

Athletics Alberta Outdoor Events

Females									Males							
U10	U12	U14	U16	U18	U20	SNR	MAS	Events	U10	U12	U14	U16	U18	U20	SNR	MAS
x								60m	x							
	x							80m		x						
		x	x	x	x	x	x	100m			x	x	x	x	x	x
x	x							150m	x	x						
		x	x	x	x	x	x	200m			x	x	x	x	x	x
x			x					300m	x			x				
	x			x	x	x	x	400m		x			x	x	x	x
x								600m	x							
	x	x	x	x	x	x	x	800m		x	x	x	x	x	x	x
		x	x					1200m			x	x				
				x	x	x	x	1500m					x	x	x	x
			x					2000m				x				
				x			x	3000m					x			x
					x	x		5000m						x	x	
x	x	x	x	x	x	x	x	Hurdles	x	x	x	x	x	x	x	x
			1500	2000	3000	3000	ACS	Steeple				1500	2000	3000	3000	ACS
			1500	3000	5000	10000	ACS	Race Walk				1500	3000	5000	10000	ACS
		x	x	x	x	x	x	High Jump			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	Hammer				x	x	x	x	x
x	x	x	x	x	x	x	ACS	Javelin	x	x	x	x	x	x	x	ACS
	x	x	x	x	x	x	ACS	Discus		x	x	x	x	x	x	ACS
x	x	x	x	x	x	x	x	4x100m	x	x	x	x	x	x	x	x
			x	x	x	x	x	4x400m				x	x	x	x	x
x	x	x						Medley	x	x	x					
			Pent	Hep	Hep	Hep	ACS	Combined				Pent	Dec	Dec	Dec	ACS

U10, U12 and U14 events are to be in the multi event format; a tetrathlon for each day of competition. Events marked above are the events which the tetrathlons for Provincials can be made up from. Not all events will be contested at Provincials. Tetrathlons will use scoring tables. Relays are separate from tetrathlons.

**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 and U12.

*** U10 100-50-50-200, U12 and U14: 200-100-100-400, U16 and older (non championship): 400-200-200-800 U10, U12 and U14 modified start rule: First false charged to the field, second false is disqualification.

*ACS - Age Categories Specifications for Masters. For details please go to the World Masters Athletics website (<https://world-masters-athletics.org/>).

Athletics Alberta Outdoor Hurdle and Steeple Specifications

Distance	Hurdles	Height	H1	Btw	Age Group	Distance	Hurdles	Height	H1	Btw
60m	5	.60m/24"	12m	7m	U10	60m	5	.60m/24"	12m	7m
60m	5	.68m/27"	12m	7.5m	U12	60m	5	.68m/27"	12m	7.5m
80m	8	.76m/30"	12m	8m	U14	80m	8	.76m/30"	12m	8m
80m	8	.76m/30"	12m	8m	U16	100m	10	.84m/33"	13m	8.5m
100m	10	.76m/30"	13m	8.5m	U18	110m	10	.91m/36"	13.72m	9.14m
100m	10	.84m/33"	13m	8.5m	U20	110m	10	.99m/39"	13.72m	9.14m
100m	10	.84m/33"	13m	8.5m	Senior	110m	10	1.07m/42"	13.72m	9.14m
200m	5	.76m/30"	20m	35m	U14	200m	5	.76m/30"	20m	35m
200m	5	.76m/30"	20m	35m	U16	200m	5	.76m/30"	20m	35m
400m	10	.76m/30"	45m	35m	U18	400m	10	.84m/33"	45m	35m
400m	10	.76m/30"	45m	35m	U20	400m	10	.91m/36"	45m	35m
400m	10	.76m/30"	45m	35m	Senior	400m	10	.91m/36"	45m	35m
1500m		.76m/30"			U16	1500m				
2000m		.76m/30"			U18	2000m				
3000m		.76m/30"			U20	3000m				
3000m		.76m/30"			Senior	3000m				
WMA (https://world-masters-athletics.org/)					Masters	WMA (https://world-masters-athletics.org/)				

*There is no water barrier for U16, race starts at 1500m start and barriers begin after 300m.

Athletics Alberta Outdoor Throws Specifications

Females				Age Group	Males			
Shot Put	Discus	Hammer	Javelin		Shot Put	Discus	Hammer	Javelin
2kg			200g	U10	2kg			200g
2kg	750g		300g	U12	2kg	750g		300g
3kg	750g		400g	U14	3kg	750g		400g
3kg	1kg	3kg	500g	U16	4kg	1kg	4kg	600g
3kg	1kg	3kg	500g	U18	5kg	1.5kg	5kg	700g
4kg	1kg	4kg	600g	U20	6kg	1.75kg	6kg	800g
4kg	1kg	4kg	600g	Senior	7.26kg	2kg	7.26kg	800g
WMA (https://world-masters-athletics.org/)				Masters	WMA (https://world-masters-athletics.org/)			

* Turbo Javelin or Ball Throw will be used for U10 and U12 instead of Javelin

* Ball throw and Turbo Javs should **not** be used for U14