

**Junior Development, Midget and Youth Age Groups  
Event Specifications**

<b>April 2010: Midget and Youth Events</b>
<b>April 2011: Junior Development 9 to 13 years [not confirmed]</b>

**Track and Distance Events**

	<b>PEE WEE 9 years</b>	<b>PEE WEE 10/11 years</b>	<b>BANTAM 12/13 years</b>	<b>MIDGET 14/15 years</b>	<b>YOUTH 16/17 years</b>
60 m	F/M	F/M			
80 m			F/M		
100 m				F/M	F/M
150 m	F/M	F/M	F/M		
200 m				F/M	F/M
300 m				F/M	
400 m					F/M
600 m	F/M	F/M			
800 m			F/M	F/M	F/M
1000 m	F/M	F/M			
1200 m			F/M	F/M	
1500 m					F/M
2000 m				F/M	
3000 m					F/M
1500 m SC				F/M	
2000 m SC					F/M
60 m hurdles	F/M	F/M			
80 m hurdles			F/M	F	
100 m hurdles				M	F
110 m hurdles					M
200 m hurdles			F/M	F/M	
300 m hurdles					F/M
800 m RW	F/M	F/M	F/M		
1500 m RW				F/M	
3000 m RW					F/M
5000 m RW					F/M
Cross Country	1.5 km F/M	2 km F/M	2 km F/M [12] 3 km F/M [13]	3 km F/M	4 km W 5 km M
Relays	4 x 100	4 x 100	4 x 100	4 x 100 4 x 400	4 x 100 4 x 400

**Notes:**

- No blocks are permitted until athletes are Midget age [14 and 15 years].
- 1500m Steeplechase for Midget athletes does NOT have water jumps. Height of barriers is 0.76m for both girls and boys.
- 2000m Steeplechase for Youth athletes includes the water jumps. Height of barriers is 0.76m for girls and 0.84m for boys.
- New cross country distances will begin with the Fall 2010 season.
- Junior Development relay distances are still to be confirmed.

## Field Events

<b>April 2010: Midget and Youth Events</b>
<b>April 2011: Junior Development 9 to 13 years [not confirmed]</b>

	<b>PEE WEE 9 years</b>	<b>PEE WEE 10/11 years</b>	<b>BANTAM 12/13 years</b>	<b>MIDGET 14/15 years</b>	<b>YOUTH 16/17 years</b>
High Jump	F/M	F/M	F/M	F/M	F/M
Long Jump	F/M [no board]	F/M [no board]	F/M	F/M	F/M
Triple Jump				F/M	F/M
Pole Vault				F/M	F/M
Discus	750 g F/M	750 g F/M	750 g F/M	1 kg F/M	1 kg F 1.5 kg M
Shot Put	2 kg F/M	2 kg F/M	3 kg F/M	3 kg F 4 kg M	4 kg F 5 kg M
Javelin		400 g F/M	400 g F/M	600 g F/M	600 g F 700 g M
Hammer			3 kg F/M	3 kg F 4 kg M	4 kg F 5 kg M

### Notes:

- Long Jump for Pee Wee athletes does not permit a take-off board. A 1metre take-off area will be used.
- Long Jump for Bantam, Midget and Youth athletes will use the regular take-off board.
- Triple Jump for Midget and Youth athletes will use the 7 m, 9m or 11 metre take-off boards.
- Triple Jump and Pole Vault events will not start until the midget age group.

## Combined Events

**April 2010: Midget and Youth Events**

**April 2011: Junior Development 9 to 13 years [not confirmed]**

	<b>PEE WEE 9 years</b>	<b>PEE WEE 10/11 years</b>	<b>BANTAM 12/13 years</b>	<b>MIDGET 14/15 years</b>	<b>YOUTH 16/17 years</b>
Combined Events [Outdoors]	<b>Pentathlon F/M</b> 60 m Hurdles High Jump Shot Put Long Jump 600 metres  <i><u>BCJD</u></i>	<b>Pentathlon F/M</b> 60 m Hurdles High Jump Shot Put Long Jump 600 metres  <i><u>BCJD</u></i>	<b>Pentathlon F/M</b> 80m Hurdles High Jump Shot Put Long Jump 800 metres  <i><u>BCJD</u></i>	<b>Pentathlon Women</b> 80m Hurdles High Jump Shot Put Long Jump 800 metres  <i><u>AC specs</u></i>	<b>Heptathlon Women</b> <b>Day 1:</b> 100m Hurdles High Jump Shot Put 200 metres <b>Day 2:</b> Long Jump Javelin 800 metres
	<b>Tetrathlon 1 F/M</b> 60 metres Long Jump Shot Put 600 metres <b>OR</b> <b>Tetrathlon 2 F/M</b> 60m Hurdles High Jump Ball Throw 150 metres	<b>Tetrathlon 1 F/M</b> 60 metres Long Jump Shot Put 600 metres <b>OR</b> <b>Tetrathlon 2 F/M</b> 60m Hurdles High Jump Ball Throw 150 metres	<b>Tetrathlon 1 F/M</b> 80 metres Long Jump Shot Put 600 metres <b>OR</b> <b>Tetrathlon 2 F/M</b> 80m Hurdles High Jump Ball Throw 150 metres	<b>Pentathlon Men</b> 100m Hurdles High Jump Shot Put Long Jump 1000 metres  <i><u>AC specs</u></i>	<b>Octathlon Men</b> <b>Day 1:</b> 100 metres Long Jump Shot Put 400 metres <b>Day 2:</b> 110m Hurdles High Jump Javelin 1000 metres
Combined Events [Indoors]	<b>Triathlon F/M</b> 60metres Long Jump Shot Put <b>OR</b> 60m Hurdles High Jump Shot Put	<b>Triathlon F/M</b> 60metres Long Jump Shot Put <b>OR</b> 60m Hurdles High Jump Shot Put	<b>Triathlon F/M</b> 60metres Long Jump Shot Put <b>OR</b> 60m Hurdles High Jump Shot Put	<b>Tethrathlon F/M</b> 60 metres Long Jump Shot Put 200 metres <b>OR</b> 60m Hurdles High Jump Shot Put 800 metres	

### Combined Events:

- Please note that the combined events for Jd 9 to 13 are not confirmed.
- Tetrathlon and triathlon events are proposed changes only.
- Pentathlon will begin with the Midget age group.
- Triathlon will be offered for JD age groups for indoor competition only.

## Sprint Hurdle Specifications [AC]

<b>April 2010: Midget and Youth Events</b>
<b>April 2011: Junior Development 9 to 13 years [not confirmed]</b>

Age/Gender	Distance	# of Hurdles	Hurdle Height	Distance to First Hurdle	Distance Between Hurdles	Distance to Finish Line
9 years Female	60 metres	6	21" 0.533 m	12 m	7 m	13 m
9 years Male	60 metres	6	21" 0.533 m	12 m	7 m	13 m
10 years Female	60 metres	6	24" 0.610 m	12 m	7 m	13 m
10 years Male	60 metres	6	24" 0.610 m	12 m	7 m	13 m
11 years Female	60 metres	6	24" 0.610 m	12 m	7 m	13 m
11 years Male	60 metres	6	24" 0.610 m	12 m	7 m	13 m
12 years Female	80 metres	8	30" 0.76 m	12 m	7.5 m	15.5 m
12 years Male	80 metres	8	30" 0.76 m	12 m	7.5 m	15.5 m
13 years Female	80 metres	8	30" 0.76 m	12 m	7.5 m	15.5 m
13 years Male	80 metres	8	30" 0.76 m	12 m	7.5 m	15.5 m
14 years Female	80 metres	8	30" 0.76 m	12 m	8 m	12 m
15 years Female	80 metres	8	30" 0.76 m	12 m	8 m	12 m
14 years Male	100 metres	10	33" 0.84 m	13 m	8.5 m	10.5 m
15 years Male	100 metres	10	33" 0.84 m	13 m	8.5 m	10.5 m
16 years Female	100 metres	10	30" 0.76 m	13 m	8.5 m	10.5 m
17 years Female	100 metres	10	30" 0.76 m	13 m	8.5 m	10.5 m
16 years Male	110 metres	10	36" 0.91 m	13.72 m	9.14 m	14.02 m
17 years Male	110 metres	10	36" 0.91 m	13.72 m	9.14 m	14.02 m

## Distance Hurdle Specifications [AC]

<b>April 2010: Midget and Youth Events</b>
<b>April 2011: Junior Development 9 to 13 years [not confirmed]</b>

Age/Gender	Distance	# of Hurdles	Hurdle Height	Distance to First Hurdle	Distance Between Hurdles	Distance to Finish Line
12 years Female	200 metres	5	0.76 m 30"	20m	35 m	40 m
12 years Male	200 metres	5	0.76 m 30"	20m	35 m	40 m
13 years Female	200 metres	5	0.76 m 30"	20m	35 m	40 m
13 years Male	200 metres	5	0.76 m 30"	20m	35 m	40 m
14 years Female	200 metres	5	0.76 m 30"	20m	35 m	40 m
14 years Male	200 metres	5	0.76 m 30"	20m	35 m	40 m
15 years Female	200 metres	5	0.76 m 30"	20m	35 m	40 m
15 years Male	200 metres	5	0.76 m 30"	20m	35 m	40 m
16 years Female	300 metres	7	0.76 m 30"	50 m	35 m	40 m
17 years Female	300 metres	7	0.76 m 30"	50 m	35 m	40 m
16 years Male	300 metres	7	0.84 m 33"	50 m	35 m	40 m
17 years Male	300 metres	7	0.84 m 33"	50 m	35 m	40 m

### Notes:

- False Start rule for JD athletes ages 9 to 13 will be the old rule: the first false start in a race will be charged to the field, the second false start will cause the disqualification of an individual athlete or athletes.
- The 2010 False Start rule will be for Midget and older athletes: immediate disqualification for any false starts in a race. This will be in place for Junior Secondary school events as well.