Athletics Alberta Indoor Championships Events and Technical Specifications

Females									Males							
TY	PW	BN	MID	YTH	JNR	SNR	MAS	Events	TY	PW	BN	MID	YTH	JNR	SNR	MAS
X	X	X						50m	X	X	X					
X	X	X	X	X	X	X	X	60m	X	X	X	X	X	X	X	X
X	X	X						150m	X	X	X					
							X	200m								X
			X	X	X	X		300m				X	X	X	X	
X								400m	X							
	X	X	X	X	X	X	X	600m		X	X	X	X	X	X	X
	X			X	X	X	X	1000m		X			X	X	X	X
		X	X					1200m			X	X				
				X	X	X	X	1500m					X	X	X	X
			X					2000m				X				
				X	X	X	X	3000m					X	X	X	X
	X	X	X	X	X	X	X	Hurdles		X	X	X	X	X	X	X
	.8K	.8K	1.5k	3k	3k	3k	3k	Race Walk		.8K	.8K	1.5k	3k	3k	3k	3k
	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	X	Long Jump*	X	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	X	X	Shot Put	X	X	X	X	X	X	X	X
			X	X	X	X	X	Weight Toss				X	X	X	X	X
X	X	X						4x100m	X	X	X					
X	X	X	X	X	X	X	X	4x200m	X	X	X	X	X	X	X	X
			X	X	X	X	X	4x400m				X	X	X	X	X
						X		4x800m							X	
X	X	X	X	X	X	X	X	Medley**	X	X	X	X	X	X	X	X

Tyke, PeeWee and Bantam events are to be in the multi event format; a triathlon for each day of competition. Events marked above are the events which the triathlons for Provincials can be made up from. Not all events will be contested at Provincials. Relays are separate from triathlons.

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

**Medley Relay will consist of 100m-50m-50m-200m for Tykes, 200m-100m-100m-400m for PeeWee and Bantam age groups and 400m-200m-200m-800m for Midget and up.

Tykes, PeeWee and Bantam modified start rule: First false charged to the field, second false is disqualification.

ACS - Age Categories Specifications for Masters. Please look for the WMA specs at: World Masters Specifications

Athletics Alberta Indoor Hurdles Specifications

Females					Age Group	Males				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.45m*	12.00m	7.00m	PeeWee	60m	5	.45m*	12.00m	7.00m
60m	5	.60m**	12.00m	7.50m	Bantam	60m	5	.60m**	12.00m	7.50m
60m	5	.76m/30”	12.00m	8.00m	Midget	60m	5	.84m/33”	13.00m	8.50m
60m	5	.76m/30”	13.00m	8.50m	Youth	60m	5	.91m/36”	13.72m	9.14m
60m	5	.84m/33”	13.00m	8.50m	Junior	60m	5	.99m/39”	13.72m	9.14m
60m	5	.84m/33”	13.00m	8.50m	Senior	60m	5	1.07m/42”	13.72m	9.14m
World Masters Athletics website (click here)					Masters	World Masters Athletics website (click here)				

*PeeWee hurdle heights can range from .45m/18”-.60m/24”.

**Bantam hurdle heights can range from .60m/24”-76m/30”.

Athletics Alberta Indoor Throws Specifications

Females		Age Group	Males	
Shot Put	Weight Throw		Shot Put	Weight Throw
2kg		Tyke	2kg	
2kg		PeeWee	2kg	
3kg		Bantam	3kg	
3kg	7.26kg/16lbs	Midget	4kg	7.26kg/16lbs
3kg	7.26kg/16lbs	Youth	5kg	9.08kg/20lbs
4kg	9.08kg/20lbs	Junior	6kg	11.34kg/25lbs
4kg	9.08kg/20lbs	Senior	7.26kg	15.88kg/35lbs
World Masters Athletics website (click here)		Masters	World Masters Athletics website (click here)	

Athletics Alberta Indoor Combined Events Specifications

Females – Order Specific	Age Group	Males – Order Specific
60m – High Jump – Shot Put – Long Jump – 800m	Midget	60m – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Youth	60mH – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Junior	Day 1: 60m – Long Jump – Shot Put – High Jump Day 2: 60mH – Pole Vault – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Senior	Day 1: 60m – Long Jump – Shot Put – High Jump Day 2: 60mH – Pole Vault – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Masters	60mH – Long Jump – Shot Put – High Jump – 1000m