



Athletics Alberta Indoor Championships Events and Technical Specifications

Females									Males							
U10	U12	U14	U16	U18	U20	SNR	MAS	Events	U10	U12	U14	U16	U18	U20	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

U10, U12 and U14 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.

*U10 and U12 will have a take-off area consisting of a 1 metre zone; the jump will be measured from the athlete's takeoff point. Standing long jump is also acceptable for U10, U12 and U14.

**Medley Relay will consist of 100m-50m-50m-200m for U10, 200m-100m-100m-400m for U12 and U14 age groups and 400m-200m-200m-800m for U16 and up.

U10, U12 and U14 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	U12	60m	5	.45m*	12.00m	7.00m
60m	5	.60m**	12.00m	7.50m	U14	60m	5	.60m**	12.00m	7.50m
60m	5	.76m/30"	12.00m	8.00m	U16	60m	5	.84m/33"	13.00m	8.50m
60m	5	.76m/30"	13.00m	8.50m	U18	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	U20	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)				

*U12 hurdle heights can range from .45m/18"-.60m/24".

**U14 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		U10	2kg	
2kg		U12	2kg	
3kg		U14	3kg	
3kg	7.26kg/16lbs	U16	4kg	7.26kg/16lbs
3kg	7.26kg/16lbs	U18	5kg	9.08kg/20lbs
4kg	9.08kg/20lbs	U20	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	U16	60m – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	U18	60mH – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	U20	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