

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

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	