



Athletics NS Technical Specifications - Outdoors

	Mosquito (6-9)	PeeWee (10-11)	Bantam (12-13)	Midget (14-15)	Youth (16-17)	Junior (18-19)	Senior (20-34)	Masters (35+)
80m								Please See Separate Document
100m								
150m								
200m								
300m								
400m								
800m								
1200m								
1500m								
2000m								
3000m								
5000m								
80mH			F-30"	F-30"				
100mH				F-30",M-33"	F-30"	F-33"	F-33"	
110mH					M-36"	M-39"	M-42"	
200mH				F-30", M-30"				
400mH					F-30", M-33"	F-30", M-36"	F-30", M-36"	
1500mSC				F-30", M-30"				
2000mSC					F-30", M-33"	F-30"		
3000mSC							F-30", M-36"	
800mRW								
1500mRW								
3000mRW								
5000mRW								
4x100m								
4x400m								
High Jump								
Long Jump								
Triple Jump								
Pole Vault								
Shot Put			F-3kg,M-3kg	F-3kg, M-4kg	F-3kg, M-5kg	F-4kg,M-6kg	F-4kg,M-7.26kg	
Discus			F-.75kg,M-.75kg	F-1kg,M-1kg	F-1kg,M-1.5kg	F-1kg,M-1.75kg	F-1kg,M-2kg	
Hammer			F-3kg,M-3kg	F-3kg, M-4kg	F-3kg, M-5kg	F-4kg,M-6kg	F-4kg,M-7.26kg	
Javelin			F-400g,M-400g	F-500g,M-600g	F-500g,M-700g	F-600g,M-800g	F-600g,M-800g	
Tetrathlon								
Pentathlon								
Heptathlon					Female	Female	Female	
Decathlon					Male	Male	Male	

Hurdle Specifications

	Distance	# of Hurdles	Height	Hurdle	Between
Female					
F - Bantam	80m	8	30"	12.00m	7.50m
F - Midget	80m	8	30"	12.00m	8.00m
F - Youth	100m	10	30"	13.00m	8.50m
F - Junior	100m	10	33"	13.00m	8.50m
F - Senior	100m	10	33"	13.00m	8.50m
Male					

M - Bantam	80m	8	30"	12.00m	7.50m
M - Midget	100m	10	33"	13.00m	8.50m
M - Youth	110m	10	36"	13.72m	9.14m
M - Junior	110m	10	39"	13.72m	9.14m
M - Senior	110m	10	42"	13.72m	9.14m

Long Hurdle Specifications					
	Distance	# of Hurdles	Height	Hurdle	Between
Female					
F - Bantam	200m	5	30"	20.00m	35.00m
F - Midget	200m	5	30"	20.00m	35.00m
F - Youth	400m	10	30"	45.00m	35.00m
F - Junior	400m	10	30"	45.00m	35.00m
F - Senior	400m	10	30"	45.00m	35.00m
Male					
M - Bantam	200m	5	30"	20.00m	35.00m
M - Midget	200m	5	33"	20.00m	35.00m
M - Youth	400m	10	33"	45.00m	35.00m
M - Junior	400m	10	36"	45.00m	35.00m
M - Senior	400m	10	36"	45.00m	35.00m

Steeplechase Specifications					
	Distance	# of Barriers	Height	Notes	
Female					
F - Midget	1500m	12	30"	3 full laps with barriers, non water jump	
F - Youth	2000m	18	30"	18 barriers, 5 water jumps, first barrier near 200m start	
F - Junior	2000m	10	30"	18 barriers, 5 water jumps, first barrier near 200m start	
F - Senior	3000m	28	30"	28 barriers, 7 water jumps, first barrier near finish line	
Male					
M - Midget	1500m	12	30"	3 full lap with barriers, non water jump	
M - Youth	2000m	10	33"	18 barriers, 5 water jumps, first barrier near 200m start	
M - Junior	3000m	10	36"	28 barriers, 7 water jumps, first barrier near finish line	
M - Senior	3000m	10	36"	28 barriers, 7 water jumps, first barrier near finish line	

Implement Specifications				
	Shot Put	Discus	Hammer	Javelin
Female				
Bantam	3kg	750g	3kg	400g
Midget	3kg	1kg	3kg	500g
Youth	3kg	1kg	3kg	500g
Junior	4kg	1kg	4kg	600g
Senior	4kg	1kg	4kg	600g
Male				
Bantam	3kg	750g	3kg	400g
Midget	4kg	1kg	4kg	600g
Youth	5kg	1.5kg	5kg	700g
Junior	6kg	1.75kg	6kg	800g
Senior	7.26kg	2.0kg	7.26kg	800g

Multi-Events

	Event 1	Event 2	Event 3	Event 4	Event 5
Tetrathlon #1	60m	Shot Put (2kg)	Long Jump	600m	
Tetrathlon #2	60mH (low)	Shot Put (2kg)	Long Jump	600m	
Pentathlon - F	80mH (30")	High Jump	Shot Put (3kg)	Long Jump	800m
Pentathlon - M	M-100mH (33")	Long Jump	Shot Put (4kg)	High Jump	1000m
Day 1-Heptathlon	100mH (U16-30", U18-33", Open-33")	High Jump	Shot Put (U16-3kg, U18-4kg, Open-4kg)	200m	
Day 2-Heptathlon	Long Jump	Javelin (U18-500g, U20-600g, Open-600g)	800m		
Day 1 - Decathlon	100m	Long Jump	Shot Put (U18-5kg, U20-6kg, Open-7.26kg)	High Jump	400m
Day 2 - Decathlon	110mH (U18-36", U20-39", Open-42")	Discus (U18-1.5kg, U20-1.75kg, Open-2kg)	Pole Vault	Javelin (U18-700g, U20-800g, Open-800g)	1500m