



## **Multi-Events Framework Policy (for U10, U12, and U14 Athletes)**

This is an update of the previous multi-events framework to reflect the update in age group language and specifications. This update is intended to reflect the holistic ideals of the previous policy. Flexibility is still foundational to this policy.

### **Multi-Events Framework**

Competitions should consist of 3-4 events (triathlon and tetrathlon or both) and can be over 1-2 days (2 day meets, for example, might offer a different event on each day). When possible, the window of competition on a given day should be approximately 3 hours. Ideally, a designated chaperone to manage athlete movement, assist with results, and coordinate with meet officials.

### **Indoor Events**

U10 Shot Put, Standing Long Jump, Running Long Jump (1m board), 60m, 60m hurdles, 300m, 600m  
U12 Shot Put, Standing Long Jump, Running Long Jump (1m board), 60m, 60m hurdles, 300m, 600m  
U14 Shot Put, Running Long Jump, Running Long Jump, High Jump, 60m, 60m hurdles, 600m, 1000m

### **Outdoor Events**

U10 Shot Put, Standing Long Jump, Running Long Jump (1m board), 60m, 150m, 60m hurdles, 300m, 600m  
U12 Shot Put, Standing Long Jump, Running Long Jump (1m board), 80m, 150m, 60m hurdles, 400m, 800m  
U14 Shot Put, Running Long Jump, High Jump, 100m, 200m, 80m hurdles, 200m hurdles, 800m, 1200m

### **Technical Specifications**

Technical Specifications can be found [here](#).

### **Scoring and medals**

Scoring for these multi-events competitions should use the Alberta Youth Scoring Table ([more info here](#)). Medals should be provided to the top 3 places. Additional awards at the discretion of the meet director.

### **Provincial Championships and Annual Top 10**

Provincial Championships Outdoors will occur over two days and the annual top 10 will be selected from the cumulative event score of both days from this event. Athletes participating in one day may receive medals for that specific day but will not be selected for the annual top 10. Indoors may occur over one day or two days pending time and space.