



Policy 3.0: Competitions and Sanctioning	
Staff Member Responsible for Implementation: Executive Director	
Board Approval: May 14, 2025	Effective: May 14, 2025

Definitions

1. In this policy

AC means Athletics Canada.

ANB means Athletics New Brunswick.

Board means the Board of Directors of ANB.

Championship means a Sanctioned Competition to determine the highest performing athlete and/or team.

CMA means Canadian Masters Athletics.

Competition means a contest where several track and field Events are presented.

Event means a specific running, jumping, throwing, or wheeling activity held within an athletics Competition.

International Championship means a Championship pertaining to AC and at least one other national member federation of WA.

IPC means International Paralympic Committee.

Provincial Championship means a Championship organized by ANB and pertaining to its membership.

National Championship means a Championship organized by AC and pertaining to all of its member branches.

Non-Championship means a Competition Sanctioned by ANB that is not a Championship.

Regional Championship means a Championship organized by ANB and/or another involved member branch of AC and pertaining to the membership of ANB and at least one other member branch of AC.

RunNB means Run New Brunswick.

Sanction means an agreement between a Competition organizer and ANB, in which the Competition organizer agrees to:

- abide by and enforce the rules, regulations, policies, and procedures of ANB and AC; and,
- ensure that the Competition will be conducted in a fair and safe manner and respect the spirit of Sport for Life's Long-Term Athlete Development model.

In exchange, ANB agrees to:

- a. validate the results of such Competition, including for purposes of rankings, records, qualifications, and standards; and
- b. provide commercial general liability insurance coverage for all ANB Members participating in the Competition.

WA means World Athletics.

Sanctioning

2. All Competitions shall be classified as an:
 - a. indoor track and field meet;
 - b. outdoor track and field meet;
 - c. cross country meet;
 - d. road race;
 - e. mountain / trail race; or
 - f. other Competition.
3. ANB shall publish and regularly maintain on its website one or multiple calendar(s) that includes all Competitions which ANB has agreed to Sanction and shall include in such calendar(s) all information reasonably necessary for interested persons to participate in such Competitions.
4. ANB shall publish and regularly maintain on its website the results of all Competitions which have been sanctioned by ANB.
5. Any Competition's organizer requesting to have their Competition Sanctioned by ANB shall include, where applicable, the following details within their written request:
 - a. the name of the Competition;
 - b. the organizing party or parties of the Competition;
 - c. the primary contact for the Competition and corresponding contact information for such person;
 - d. the date(s) of the Competition;
 - e. the location(s) of the Competition;
 - f. the facility or facilities of the Competition;
 - g. the list of Events per age category to be offered at the Competition;
 - h. the classification of the Competition;
 - i. any registration fees or surcharges; and
 - j. a completed *Event Safety Checklist Form*, which is available on the ANB website.
6. ANB shall reject any Competition organizer's request for Sanctioning, if that Competition's:
 - a. request is unclear, incomplete, or unreasonable;
 - b. initial date is within 14 days following the date upon which the request was submitted to ANB;
 - c. restrictions on who may register or otherwise participate pose a barrier to reasonable access to Competition by any member of ANB;
 - d. classification is the same as another Competition that will be hosted in the same municipal boundaries on the same day(s), and which has already received approval of

- Sanctioning by ANB, except for a Competition for the U12 age category that is concurrent to a Championship Competition; or
- e. list of Events includes one or several Events that:
 - i. does not conform to those published in Appendix A, and their corresponding technical specifications to those published in Appendix B, in the case of a Championship, or
 - ii. are not safe for the athletes or do not respect the spirit of Sport for Life's Long-Term Athlete Development model.
7. ANB shall not reject any Competition organizer's request for Sanctioning for reasons other than those described in paragraph 6.
 8. Any Competition organizer's request for Sanctioning that has been rejected or would be rejected in accordance with paragraph 6 may nonetheless be approved upon a resolution by:
 - a. the Executive Committee of ANB, in the case of a Competition that is classified as an indoor track and field meet, outdoor track and field meet, cross country meet, mountain / trail race, or other Competition; or
 - b. RunNB, in the case of a Competition that is classified as a road race.
 9. Where ANB rejects a Competition organizer's request for Sanctioning, ANB shall promptly provide the reasoning for such in writing to the Competition's primary contact person.
 10. The establishment and publication of Sanction fees shall be the responsibility of the:
 - a. ANB, in the case of Competitions that are classified as an indoor track and field meet, outdoor track and field meet, cross country meet, mountain / trail race, or other Competition; or
 - b. Chair of RunNB, in the case of Competitions that are classified as a road race

Competitions

11. Athletes are allowed to move up one age category, with the exception of Masters categories, in any ANB Sanctioned Competition.

Non-Championships

12. In the hosting of a Non-Championship Competition, ANB shall be responsible for providing:
 - a. all reasonably available summer students of ANB that reside within a 75km radius of the location of the Competition, who shall provide support to the Competition Director for the duration of the Competition; and
 - b. reasonable administrative support to the organizing party or parties.
13. In the hosting of a Non-Championship Competition, the Competition's organizer shall be responsible for providing:
 - a. one adult member of the organizing party or parties, who shall serve as the Competition Director;
 - b. a bilingual (English and French) technical package, which shall be published on ANB's calendar of Competitions no less than 14 days prior to the date upon which the Competition will take place. Should the host require ANB translation service of its

- technical package, the technical package shall be submitted 28 days prior to the date upon which the Competition will take place;
- c. an emergency action plan;
 - d. full results to ANB and AC within 3 days of the Competition's conclusion; and
 - e. anything directly related and necessary to the hosting of the Competition that is not the responsibility of ANB, as specified in paragraph 12.
14. In addition to paragraph 13, Competition organizers shall be responsible for providing the names of all non-Athlete Members who registered to compete in the Competition to ANB within 7 days of the Competition's conclusion. ANB shall subsequently invoice the Competition organizer for Temporary Memberships for all such individuals. If the Competition organizer satisfactorily demonstrates to ANB that they have their own general liability insurance policy that will provide coverage for individuals participating in the Competition, ANB may waive, in full or in part, the Competition organizer's responsibilities under this paragraph.
- Championships**
15. ANB shall retain ownership of the following Provincial Championships:
- a. New Brunswick Indoor Track and Field Championships;
 - b. New Brunswick Outdoor Track and Field Championships; and
 - c. New Brunswick Cross Country Championships.
16. RunNB shall retain ownership of the following Provincial Championships:
- a. New Brunswick 5K Championships;
 - b. New Brunswick 5 Mile Championships;
 - c. New Brunswick 10K Championships;
 - d. New Brunswick Half Marathon Championships; and
 - e. New Brunswick Marathon Championships.
17. ANB shall retain ownership of the following Regional Championships, when held within the provincial boundaries of New Brunswick:
- a. Atlantic Indoor Track and Field Championships;
 - b. Atlantic Outdoor Track and Field Championships; and
 - c. Atlantic Cross Country Championships.
18. ANB shall not claim ownership of any National Championship, whose ownership shall be retained by AC, nor any International Championship.
19. Those Championships specified in paragraphs 15 to 17 shall be approved for Sanctioning by ANB and shall not be subject to paragraphs 5 to 9.
20. ANB may select one or multiple Club Members to host a Provincial or Regional Championship on its behalf, following a request for proposal process. ANB shall publish all such requests on its website and shall evaluate all written proposals submitted no less than 28 days following initial publication of the request. Included in all such requests shall be the:

21. An ad hoc committee of the Board shall be responsible for:
 - a. designing the criteria that will be applied in the evaluation of proposals;
 - b. evaluating proposals in accordance with the published criteria; and
 - c. selecting one or multiple Club Members to host the Championship.
22. Notwithstanding paragraph 21(c), the ad hoc committee of the Board may decline to select a host of the Championship. In such case, hosting responsibilities shall remain with ANB.
23. ANB shall establish the registration fees and surcharges for all Championships Sanctioned by ANB.
24. In the hosting of a Championship, ANB shall be responsible for providing:
 - a. no less than one full-time staff member of ANB, who shall provide support to the Championship Director prior to, during, and immediately following the Championship;
 - b. all reasonably available summer students of ANB, who shall provide support to the Championship Director for the duration of the Competition;
 - c. promotion of the Competition;
 - d. registration services;
 - e. ribbons, medals, trophies, and/or banners;
 - f. any applicable Championship-branded merchandise;
 - g. one meal per day for each official and volunteer; and
 - h. remittance of any net owning by ANB to the host no later than 30 days after the Championship.
25. The Championship host(s) shall be responsible for providing:
 - a. one adult member of the hosting Club Member(s), who shall serve as the Championship Director;
 - b. a bilingual (English and French) technical package, which shall be subject to approval of ANB and published on ANB's calendar of Competitions no less than 28 days prior to the date upon which the Competition will take place. Should the host require ANB translation service of its technical package, the technical package shall be submitted 42 days prior to the date upon which the Competition will take place;
 - c. an emergency action plan, which shall be subject to approval by ANB;
 - d. facilities and equipment;
 - e. bib numbers, which shall be worn by all participating athletes, as well as hip numbers as needed;
 - f. officials and volunteers;
 - g. food and drinks for officials and volunteers, as well as providing any travel expenses and extra meal allowances as per ANB Policy 19.0;
 - h. first-aid, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED) equipment/services;
 - i. full results to ANB and AC within 3 days of the Championship's conclusion; and
 - j. anything directly related and necessary to the hosting of the Championship that is not the responsibility of ANB, as specified in paragraph 24.

26. In addition to paragraph 25, Championship hosts shall be responsible for providing the names of all non-Athlete Members who registered to compete in the Championship to ANB within 7 days of the Championship's conclusion. ANB shall subsequently invoice the Championship host for Temporary Memberships for all such individuals. If the Championship host satisfactorily demonstrates to ANB that they have their own general liability insurance policy that will provide coverage for individuals participating in the Championship, ANB may waive, in full or in part, the Championship host's responsibilities under this paragraph.
27. ANB and the Championship host(s) shall be responsible for adequately collaborating and communicating with one another in an effort to reasonably assist the other party in their responsibilities.
28. The Events offered at all Championships shall conform to those published in Appendix A, and their corresponding technical specifications to those published in Appendix B.
29. The proposal to host a Championship shall also include a proposal to host a concurrent Competition for the U12 age category only.

State of Emergency

30. Where a state of emergency or other mandatory order is declared by the Government of Canada, Government of New Brunswick, or a local government in New Brunswick, the Executive Committee of ANB may temporarily suspend or modify any aspects of this Policy to reasonably provide for the continuation of Sanctioned Competitions in the area(s) affected by such state of emergency. ANB shall publish any such suspensions or modifications on its website. Such suspensions or modifications shall immediately cease upon revocation of the state of emergency.

Adopted by BOD, May 10, 2021

Amended by BOD, February 8, 2023

Amended by BOD, September 18, 2024

Amended by BOD, May 14, 2025

Appendix A

Championship Competitions

Outdoor Track and Field

U14 Women

80m; 150m; 800m; 1200m; 80m Hurdles; 200m Hurdles; 1000m Steeplechase; 1500m Race Walk*; 4x100m; 1600m Medley Relay; High Jump; Long Jump; Shot Put; Discus Throw; Javelin Throw; Tetrathlon (80m, Long Jump, Shot Put, 600m).

U14 Men

80m; 150m; 800m; 1200m; 80m Hurdles; 200m Hurdles; 1000m Steeplechase; 1500m Race Walk*; 4x100m; 1600m Medley Relay; High Jump; Long Jump; Shot Put; Discus Throw; Javelin Throw; Tetrathlon (80m, Long Jump, Shot Put, 600m).

U16 Women

100m; 200m; 300m; 800m; 1200m; 2000m; 80m Hurdles; 200m Hurdles; 1500m Steeplechase; 1500m Race Walk*; 4x100m; 1600m Medley Relay; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Discus Throw; Hammer Throw; Javelin Throw; Pentathlon (80m Hurdles, High Jump, Shot Put, Long Jump, 800m).

U16 Men

100m; 200m; 300m; 800m; 1200m; 2000m; 100m Hurdles; 200m Hurdles; 1500m Steeplechase; 1500m Race Walk*; 4x100m; 1600m Medley Relay; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Discus Throw; Hammer Throw; Javelin Throw; Pentathlon (100m Hurdles, Long Jump, Shot Put, High Jump, 1000m).

U18 Women

100m; 200m; 400m; 800m; 1500m; 3000m; 100m Hurdles; 400m Hurdles; 2000m Steeplechase; 3000m Race Walk*; 4x100m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Discus Throw; Hammer Throw; Javelin Throw; Heptathlon (Day 1 (100m Hurdles, High Jump, Shot Put, 200m); Day 2 (Long Jump, Javelin Throw, 800m)).

U18 Men

100m; 200m; 400m; 800m; 1500m; 3000m; 110m Hurdles; 400m Hurdles; 2000m Steeplechase; 3000m Race Walk*; 4x100m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Discus Throw; Hammer Throw; Javelin Throw; Decathlon (Day 1 (100m, Long Jump, Shot Put, High Jump, 400m); Day 2 (110m Hurdles, Discus Throw, Pole Vault, Javelin Throw, 1500m)).

U20 Women

100m; 200m; 400m; 800m; 1500m; 3000m; 5000m; 100m Hurdles; 400m Hurdles; 3000m Steeplechase; 10,000m Race Walk*; 4x100m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Discus Throw; Hammer Throw; Javelin Throw; Heptathlon (Day 1 (100m Hurdles, High Jump, Shot Put, 200m); Day 2 (Long Jump, Javelin Throw, 800m)).

U20 Men

100m; 200m; 400m; 800m; 1500m; 3000m; 5000m; 110m Hurdles; 400m Hurdles; 3000m Steeplechase; 10,000m Race Walk*; 4x100m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Discus Throw; Hammer Throw; Javelin Throw; Decathlon

(Day 1 (100m, Long Jump, Shot Put, High Jump, 400m); Day 2 (110m Hurdles, Discus Throw, Pole Vault, Javelin Throw, 1500m)).

Open Women

100m; 200m; 400m; 800m; 1500m; 5000m; 10,000m; 100m Hurdles; 400m Hurdles; 3000m Steeplechase; 10,000m Race Walk*; 4x100m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Discus Throw; Hammer Throw; Javelin Throw; Heptathlon (Day 1 (100m Hurdles, High Jump, Shot Put, 200m); Day 2 (Long Jump, Javelin Throw, 800m)).

Open Men

100m; 200m; 400m; 800m; 1500m; 5000m; 10,000m; 110m Hurdles; 400m Hurdles; 3000m Steeplechase; 10,000m Race Walk*; 4x100m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Discus Throw; Hammer Throw; Javelin Throw; Decathlon (Day 1 (100m, Long Jump, Shot Put, High Jump, 400m); Day 2 (110m Hurdles, Discus Throw, Pole Vault, Javelin Throw, 1500m)).

Masters Women and Men

Competitions offered shall match those set by the CMA where appropriate.

Para-athletics Women and Men

Competitions offered shall match those set by the IPC where appropriate, and where appropriate shall also include the club throw.

* ANB and Championship hosts will seek to provide an appropriate number of certified officials to allow for race walking events to be offered, but cannot guarantee the offering of such.

Indoor Track and Field

U14 Women

60m; 150m; 800m; 1200m; 60m Hurdles; 1500m Race Walk*; 4x200m; High Jump; Long Jump; Shot Put; Tetrathlon (60m, Long Jump, Shot Put, 600m).

U14 Men

60m; 150m; 800m; 1200m; 60m Hurdles; 1500m Race Walk*; 4x200m; High Jump; Long Jump; Shot Put; Tetrathlon (60m, Long Jump, Shot Put, 800m). U16 Women 60m; 200m; 300m; 800m; 1200m; 2000m; 60m Hurdles; 1500m Race Walk*; 4x200m; 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m, High Jump, Shot Put, Long Jump, 600m).

U16 Women

60m; 200m; 300m; 800m; 1200m; 2000m; 60m Hurdles; 1500m Race Walk*; 4x200m; 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m Hurdles, Long Jump, Shot Put, High Jump, 800m).

U16 Men

60m; 200m; 300m; 800m; 1200m; 2000m; 60m Hurdles; 1500m Race Walk*; 4x200m; 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m Hurdles, Long Jump, Shot Put, High Jump, 1000m).

U18 Women

60m; 200m; 400m; 800m; 1500m; 3000m; 60m Hurdles; 3000m Race Walk*; 4x200m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m Hurdles, High Jump, Shot Put, Long Jump, 800m).

U18 Men

60m; 200m; 400m; 800m; 1500m; 3000m; 60m Hurdles; 3000m Race Walk*; 4x200m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m Hurdles, Long Jump, Shot Put, High Jump, 1000m).

U20 Women

60m; 200m; 400m; 800m; 1500m; 3000m; 60m Hurdles; 3000m Race Walk*; 4x200m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m Hurdles, High Jump, Shot Put, Long Jump, 800m).

U20 Men

60m; 200m; 400m; 800m; 1500m; 3000m; 60m Hurdles; 3000m Race Walk*; 4x200m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m Hurdles, Long Jump, Shot Put, High Jump, 1000m).

Open Women

60m; 200m; 400m; 800m; 1500m; 3000m; 60m Hurdles; 3000m Race Walk*; 4x200m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m Hurdles, High Jump, Shot Put, Long Jump, 800m).

Open Men

60m; 200m; 400m; 800m; 1500m; 3000m; 60m Hurdles; 3000m Race Walk*; 4x200m; 4x400m; Mixed 4x400m; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; Weight Throw; Pentathlon (60m Hurdles, Long Jump, Shot Put, High Jump, 1000m).

Masters Women and Men

Competitions offered shall match those set by the CMA where appropriate.

Para-athletics Women and Men

Competitions offered shall match those set by the IPC where appropriate.

* ANB and Championship hosts will seek to provide an appropriate number of certified officials to allow for race walking events to be offered, but cannot guarantee the offering of such.

Road Races

5km; 5 Mile; 10km; Half Marathon; Marathon.

Cross Country

Cross country championship race distances shall correspond to the specifications indicated below, with the total distance of any given race falling within +/- 50m of the official race distance. It is further recommended that the racecourse consist of a main loop of 2km with a secondary 1km loop if needed.

U14 Women, 2-4km; U14 Men, 2-4km; U16 Women, 3-5km; U16 Men, 3-5km; U18 Women, 4-6km; U18 Men, 4-6km; U20 Women, 6-8km; U20 Men, 6-8km; Open Women, 6-8km; Open Men:

6- 10km; Masters Women 35-69, 6-8km; Masters Women 70+, 4-6km; Masters Men 35-69; 6-8km; Masters Men 70+, 4-6km

Appendix B Technical Specifications

60m Hurdles

Category	Hurdles	Height	To First	Between	Run-In
U14 Women / Men	5	0.76m / 30"	12m	7.5m	18m
U16 Women	5	0.76m / 30"	12m	8m	16m
U16 Men	5	0.84m / 33"	13m	8.5m	13m
U18 Women	5	0.76m / 30"	13m	8.5m	13m
U18 Men	5	0.91m / 36"	13.72m	9.14m	9.72m
U20 Women	5	0.84m / 33"	13m	8.5m	13m
U20 Men	5	0.99m / 39"	13.72m	9.14m	9.72m
Open Women	5	0.84m / 33"	13m	8.5m	13m
Open Men	5	1.07m / 42"	13.72m	9.14m	9.72m
Masters Women 35-39	5	0.84m / 33"	13m	8.5m	13m
Masters Women 40-49	5	0.76m / 30"	12m	8m	16m
Masters Women 50-59	5	0.76m / 30"	12m	7m	20m
Masters Women 60+	5	0.69m / 27"	12m	7m	20m
Masters Men 35-49	5	0.99m / 39"	13.72m	9.14m	9.72m
Masters Men 50-59	5	0.91m / 36"	13m	8.5m	13m
Masters Men 60-69	5	0.84m / 33"	12m	8m	16m
Masters Men 70-79	5	0.76m / 30"	12m	7m	20m
Masters Men 80+	5	0.69m / 27"	12m	7m	20m

80m Hurdles

Category	Hurdles	Height	To First	Between	Run-In
U14 Women / Men	8	0.76m / 30"	12m	7.5m	15.5m
U16 Women	8	0.76m / 30"	12m	8m	12m
Masters Women 40-49	8	0.76m / 30"	12m	8m	12m
Masters Women 50-59	8	0.76m / 30"	12m	7m	19m
Masters Women 60+	8	0.69m / 27"	12m	7m	19m
Masters Men 70-79	8	0.76m / 30"	12m	7m	19m
Masters Men 80+	8	0.69m / 27"	12m	7m	19m

100m Hurdles

Category	Hurdles	Height	To First	Between	Run-In
U16 Men	10	0.84m / 33"	13m	8.5m	10.5m
U18 Women	10	0.76m / 30"	13m	8.5m	10.5m
U20 Women	10	0.84m / 33"	13m	8.5m	10.5m
Open Women	10	0.84m / 33"	13m	8.5m	10.5m
Masters Women 35-39	10	0.84m / 33"	13m	8.5m	10.5m
Masters Men 50-59	10	0.91m / 36"	13m	8.5m	10.5m
Masters Men 60-69	10	0.84m / 33"	12m	8m	16m

110m Hurdles

Category	Hurdles	Height	To First	Between	Run-In
U18 Men	10	0.91m / 36"	13.72m	9.14m	14.02m
U20 Men	10	0.99m / 39"	13.72m	9.14m	14.02m
Open Men	10	1.07m / 42"	13.72m	9.14m	14.02m
Masters Men 35-49	10	0.99m / 39"	13.72m	9.14m	14.02m

200m Hurdles

Category	Hurdles	Height	To First	Between	Run-In
U14 Women / Men	5	0.76m / 30"	20m	35m	40m
U16 Women / Men	5	0.76m / 30"	20m	35m	40m
Masters Women 70+	5	0.69m / 27"	20m	35m	40m
Masters Men 70-79	5	0.69m / 27"	20m	35m	40m
Masters Men 80+	5	0.69m / 27"	20m	35m	40m

300m Hurdles

Category	Hurdles	Height	To First	Between	Run-In
Masters Women 50-59	7	0.76m / 30"	50m	35m	40m
Masters Women 60-69	7	0.69m / 27"	50m	35m	40m
Masters Men 60-69	7	0.76m / 30"	50m	35m	40m

400m Hurdles

Category	Hurdles	Height	To First	Between	Run-In
U18 Women	10	0.76m / 30"	45m	35m	40m
U18 Men	10	0.84m / 33"	45m	35m	40m
U20 Women	10	0.76m / 30"	45m	35m	40m
U20 Men	10	0.91m / 36"	45m	35m	40m
Open Women	10	0.76m / 30"	45m	35m	40m
Open Men	10	0.91m / 36"	45m	35m	40m
Masters Women 35-49	10	0.76m / 30"	45m	35m	40m
Masters Men 35-49	10	0.91m / 36"	45m	35m	40m
Masters Men 50-59	10	0.84m / 33"	45m	35m	40m

Steeplechase Events

Category	Distance	Hurdles	Height	Note
U14 Women / Men	1000m	9	0.76m / 30"	No Water Jump
U16 Women / Men	1500m	12	0.76m / 30"	No Water Jump
U18 Women	2000m	23	0.76m / 30"	
U18 Men	2000m	23	0.84m / 33"	
U20 Women	2000m	23	0.76m / 30"	
U20 Men	3000m	35	0.91m / 36"	
Open Women	3000m	35	0.76m / 30"	
Open Men	3000m	35	0.91m / 36"	
Masters Women 35+	2000m	23	0.76m / 30"	
Masters Men 35-59	3000m	35	0.91m / 36"	
Masters Men 60+	2000m	23	0.76m / 30"	

Throws Events

Category	Shot	Discus	Javelin	Hammer	Weight
U14 Women / Men	3kg	750g	400g		
U16 Women	3kg	1kg	500g	3kg	5.44kg
U16 Men	4kg	1kg	500g	4kg	7.26kg
U18 Women	3kg	1kg	500g	3kg	7.26kg
U18 Men	5kg	1.5kg	700g	5kg	9.08kg
U20 Women	4kg	1kg	600g	4kg	9.08kg
U20 Men	6kg	1.75kg	800g	6kg	11.34kg
Open Women	4kg	1kg	600g	4kg	9.08kg
Open Men	7.26kg	2kg	800g	7.26kg	15.88kg
Masters W35-49	4kg	1kg	600g	4kg	9.08kg
Masters W50-59	3kg	1kg	500g	3kg	7.26kg
Masters W60-74	3kg	1kg	400g	3kg	5.44kg
Masters W75+	2kg	750g	400g	2kg	4kg
Masters M35-49	7.26kg	2kg	800g	7.26kg	15.88kg
Masters M50-59	6kg	1.5kg	700g	6kg	11.34kg
Masters M60-69	5kg	1kg	600g	5kg	9.08kg
Masters M70-79	4kg	1kg	500g	4kg	7.26kg
Masters M80+	3kg	1kg	400g	3kg	5.44kg

Para Athletics Throws Events

Category	Shot	Discus	Javelin	Club
Women F11-13	4kg	1kg	600g	
Women F32	2kg	1kg		397g
Women F33-38	3kg	1kg	600g	
Women F40	3kg	700g	400g	
Women F41-44, F46	4kg	1kg	600g	
Women F51		1kg		397g
Women F52	2kg	1kg	600g	
Women F53-57	3kg	1kg	600g	
Women F58	4kg	1kg	600g	
Men F11-13	7.26kg	2kg	800g	
Men F32	2kg	1kg		397g
Men F33	3kg	1kg	600g	
Men F34-36	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 F42-44, F46	6kg	1.5kg	800g	
Men F51		1kg		397g
Men F52	2kg	1kg	600g	
Men F53	3kg	1kg	600g	
Men F54-57	4kg	1kg	600g	
Men F58	5kg	1kg	600g	