



## Athletics Alberta Outdoor Championships Events and Technical Specifications

Females								Males						
PW	BN	MID	YTH	JNR	SNR	MAS	Events	PW	BN	MID	YTH	JNR	SNR	MAS
X							60m	X						
	X						80m		X					
		X	X	X	X	X	100m			X	X	X	X	X
X	X						150m	X	X					
		X	X	X	X	X	200m			X	X	X	X	X
		X					300m			X				
			X	X	X	X	400m				X	X	X	X
X							600m	X						
	X	X	X	X	X	X	800m		X	X	X	X	X	X
X							1000m	X						
	X	X					1200m		X	X				
			X	X	X	X	1500m				X	X	X	X
		X					2000m			X				
			X	X		X	3000m				X			X
					X		5000m					X	X	
X	X	X	X	X	X	ACS	Hurdles	X	X	X	X	X	X	ACS
		1.5k	2k	2k	3k	ACS	Steeple			1.5k	2k	3k	3k	ACS
.8K	.8K	1.5k	3k	5k	10k	ACS	Race Walk	.8K	.8K	1.5k	3k	10k	20k	ACS
X	X	X	X	X	X	X	High Jump	X	X	X	X	X	X	X
		X	X	X	X	X	Pole Vault			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	Triple Jump			X	X	X	X	X
X	X	X	X	X	X	ACS	Shot Put	X	X	X	X	X	X	ACS
		X	X	X	X	ACS	Hammer			X	X	X	X	ACS
X	X					ACS	Javelin							ACS
X	X					ACS	Discus							ACS
X	X	X	X	X	X	X	4x100m	X	X	X	X	X	X	X
		X	X	X	X	X	4x400m			X	X	X	X	X
TET	TET	Pent	Hep	Hep	Hep	ACS	Combined	TET	TET	Pent	Oct	Dec	Dec	ACS

\*\*PeeWees will have a take-off area consisting of a 1 metre zone, the jump will be measured from the athlete's take-off point. Standing long jump is also acceptable for Pee Wees and Bantams.

\*ACS - Age Categories Specifications for Masters. Please look for the WMA specs at: [World Masters Specifications](#)

## Athletics Alberta Outdoor Hurdles/Steeple Specifications

Females					Age Group	Males				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.60m/24"*	12.00m	7.00m	PeeWee	60m	5	.60m/24"*	12.00m	7.00m
80m	8	.68m/27"	12.00m	7.50m	Bantam	80m	8	.68m/27"	12.00m	7.50m
80m	8	.76m/30"	12.00m	8.00m	Midget	100m	10	.84m/33"	13.00m	8.50m
100m	10	.76m/30"	13.00m	8.50m	Youth	110m	10	.91m/36"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	Junior	110m	10	.99m/39"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	Senior	110m	10	1.07m/42"	13.72m	9.14m
200m	5	.60m**	20m	35m	Bantam	200m	5	.60m**	20m	35m
200m	5	.76m/30"	20m	35m	Midget	200m	5	.76m/30"	20m	35m
300m	7	.76m/30"	50m	35m	Youth	300m	7	.84m/33"	50m	35m
400m	10	.76m/30"	45m	35m	Junior	400m	10	.91m/36"	45m	35m
400m	10	.76m/30"	45m	35m	Senior	400m	10	.91m/36"	45m	35m
1500m		.76m/30"	-	-	Midget	1500m		.76m/30"		
2000m		.76m/30"			Youth	2000m		.84m/33"		
2000m		.76m/30"			Junior	3000m		.91m/36"		
3000m		.76m/30"			Senior	3000m		.91m/36"		
World Masters Athletics website ( <a href="#">click here</a> )					<b>Master</b>	World Masters Athletics website ( <a href="#">click here</a> )				

\*PeeWee hurdles are optional.

+ There is not water barrier for midgets, race starts at 1500m start and barriers begin after 300m.

## Athletics Alberta Outdoor Throws Specifications

Females				Age Group	Males			
Shot Put	Discus	Javelin	Hammer		Shot Put	Discus	Javelin	Hammer
2kg	750g	NA		PeeWee*	2kg	750g	NA	
3kg	750g	500g		Bantam*	3kg	750g	500g	
3kg	1kg	500g	3kg	Midget	4kg	1kg	600g	4kg
3kg	1kg	500g	3kg	Youth	5kg	1.5kg	700g	5kg
4kg	1kg	600g	4kg	Junior	6kg	1.75kg	800g	6kg
4kg	1kg	600g	4kg	Senior	7.26kg	2kg	800g	7.26kg
World Masters Athletics website ( <a href="#">click here</a> )				<b>Master</b>	World Masters Athletics website ( <a href="#">click here</a> )			

\*Ball throw is acceptable for PeeWee and Bantams.

Please view LTAD Event Structure Guideline here

[www.athletics.ca/files//Athletics\\_Canada\\_Event\\_Structure\\_-\\_Jan%202012.PDF](http://www.athletics.ca/files//Athletics_Canada_Event_Structure_-_Jan%202012.PDF)