

OUTDOOR EVENTS

	Atom		Pee Wee		Bantam		Midget		Youth		Junior		Senior	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M
60m	+	+	+	+										
80m					X	X								
100m							X	X	X	X	X	X	X	X
150m	+	+	+	+	X	X								
200m							X	X	X	X	X	X	X	X
300m	+	+					X	X						
400m									X	X	X	X	X	X
600m	+	+	+	+										
800m					X	X	X	X	X	X	X	X	X	X
1000m			+	+										
1200m					X	X	X	X						
1500m									X	X	X	X	X	X
2000m							X	X						
3000m									X	X	X	+	X	+
5000m											+	X	+	X
10,000m													+	+
60m H	+	+	+	+										
80m H					X	X	X							
100m H								X	X		X		X	
110m H									X		X			X
200m H					X	X	X	X						
300m H									+	+				
400m H									X	X	X	X	X	X
1500m SC							X	X						
2000m SC									X	X	X	+	+	
3000m SC											+	X	X	X
High Jump	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Standing LJ	+	+	+	+	+	+								
Long Jump	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Triple Jump							X	X	X	X	X	X	X	X
Pole Vault							X	X	X	X	X	X	X	X
Softball	+	+	+	+	+	+								
Shot Put	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Discus	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Javelin	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Hammer					+	+	X	X	X	X	X	X	X	X
Combined	Tet	Tet	Tet	Tet	Tet	Tet	Pent	Pent	Hept	Dec	Hept	Dec	Hept	Dec

Note: X = championship event; + = event also offered in competition

INDOOR EVENTS

	Atom		Pee Wee		Bantam		Midget		Youth		Junior		Senior	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M
60m	+	+	+	+	X	X	X	X	X	X	X	X	X	X
150m	+	+	+	+	X	X								
200m							X	X	X	X	X	X	X	X
300m							X	X	+	+	+	+	+	+
400m									X	X	X	X	X	X
600m	+	+	+	+					+	+	+	+	+	+
800m					X	X	X	X	X	X	X	X	X	X
1000m	+	+	+	+					+	+	+	+	+	+
1200m					X	X	X	X						
1500m									X	X	X	X	X	X
2000m							X	X						
3000m									X	X	X	X	X	X
5000m											+	+	+	+
60m H	+	+	+	+	X	X	X	X	X	X	X	X	X	X
High Jump	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Standing LJ	+	+	+	+	+	+								
Long Jump	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Triple Jump							X	X	X	X	X	X	X	X
Pole Vault							+	+	X	X	X	X	X	X
Shot Put	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Weight							+	+	X	X	X	X	X	X
Combined	Tri	Tri	Tri	Tri	Tri	Tri	Pent	Pent	Pent	Pent	Pent	Pent	Pent	Pent
(alternate)	Tet	Tet	Tet	Tet	Tet	Tet						Hept		Hept

Note: X = championship event; + = event also offered in competition

OUTDOOR SPRINT HURDLE EVENTS

Category	F / M	Distance	# Hurdles	Height	To First	Between	Run-In
Atom	both	60m	5	low	12m	7m	13m
Pee Wee	both	60m	5	low	12m	7m	13m
Bantam	both	80m	8	0.76m / 30"	12m	7.5m	15.5m
Midget U16	F	80m	8	0.76m / 30"	12m	8m	12m
	M	100m	10	0.84m / 33"	13m	8.5m	10.5m
Youth U18	F	100m	10	0.76m / 30"	13m	8.5m	10.5m
	M	110m	10	0.91m / 36"	13.72m	9.14m	14.02m
Junior U20	F	100m	10	0.84m / 33"	13m	8.5m	10.5m
	M	110m	10	0.99m / 39"	13.72m	9.14m	14.02m
Senior	F	100m	10	0.84m / 33"	13m	8.5m	10.5m
	M	110m	10	1.07m / 42"	13.72m	9.14m	14.02m

OUTDOOR LONG HURDLE EVENTS

Category	F / M	Distance	# Hurdles	Height	To First	Between	Run-In
Bantam	both	200m	5	0.76m / 30"	20m	35m	40m
Midget U16	both	200m	5	0.76m / 30"	20m	35m	40m
Youth U18	F	400m	10	0.76m / 30"	45m	35m	40m
	M	400m	10	0.84m / 33"	45m	35m	40m
Junior U20	F	400m	10	0.76m / 30"	45m	35m	40m
	M	400m	10	0.91m / 36"	45m	35m	40m
Senior	F	400m	10	0.76m / 30"	45m	35m	40m
	M	400m	10	0.91m / 36"	45m	35m	40m

STEEPLE CHASE EVENTS

Category	F / M	Distance	# Hurdles	Height	Note
Midget U16	both	1500m	12	0.76m / 30"	No water jump in place
Youth U18	F	2000m	23	0.76m / 30"	
	M	2000m	23	0.84m / 33"	0.91m/36" also acceptable
Junior U20	F	2000m	23	0.76m / 30"	
	M	3000m	35	0.91m / 36"	
Senior	F	3000m	35	0.76m / 30"	
	M	3000m	35	0.91m / 36"	

INDOOR SPRINT HURDLE EVENTS

Category	F / M	Distance	# Hurdles	Height	To First	Between	Run-In
Atom	both	60m	5	low	12m	7m	13m
Pee Wee	both	60m	5	low	12m	7m	13m
Bantam	both	60m	5	0.76m / 30"	12m	7.5m	18m
Midget	F	60m	5	0.76m / 30"	12m	8m	16m
	M	60m	5	0.84m / 33"	13m	8.5m	13m
Youth	F	60m	5	0.76m / 30"	13m	8.5m	13m
	M	60m	5	0.91m / 36"	13.72m	9.14m	9.72m
Junior	F	60m	5	0.84m / 33"	13m	8.5m	13m
	M	60m	5	0.99m / 39"	13.72m	9.14m	9.72m
Senior	F	60m	5	0.84m / 33"	13m	8.5m	13m
	M	60m	5	1.07m / 42"	13.72m	9.14m	9.72m

OUTDOOR THROWING EVENTS

Category	F / M	Shot	Discus	Javelin	Hammer
Atom	both	2kg	750g		
Pee Wee	both	2kg	750g	400g	
Bantam	both	3kg	750g	400g	
Midget U16	F	3kg	1kg	500g	3kg
	M	3kg	1kg	500g	4kg
Youth U18	F	3kg	1kg	500g	3kg
	M	5kg	1.5kg	700g	5kg
Junior U20	F	4kg	1kg	600g	4kg
	M	6kg	1.75kg	800g	6kg
Senior	F	4kg	1kg	600g	4kg
	M	7.26kg	2kg	800g	7.26kg

INDOOR THROWING EVENTS

Category	F / M	Shot	Weight
Atom	both	2kg	
Pee Wee	both	2kg	
Bantam	both	3kg	
Midget	F	3kg	7.26kg / 16#
	M	4kg	7.26kg / 16#
Youth	F	3kg	7.26kg / 16#
	M	5kg	9.08kg / 20#
Junior	F	4kg	9.08kg / 20#
	M	6kg	11.34kg / 25#
Senior	F	4kg	9.08kg / 20#
	M	7.26kg / 16#	15.88kg / 35#

OUTDOOR COMBINED EVENT SPECIFICATIONS

Category	Event	Days	Event Order
Atom	Tetrathlon	1	60m / LJ / SP / 300m
Pee Wee	Tetrathlon	1	60m / LJ / SP / 600m
Bantam	Tetrathlon	1	80m / LJ / SP / 800m
Midget Female	Pentathlon	1	80mH / HJ / SP / LJ / 800m
Midget Male	Pentathlon	1	100mH / LJ / SP / HJ / 1000m
Youth Female	Heptathlon	2	Day 1 - 100mH / HJ / SP / 200m; Day 2 - LJ / JT / 800m
Youth Male	Decathlon	2	Day 1 - 100m / LJ / SP / HJ / 400m; Day 2 - 110mH / DT / PV / JT / 1500m
Junior Female	Heptathlon	2	Day 1 - 100mH / HJ / SP / 200m; Day 2 - LJ / JT / 800m
Junior Male	Decathlon	2	Day 1 - 100m / LJ / SP / HJ / 400m; Day 2 - 110mH / DT / PV / JT / 1500m
Senior Female	Heptathlon	2	Day 1 - 100mH / HJ / SP / 200m; Day 2 - LJ / JT / 800m
Senior Male	Decathlon	2	Day 1 - 100m / LJ / SP / HJ / 400m; Day 2 - 110mH / DT / PV / JT / 1500m

INDOOR COMBINED EVENT SPECIFICATIONS

Category	Event	Days	Event Order
Atom	Triathlon	1	60m / LJ / 300m or LJ / SP / 300m
Atom	Tetrathlon	1	60m / LJ / SP / 300m
Pee Wee	Triathlon	1	60m / HJ / 600m or LJ / SP / 600m
Pee Wee	Tetrathlon	1	60m / LJ / SP / 600m
Bantam	Triathlon	1	60m / HJ / 800m or LJ / SP / 800m
Bantam	Tetrathlon	1	60m / LJ / SP / 800m
Midget Female	Pentathlon	1	60m / HJ / SP / LJ / 800m
Midget Male	Pentathlon	1	60m / LJ / SP / HJ / 1000m
Youth Female	Pentathlon	1	60mH / HJ / SP / LJ / 800m
Youth Male	Pentathlon	1	60mH / LJ / SP / HJ / 1000m
Junior Female	Pentathlon	1	60mH / HJ / SP / LJ / 800m
Junior Male	Pentathlon	1	60mH / LJ / SP / HJ / 1000m
	Heptathlon	2	Day 1 - 60m / LJ / SP / HJ; Day 2 - 60mH / PV / 1000m
Senior Female	Pentathlon	1	60mH / HJ / SP / LJ / 800m
Senior Male	Pentathlon	1	60mH / LJ / SP / HJ / 1000m
	Heptathlon	2	Day 1 - 60m / LJ / SP / HJ; Day 2 - 60mH / PV / 1000m

OUTDOOR SPRINT HURDLE EVENTS FOR MASTERS

Category	Distance	# of Hurdles	Height	To First	Between	Run-In
W 35-39	100m	10	0.84m / 33"	13m	8.5m	10.5m
W 40-49	80m	8	0.76m / 30"	12m	8m	12m
W 50-59	80m	8	0.76m / 30"	12m	7m	19m
W 60+	80m	8	0.69m / 27"	12m	7m	19m
M 35-49	110m	10	0.99m / 39"	13.72m	9.14m	14.02m
M 50-59	100m	10	0.91m / 36"	13m	8.5m	10.5m
M 60-69	100m	10	0.84m / 33"	12m	8m	16m
M 70-79	80m	8	0.76m / 30"	12m	7m	19m
M 80+	80m	8	0.69m / 27"	12m	7m	19m

OUTDOOR LONG HURDLE EVENTS FOR MASTERS

Category	Distance	# of Hurdles	Height	To First	Between	Run-In
W 35-49	400m	10	0.76m / 30"	45m	35m	40m
W 50-59	300m	7	0.76m / 30"	50m	35m	40m
W 60-69	300m	7	0.69m / 27"	50m	35m	40m
W 70+	200m	5	0.69m / 27"	20m	35m	40m
M 35-49	400m	10	0.91m / 36"	45m	35m	40m
M 50-59	400m	10	0.84m / 33"	45m	35m	40m
M 60-69	300m	7	0.76m / 30"	50m	35m	40m
M 70-79	200m	5	0.69m / 27"	20m	35m	40m
M 80+	200m	5	0.69m / 27"	20m	35m	40m

STEEPLE CHASE EVENTS FOR MASTERS

Category	Distance	# of Hurdles	Height	Note
W 35+	2000m	18 + 5	0.76m / 30"	
M 35-59	3000m	28 + 7	0.91m / 36"	
M 60+	2000m	18 + 5	0.76m / 30"	

INDOOR SPRINT HURDLE EVENTS FOR MASTERS

Category	Distance	# of Hurdles	Height	To First	Between	Run-In
W 35-39	60m	5	0.84m / 33"	13m	8.5m	13m
W 40-49	60m	5	0.76m / 30"	12m	8m	16m
W 50-59	60m	5	0.76m / 30"	12m	7m	20m
W 60+	60m	5	0.69m / 27"	12m	7m	20m
M 35-49	60m	5	0.99m / 39"	13.72m	9.14m	9.72m
M 50-59	60m	5	0.91m / 36"	13m	8.5m	13m
M 60-69	60m	5	0.84m / 33"	12m	8m	16m
M 70-79	60m	5	0.76m / 30"	12m	7m	20m
M 80+	60m	5	0.69m / 27"	12m	7m	20m

OUTDOOR THROWING EVENTS FOR MASTERS

Category	Hammer	Shot	Discus	Javelin	Weight
W 35-49	4kg	4kg	1kg	600g	9.08kg / 20#
W 50-59	3kg	3kg	1kg	500g	7.26kg / 16#
W 60-74	3kg	3kg	1kg	400g	5.45kg / 12#
W 75+	2kg	2kg	750g	400g	4kg / 8.9#
M 35-49	7.26kg	7.26kg	2kg	800g	15.88kg / 35#
M 50-59	6kg	6kg	1.5kg	700g	11.34kg / 25#
M 60-69	5kg	5kg	1kg	600g	9.08kg / 20#
M 70-79	4kg	4kg	1kg	500g	7.26kg / 16#
M 80+	3kg	3kg	1kg	400g	5.45kg / 12#

INDOOR THROWING EVENTS FOR MASTERS

Category	Shot	Weight
W 35-49	4kg	9.08kg / 20#
W 50-59	3kg	7.26kg / 16#
W 60-74	3kg	5.45kg / 12#
W 75+	2kg	4kg / 8.9#
M 35-49	7.26kg	15.88kg / 35#
M 50-59	6kg	11.34kg / 25#
M 60-69	5kg	9.08kg / 20#
M 70-79	4kg	7.26kg / 16#
M 80+	3kg	5.45kg / 12#

OUTDOOR THROWING EVENTS FOR FEMALE PARALYMPICS

Category	Shot	Discus	Javelin	Club
Women F11	4kg	1kg	600g	
Women F12	4kg	1kg	600g	
Women F13	4kg	1kg	600g	
Women F32	2kg	1kg		397g
Women F33	3kg	1kg	600g	
Women F34	3kg	1kg	600g	
Women F35	3kg	1kg	600g	
Women F36	3kg	1kg	600g	
Women F37	3kg	1kg	600g	
Women F38	3kg	1kg	600g	
Women F40	3kg	750g	400g	
Women F41	4kg	1kg	600g	
Women F42	4kg	1kg	600g	
Women F43	4kg	1kg	600g	
Women F44	4kg	1kg	600g	
Women F46	4kg	1kg	600g	
Women F51		1kg		397g
Women F52	2kg	1kg	600g	
Women F53	3kg	1kg	600g	
Women F54	3kg	1kg	600g	
Women F55	3kg	1kg	600g	
Women F56	3kg	1kg	600g	
Women F57	3kg	1kg	600g	
Women F58	4kg	1kg	600g	

OUTDOOR THROWING EVENTS FOR MALE PARALYMPICS

Category	Shot	Discus	Javelin	Club
Men F11	7.26kg	2kg	800g	
Men F12	7.26kg	2kg	800g	
Men F13	7.26kg	2kg	800g	
Men F32	2kg	1kg		397g
Men F33	3kg	1kg	600g	
Men F34	4kg	1kg	600g	
Men F35	4kg	1kg	600g	
Men F36	4kg	1kg	600g	
Men F37	5kg	1kg	600g	
Men F38	5kg	1.5kg	800g	
Men F40	4kg	1kg	600g	
Men F41	6kg	1kg	800g	
Men F42	6kg	1.5kg	800g	
Men F43	6kg	1.5kg	800g	
Men F44	6kg	1.5kg	800g	
Men F46	6kg	1.5kg	800g	
Men F51		1kg		397g
Men F52	2kg	1kg	600g	
Men F53	3kg	1kg	600g	
Men F54	4kg	1kg	600g	
Men F55	4kg	1kg	600g	
Men F56	4kg	1kg	600g	
Men F57	4kg	1kg	600g	
Men F58	5kg	1kg	600g	