

The following are the events that were agreed to by Athletics Canada provincial branches at a special meeting at the 2008 Technical Congress. The events and implement weights were changed to align our program with Long Term Athlete Development (LTAD) guidelines. At the Junior age group the events align with IAAF event selections. The new event alignment has only been discussed at the branch level, we have not yet engaged in discussions with other partners. These discussions will occur as we move through the implementation process.

The proposed implementation timelines are noted below:

September 2009 – Indoor Track Alignment (Branch only)

April 2010 – Outdoor Track Alignment (Branch and Legion)

September 2010 – Indoor Field Alignment (Branch only)

April 2011 – Outdoor Field Alignment (Branch, Legion and Hershey)

April 2012 – Indoor and outdoor School alignment

### **Pee Wee**

Men	Women	Technical Notes
60m – indoor and outdoor	60m – indoor and outdoor	No blocks
60mH – indoor and outdoor	60mH – indoor and outdoor	12m to first hurdle; 7.0m between; As low as possible (scissor hurdles) ; No blocks
150m	150m	No blocks
600m	600m	
1000m	1000m	
Cross Country	Cross County	2km
800m Race Walk	800m Race Walk	
High Jump	High Jump	
Long Jump	Long Jump	No board – 1m take off area
Standing Long Jump	Standing Long Jump	
Shot Put	Shot Put	3kg or less
Ball Throw	Ball Throw	
Javelin	Javelin	400g
Discus	Discus	750g
Indoor - Triathlon	Indoor - Triathlon	Triathlon - 60-LJ-SP OR 60H-HJ-SP
Outdoor - Tetrathlon	Outdoor - Tetrathlon	Tetrathlon 60-LJ-SP-600 OR 60H-HJ-BT-150

## Bantam

Men	Women	Technical Notes
60m – indoor 80m - outdoor	60m– indoor 80m - outdoor	No blocks
60mH - indoor 80mH - outdoor	60mH - indoor 80mH - outdoor	12m to first hurdle; 7.5m between; Height - 0.76m No blocks
200mH	200mH	Start at 200m line, use 400mH spacing - 35m between; Height 0.76m No blocks
150m - indoor/outdoor	150m -indoor/outdoor	No blocks
800m	800m	
1200m	1200m	
Cross Country	Cross County	2km
800m Race Walk	800m Race Walk	
High Jump	High Jump	
Long Jump	Long Jump	Regular board
Standing Long Jump	Standing Long Jump	
Shot Put	Shot Put	M - 3kg; W- 3kg
Ball Throw	Ball Throw	
Javelin	Javelin	400g
Discus	Discus	750g – only with a cage
Hammer	Hammer	Optional - M – 3kg; W – 3kg
Indoor - Triathlon Outdoor - Tetrathlon	Indoor - Triathlon Outdoor - Tetrathlon	Triathlon - 60-LJ-SP OR 60H-HJ-SP Tetrathlon - 80-LJ-SP-800 OR 80H-HJ-BT-150

## Midget

Men	Women	Technical Notes
60m – indoor	60m– indoor	In a 1 day meet we will limit the number of races; in a 2 day meet an athlete can do multiple events.
100m - outdoor	100m - outdoor	
200m	200m	
300m	300m	
60mH – indoor	60mH - indoor	
100mH	80mH	W – 12m to first; 8m in between; Height: 0.76m M – 13m to first; 8.5m in between; Height: 0.84m
200mH	200mH	Start at 200m line, use 400mH spacing - 35m between; Height 0.76m
800m	800m	
1200m	1200m	
2000m	2000m	
1500m SC	1500m SC	No water jump; Barriers at 0.76m
Cross Country	Cross Country	3km
1500m Race Walk	1500m Race Walk	
High Jump	High Jump	
Long Jump	Long Jump	Regular board
Triple Jump	Triple Jump	7m or 9m or 11m board
Pole Vault	Pole Vault	
Shot Put	Shot Put	M - 4kg ;W- 3kg
Javelin	Javelin	600g
Discus	Discus	1kg
Hammer	Hammer	Optional - M – 4kg; W – 3kg
Indoor - Tetrathlon	Indoor - Tetrathlon	Tetrathlon – 60m-LJ-SP-200m OR 60mH-HJ-SP-800m
Outdoor - Pentathlon	Outdoor - Pentathlon	W Pentathlon – 80mH, HJ, Shot, LJ, 800m* M Pentathlon- 100mH, LJ, Shot, HJ, 1000m*  *Using AC specs not IAAF

## Youth

Men	Women	Technical Notes
60m – indoor 100m - outdoor	60m– indoor 100m - outdoor	
200m – indoor/outdoor	200m - indoor/outdoor	
300m – indoor	300m - indoor	
400m - indoor/outdoor	400m - indoor/outdoor	
60mH – indoor	60mH - indoor	
110mH	100mH	W – 13m to first; 8.5m in between; Height: 0.76m M – 13.72m to first; 9.14m in between; Height: 0.91m
300mH	300mH	50m to first hurdle; 35m in between; Height: W: 0.76m; M: 0.84m
800m	800m	
1500m	1500m	
3000m	3000m	
2000m SC	2000m SC	Water Jump is in; Barriers W: 0.76m; Barriers M: 0.84m/0.91m
Cross Country	Cross Country	W – 3km ; M - 4km
3000m Race Walk	3000m Race Walk	
5000m Race Walk	5000m Race Walk	
High Jump	High Jump	
Long Jump	Long Jump	Regular board
Triple Jump	Triple Jump	7m or 9m or 11m board
Pole Vault	Pole Vault	
Shot Put	Shot Put	W- 4kg; M - 5kg
Javelin	Javelin	W -600g; M – 700g
Discus	Discus	W - 1kg; M 1.5kg
Hammer	Hammer	Optional - W – 4kg ; M – 5kg;
Octathlon	Heptathlon	Octathlon – Day One – 100m, LJ, SP, 400m; Day Two - 110mH , HJ, Javelin , 1000m Heptathlon – Day One – 100mH, HJ, SP, 200m; Day Two- LJ, Javelin, 800m