

## Athletics New Brunswick Policy Statement 3.0 Competitions and Sanctioning

### 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 the Run New Brunswick Committee;

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

- a) abide by and enforce the rules, regulation, policies, and procedures of ANB and AC, and,
- b) ensure that the Competition will be conducted in a fair and safe manner and respect the spirit of Athletics Canada's Long Term Development model.

In exchange ANB agrees to:

- a) validate the results of such Competition, including for purposes of rankings, records, qualifications, and standards as appropriate, and
- b) provide insurance coverage for 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 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 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(s) or surcharge(s);
  - (j) (j) a complete and detailed list of event security items as per the document Event Safety Tool available on 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 of 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 and U10 that is concurrent to a Championship competition; or,
  - (e) list of Events includes one or several Events that:
    - 1) 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
    - 2) are not safe for the athletes and does not respect the spirit of Athletics Canada's Long Term Development model.
7. ANB shall not reject any Competition organizer's request for sanctioning for reasons other than those described in section 6.
  8. Any Competition organizer's request for sanctioning, that has been rejected or would be rejected in accordance with section 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.
12. During a Sanctioned Competition, where one or more Event(s) not included in the list of Events presented with the request of Sanctioning is (are) offered, the Competition's organizer shall submit in writing a report on the added Event(s), with an explanation for the addition, to ANB. In the case that an Event discrepancy report raises an important or serious issue, the report shall be reviewed by the Technical Committee of ANB at the end of the indoor track season or at the end of the outdoor season. The evaluation of the Technical Committee of ANB shall be presented to the Competition's organizers and the Board.

### **Non-Championships**

13. 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;

- (b) reasonable administrative support to the organizing party or parties; and
  - (c) insurance coverage for all registered participants, and any other persons as may be eligible for coverage in the insurance policy provided by ANB.
14. 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's Director;
  - (b) a bilingual 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 21 days prior to the date upon which the Competition will take place;
  - (c) an emergency action plan;
  - (d) full results to ANB within 48 hours 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 section 13.

### **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 5km Championships;
  - (b) New Brunswick 5 Mile Championships;
  - (c) New Brunswick 10km 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 sections 15 to 17 shall be approved for sanctioning by ANB and

shall not be subject to sections 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:
  - (a) name of the Championship;
  - (b) date(s) in which the Championship shall take place;
  - (c) deadline to submit proposals;
  - (d) The financial terms between ANB and the host related to hosting the Championship; and
  - (e) criteria that will be applied in the evaluation of proposals.
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 section 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's Director prior to, during, and immediately following the Championship;
  - (b) all reasonably available summer students of ANB, who shall provide support to the Championship's Technical 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;
  - (h) insurance coverage for all registered participants, and any other persons as may be eligible for coverage in the insurance policy provided by ANB; and
  - (i) remittance of any net owing 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's Director;

- (b) a bilingual 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 35 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 within 24 hours 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 section 24.
26. 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.
27. 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.
28. The proposal to host a Championship shall also include the proposal to host a concurrent competition for the U12 and U10 only.

### **State of Emergency**

29. 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 may temporarily suspend or modify any sections 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.

Last Revision Sept 18, 2024

## **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, 800m).

##### 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, 800m).

##### 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; 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; 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; 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; 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)).

### Senior Women

100m; 200m; 400m; 800m; 1500m; 5000m; 10,000m; 100m Hurdles; 400m Hurdles; 3000m Steeplechase; 10,000m Race Walk\*; 4x100m; 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)).

### Senior Men

100m; 200m; 400m; 800m; 1500m; 5000m; 10,000m; 110m Hurdles; 400m Hurdles; 3000m Steeplechase; 10,000m Race Walk\*; 4x100m; 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.

\* Racewalk will be offered only if/when ANB can provide the appropriate number of certified officials for the Event(s).

## **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, 800m).

### 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, 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, Long Jump, Shot Put, High Jump, 1000m).

### U18 Women

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

### Senior Women

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

### Senior Men

60m; 200m; 400m; 800m; 1500m; 3000m; 60m Hurdles; 3000m 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).

### 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.

\* Racewalk will be offered only if/when ANB can provide the appropriate number of certified officials for the Event(s).

## **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; Senior Women, 6-8km; Senior 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**

<b>Category</b>	<b>Hurdles</b>	<b>Height</b>	<b>To First</b>	<b>Between</b>	<b>Run-In</b>
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
Senior Women	5	0.84m / 33"	13m	8.5m	13m
Senior 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**

<b>Category</b>	<b>Hurdles</b>	<b>Height</b>	<b>To First</b>	<b>Between</b>	<b>Run-In</b>
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**

<b>Category</b>	<b>Hurdles</b>	<b>Height</b>	<b>To First</b>	<b>Between</b>	<b>Run-In</b>
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
Senior 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
Senior 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
Senior Women	10	0.76m / 30"	45m	35m	40m
Senior 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 Competitions

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"	
Senior Women	3000m	35	0.76m / 30"	
Senior 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 Competitions

Category	Shot	Discus	Javelin	Hammer	Weight
U14 Women / Men	3kg	750g	400g	3kg	5.44kg
U16 Women	3kg	1kg	500g	3kg	5.44kg
U16 Men	4kg	1kg	600g	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
Senior Women	4kg	1kg	600g	4kg	9.08kg
Senior 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	500g	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 Competitions

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	