



Athletics Alberta Outdoor 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							60m	X	X						
		X						80m			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					300m	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							1000m		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	ACS	Hurdles		X	X	X	X	X	X	ACS
			1.5k	2k	3k	3k	ACS	Steeple				1.5k	2k	3k	3k	ACS
	.8K	.8K	1.5k	5k	5k	10k	ACS	Race Walk		.8K	.8K	1.5k	5k	10k	20k	ACS
	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	ACS	Shot Put	X	X	X	X	X	X	X	ACS
			X	X	X	X	ACS	Hammer				X	X	X	X	ACS
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. 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, U12 and U14.

*** 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. Please look for the WMA specs at: [World Masters Specifications](#)

Athletics Alberta Outdoor Hurdles/Steeple 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
80m	8	.60m**	12.00m	7.50m	U14	80m	8	.60m**	12.00m	7.50m
80m	8	.76m/30"	12.00m	8.00m	U16	100m	10	.84m/33"	13.00m	8.50m
100m	10	.76m/30"	13.00m	8.50m	U18	110m	10	.91m/36"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	U20	110m	10	.99m/39"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	Senior	110m	10	1.07m/42"	13.72m	9.14m
200m	5	.60m**	20m	35m	U14	200m	5	.60m**	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		.76m/30"		
2000m		.76m/30"			U18	2000m		.84m/33"		
3000m		.76m/30"			U20	3000m		.91m/36"		
3000m		.76m/30"			Senior	3000m		.91m/36"		
World Masters Athletics website (click here)					Master	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".

+ 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	Javelin	Hammer		Shot Put	Discus	Javelin	Hammer
2kg		300g		U10**	2kg		300g	
2kg	750g	400g		U12**	2kg	750g	400g	
3kg	750g	400g		U14**	3kg	750g	400g	
3kg	1kg	500g	3kg	U16	4kg	1kg	600g	4kg
3kg	1kg	500g	3kg	U18	5kg	1.5kg	700g	5kg
4kg	1kg	600g	4kg	U20	6kg	1.75kg	800g	6kg
4kg	1kg	600g	4kg	Senior	7.26kg	2kg	800g	7.26kg
World Masters Athletics website (click here)				Master	World Masters Athletics website (click here)			

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

** Ball throw and Turbo Javs are acceptable for U12 and U14