters	50-59	80mH	30" - 0.762m	8	12.00 m	7.00 m	19.00m	100mH	36" - 0.914m	10	13.00 m	8.50 m	10.50 m
Masters	60+	80mH	27" - 0.686m	8	12.00 m	7.00 m	19.00 m						
Masters	60-69							100mH	33" - 0.840m	10	12.00 m	8.00 m	16.00 m
Masters	70-79							80mH	30" - 0.762m	8	12.00 m	7.00 m	19.00 m
Masters	80+							80mH	27" - 0.686m	8	12.00 m	7.00 m	19.00 m

**LEGEND:** H = Hurdle | m = metres | D(m) = Race Distance | S > 1<sup>st</sup> H - Distance from Start to First Hurdle | H <> H = Distance Between Hurdles | H > F = Distance from Last Hurdle to Finish Line

**IMPORTANT UPDATES:**

BC Athletics is currently evaluating the addition of Indoor Events and Specifications in the BCA Events and Specifications Manual

APPENDIX A (continued)

Outdoor Hurdle Specifications | 200mH - 300mH - 400mH | All Age Groups

Age Group	Age	Female / Women / Girls					Male / Men / Boys						
		D (m)	Height	# of H's	S > 1 <sup>st</sup> H	H <> H	H > F	D (m)	Height	# of H's	S > 1 <sup>st</sup> H	H <> H	H > F
U14	12	200mH	24" - 0.610m	5	20.00 m	35.00 m	40.00 m	200mH	24" - 0.610m	5	20.00 m	35.00 m	40.00 m
U14	13	200mH	27" - 0.686m	5	20.00 m	35.00 m	40.00 m	200mH	27" - 0.686m	5	20.00 m	35.00 m	40.00 m
U16	14-15	300mH	30" - 0.762m	7	50.00 m	35.00 m	40.00 m	300mH	30" - 0.762m	7	50.00 m	35.00 m	40.00 m
U18	16-17	400mH	30" - 0.762m	10	45.00 m	35.00 m	40.00 m	400mH	33" - 0.840m	10	45.00 m	35.00 m	40.00 m
U20	18-19	400mH	30" - 0.762m	10	45.00 m	35.00 m	40.00 m	400mH	36" - 0.914m	10	45.00 m	35.00 m	40.00 m
Senior	20+	400mH	30" - 0.762m	10	45.00 m	35.00 m	40.00 m	400mH	36" 0.914m	10	45.00 m	35.00 m	40.00 m
Masters	35-49	400mH	30" - 0.762m	10	45.00 m	35.00 m	40.00 m						
Masters	35-49							400mH	36" - 0.914m	10	45.00 m	35.00 m	40.00 m
Masters	50-59	300mH	30" - 0.762m	7	50.00 m	35.00 m	40.00 m	400mH	33" - 0.840m	10	45.00 m	35.00 m	40.00 m
Masters	60-69	300mH	27" - 0.686m	7	50.00 m	35.00 m	40.00 m	300mH	30" - 0.762m	7	50.00 m	35.00 m	40.00 m
Masters	70+	200mH	27" - 0.686m	5	20.00 m	35.00 m	40.00 m						
Masters	70-79							300mH	27" - 0.686m	7	50.00 m	35.00m	40.00 m
Masters	80+							200mH	27" - 0.686m	5	20.00 m	35.00 m	40.00 m

**LEGEND:** H = Hurdle | m = metres | D(m) = Race Distance | S > 1<sup>st</sup> H - Distance from Start to First Hurdle | H <> H = Distance Between Hurdles | H > F = Distance from Last Hurdle to Finish Line

**IMPORTANT UPDATES:**

As of 2015, U18 Men and Women will now run the 400mH event for the long hurdle races.  
 As of 2017, U16 Age (14/15) Female and Males will run the 300m Hurdles.

APPENDIX B

Indoor Hurdle Specifications | 60mH | Masters Age Group only

Age Group	Age	Female / Women / Girls					Male / Men / Boys						
		D (m)	Height	# of H's	S > 1 <sup>st</sup> H	H <> H	H > F	D (m)	Height	# of H's	S > 1 <sup>st</sup> H	H <> H	H > F
U14	12												
U14	13												
U16	14-15												
U18	16-17												
U20	18-19												
Senior	20+												
Masters	35-39	60mH	33" - 0.840m	5	13.00 m	8.50 m	13.00 m						
Masters	35-49							60mH	39" - 0.991m	5	13.72 m	9.14 m	9.72 m
Masters	40-49	60mH	30" - 0.762m	5	12.00 m	8.00 m	16.00 m						
Masters	50-59	60mH	30" - 0.762m	5	12.00 m	7.00 m	20.00 m	60mH	36" - 0.914m	5	13.00 m	8.50 m	13.00 m
Masters	60+	60mH	27" - 0.686m	5	12.00 m	7.00 m	20.00 m						
Masters	60-69							60mH	33" - .840m	5	12.00m	8.00m	16.00m
Masters	70-79							60mH	30" - 0.762m	5	12.00 m	7.00 m	20.00 m
Masters	80+							60mH	27" - 0.686m	5	12.00 m	7.00 m	20.00 m

**LEGEND:** H = Hurdle | m = metres | D(m) = Race Distance | S > 1<sup>st</sup> H - Distance from Start to First Hurdle | H <> H = Distance Between Hurdles | H > F = Distance from Last Hurdle to Finish Line

**IMPORTANT UPDATES:**

BC Athletics is currently evaluating the addition of Indoor Events and Specifications to the BCA Events and Technical Specifications Manual

APPENDIX C

Steeplechase Specifications | 1500mSC - 3000mSC | All Age Groups

Age Group	Age	Female / Women / Girls				Male / Men / Boys			
		D (m)	Height	# of H's	Water Jumps	D (m)	Height	# of H's	Water Jumps
U16	14-15	1500mSC	30" - 0.762m	12	0	1500mSC	30" - 0.762m	12	0
U18	16-17	2000mSC	30" - 0.762m	18	5	2000mSC	33" - 0.840m	18	5
U20	18-19	3000mSC	30" - 0.762m	28	7	3000mSC	36" - 0.914m	28	7
Senior	20+	3000mSC	30" - 0.762m	28	7	3000mSC	36" - 0.914m	28	7
Masters	35+	2000mSC	30" - 0.762m	18	5				
Masters	35-59					3000mSC	36" - 0.914m	28	7
Masters	60+					2000mSC	30" - 0.762m	18	5
<p><b>LEGEND:</b> SC = Steeplechase   H = Hurdle   m = metres   D(m) = Race Distance</p> <p><b>IMPORTANT UPDATES:</b> As of 2015 U20 Women will now compete in the 3000mSC event, which has replaced the 2000mSC.</p>									

APPENDIX D

Throwing Events Specifications | All Throwing Events | All Age Groups

Age Group	Age	Female / Women / Girls						Male / Men / Boys							
		SP	DT	JT	HT	WT	SP	WT	SP	DT	JT	HT	WT	SP	WT
		Outdoor					Indoor		Outdoor					Indoor	
U10	9	2.00 K	n/a	n/a	n/a										
U12	10	2.00 K	750 g	400 g	n/a										
U12	11	2.00 K	750 g	400 g	n/a										
U14	12	3.00 K	750 g	400 g	3.00 K										
U14	13	3.00 K	750 g	400 g	3.00 K										
U16	14-15	3.00 K	1.00 K	500 g	3.00 K										
U18	16-17	3.00 K	1.00 K	500 g	3.00 K										
U20	18-19	4.00 K	1.00 K	600 g	4.00 K										
Senior	20+	4.00 K	1.00 K	600 g	4.00 K										
Masters - F	35-49	4.00 K	1.00 K	600 g	4.00 K	9.08 K	4.00 K	9.08 K							
Masters - M	35-49														
Masters - F & M	50-59	3.00 K	1.00 K	500 g	3.00 K	7.26 K	3.00 K	7.26 K							
Masters - F	60-74	3.00 K	1.00 K	500 g	3.00 K	5.45 K	3.00 K	5.45 K							
Masters - M	60-69														
Masters - M	70-79														
Masters - F	75+	2.00 K	750 g	400 g	2.00 K	4.00 K	2.00 K	4.00 K							
Masters - M	80+														

LEGEND: K = Kilogram | g = Gram | n/a = Not Applicable

IMPORTANT UPDATES:

BC Athletic is currently evaluating the addition of Indoor Event and Specifications to the BCA Events and Technical Specifications Manual.

APPENDIX E

Combined Events | Pentathlon - Decathlon | U10 - Senior 20+ Age Groups

	Age Group	Age	Event	Event Order										
				1	2	3	4	5	6	7	8	9	10	
Female, Women, Girls	U10	9	Pentathlon	60mH	HJ	LJ	SP	600m						
	U12	10	Pentathlon	60mH	HJ	LJ	SP	600m						
	U12	11	Pentathlon	60mH	HJ	LJ	SP	600m						
	U14	12	Pentathlon	80mH	HJ	LJ	SP	800m						
	U14	13	Pentathlon	80mH	HJ	LJ	SP	800m						
	U16	14-15	Pentathlon	80mH	HJ	LJ	SP	800m						
	U19	16-17	Heptathlon (2 Day)	100mH	HJ	SP	200m	LJ	JT	800m				
	U20	18-19	Heptathlon (2 Day)	100mH	HJ	SP	200m	LJ	JT	800m				
	Senior	20+	Heptathlon (2 Day)	100mH	HJ	SP	200m	LJ	JT	800m				
Male, Men, Boys	U10	9	Pentathlon	60mH	HJ	LJ	SP	600m						
	U12	10	Pentathlon	60mH	HJ	LJ	SP	600m						
	U12	11	Pentathlon	60mH	HJ	LJ	SP	600m						
	U14	12	Pentathlon	80mH	HJ	LJ	SP	800m						
	U14	13	Pentathlon	80mH	HJ	LJ	SP	800m						
	U16	14-15	Pentathlon	100mH	LJ	SP	HJ	1000m						
	U18	16-17	Decathlon (2 Day)	100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m	
	U20	18-19	Decathlon (2 Day)	100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m	
	Senior	20+	Decathlon (2 Day)	100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m	

**LEGEND:** 2 Day = the event takes place over 2 Days. Bold Line (|) indicates start of day 2 events.

Appendix E (continued)

Indoor and Outdoor Combined Events | Pentathlon - Decathlon | Master 35+ Age Group

	Age Group	Age	Event	Event Order										
				1	2	3	4	5	6	7	8	9	10	
Women	Masters	35+	Pentathlon	Hurdles	HJ	SP	LJ	800m						
	Masters	35+	Indoor Pentathlon	Hurdles	HJ	SP	LJ	800m						
	Masters	35+	Indoor Heptathlon (2 Day)	60m	SP	LJ	PV	Hurdles	HJ	800m				
	Masters	35+	Heptathlon (2 Day)	Hurdles	HJ	SP	200m	LJ	JT	800m				
	Masters	35+	Throws Pentathlon	HT	SP	DT	JT	WT						
	Masters	35+	Decathlon	100m	DT	PV	JT	400m	Hurdles	LJ	SP	HJ	1500m	
Men	Masters	35+	Pentathlon	LJ	JT	200m	DT	1500m						
	Masters	35+	Indoor Pentathlon	Hurdles	LJ	SP	HJ	1000m						
	Masters	35+	Indoor Heptathlon (2 Day)	60m	LJ	SP	HJ	Hurdles	PV	1000m				
	Masters	35+	Decathlon (2 Day)	100m	LJ	SP	HJ	400m	Hurdles	DT	PV	JT	1500m	
	Masters	35+	Throws Pentathlon	HT	SP	DT	JT	WT						

**LEGEND:** **2 Day** = the event takes place over 2 Days. Bold Line (|) indicates start of day 2 events | **Hurdles** - Please consult Appendix A and B for age appropriate hurdle events and specifications.

**IMPORTANT UPDATES:**

For all Hurdle Specifications and Throwing Event Specifications, please consult Appendix A and D.  
 U16 age group uses Athletics Canada Specifications. U18 to Senior age groups use World Athletics Specifications. Masters age group uses CMA Specifications.