

Athletics Alberta Indoor Championship 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	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	x		300m	x			x	x	x	x	
							x	400m								x
	x	x	x	x	x	x		600m		x	x	x	x	x	x	
							x	800m								x
				x	x	x		1000m					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	Hurdles				x	x	x	x	x
			1500m	1500m	3000m	3000m	3000m	Race Walk				1500m	1500m	3000m	3000m	3000m
		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	Weight Throw				x	x	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	x	x	x	x	4x800m				x	x	x	x	x
			Pent	Pent	Pent	Pent	Pent	Combined				Pent	Pent	Hep	Hep	Pent

U10, U12 and U14 events are to be in the multi event format at Provincials; a tetrathlon (4 events) is the preferred format (triathlons may be used dependent on the schedule). Events marked above are the events which the tetrathlons 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.

*** U12 and U14 modified start rule: First false charged to the field, second false is disqualification.

**** U12, U12, and U14 athletes may not compete up in age groups, U16,U18,U20 may compete up one age category

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

Athletics Alberta Indoor Hurdle Specifications

Distance	Hurdles	Height	H1	Btw	Age Group	Distance	Hurdles	Height	H1	Btw
60m	5	.68m/27"	12m	7m	U12	60m	5	.68m/27"	12m	7m
60m	5	.76m/30"	12m	7.5m	U14	60m	5	.76m/30"	12m	7.5m
60m	5	.76m/30"	12m	8m	U16	60m	5	.84m/33"	13m	8.5m
60m	5	.76m/30"	13m	8.5m	U18	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13m	8.5m	U20	60m	5	.99m/39"	13.72m	9.14m
60m	5	.84m/33"	13m	8.5m	Senior	60m	5	1.07m/42"	13.72m	9.14m
WMA (https://world-masters-athletics.org/)					Masters	WMA (https://world-masters-athletics.org/)				

Athletics Alberta Indoor Throws Specifications

Females			Males	
Shot Put	Weight Throw	Age Group	Shot Put	Weight Throw
2kg		U10	2kg	
2kg		U12	2kg	
3kg		U14	3kg	
3kg	5.44kg / 12 lbs	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
WMA (https://world-masters-athletics.org/)			Masters	WMA (https://world-masters-athletics.org/)

Athletics Alberta Indoor Championship Combined Events

Females			Males	
Combined Events	Event Order	Age Group	Combined Events	Event Order
Pentathlon	60m-High Jump-Shot Put-Long Jump-800m	U16	Pentathlon	60m-Long Jump-Shot Put-High Jump-1000m
Pentathlon	60mH-High Jump-Shot Put-Long Jump-800m	U18	Pentathlon	60m-Long Jump-Shot Put-High Jump-1000m
Pentathlon	60mH-High Jump-Shot Put-Long Jump-800m	U20	Heptathlon	Day 1-60m-Long Jump-Shot Put-High Jump, Day 2-60mH-Pole Vault 1000m
Pentathlon	60mH-High Jump-Shot Put-Long Jump-800m	Senior	Heptathlon	Day 1-60m-Long Jump-Shot Put-High Jump, Day 2-60mH-Pole Vault 1000m
Pentathlon	WMA (https://world-masters-athletics.org/)	Masters	Pentathlon	WMA (https://world-masters-athletics.org/)

Athletics Alberta Outdoor Championship Events and Technical Specifications

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		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						1000m		x	x					
			x					1200m				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
			1500m	2000m	3000m	3000m	ACS	Steeple				1500m	2000m	3000m	3000m	ACS
			1500m	3000m	5000m	5000m	ACS	Race Walk				1500m	3000m	5000m	5000m	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	x	Shot Put	x	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	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 at Provincials; a tetrathlon (4 events) for each day of competition. Events marked above are the events which the tetrathlons 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.

**** U12, U12, and U14 athletes may not compete up in age groups, U16,U18,U20 may compete up one age category

*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	7m	U12	60m	5	.68m/27"	12m	7m
80m	8	.76m/30"	12m	7.5m	U14	80m	8	.76m/30"	12m	7.5m
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		.76m/30"		
2000m		.76m/30"			U18	2000m		.84m/33"		
3000m		.76m/30"			U20	3000m		.91m/36"		
3000m		.76m/30"			Senior	3000m		.91m/36"		
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			Turbo / Ball	U10	2kg			Turbo / Ball
2kg	750g		Turbo / Ball	U12	2kg	750g		Turbo / Ball
3kg	750g	2kg	400g	U14	3kg	750g	3kg	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 Jav or Ball Throw to be used for U10 and U12

* Turbo Jav or Ball Throw should **not** be used for U14