

**SASKATCHEWAN ATHLETICS  
OUTDOOR PROVINCIAL CHAMPIONSHIP EVENTS**

	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>U20</b>	<b>SENIOR</b>
<b>60m</b>	m/w – no blocks					
<b>80m</b>		m/w – blocks Optional				
<b>100m</b>			m/w – blocks optional	m/w	m/w	m/w
<b>150m</b>	m/w – no blocks	m/w – blocks Optional				
<b>200m</b>			m/w – blocks optional	m/w	m/w	m/w
<b>300m</b>			m/w – blocks optional			
<b>400m</b>				m/w	m/w	m/w
<b>600m</b>	m/w					
<b>800m</b>		m/w	m/w	m/w	m/w	m/w
<b>1000m</b>	m/w					
<b>1200m</b>		m/w	m/w			
<b>1500m</b>				m/w	m/w	m/w
<b>2000m</b>			m/w			
<b>3000m</b>				m/w	w	
<b>5000m</b>					m/w	m/w
<b>10000m</b>					m	m/w
<b>Racewalk</b>	m – 800m w – 800m	m – 1200m w – 1200m	m - 3000m w - 3000m	m - 5km w - 5km	m - 10km w - 5km	m - 10km w - 5km
<b>Sprint Hurdles</b>	m – 60m – 30” .76 w – 60m – 30” .76	m - 80m - 30” .76 w - 80m - 30” .76	m - 100m - 33” .84 w - 80m - 30” .76	m-110m - 36” .91 w-100m - 30” .76	m-110m - 39” .99 w-100m - 33” .84	m-110m-42” 1.07 w-100m- 33” .84
<b>Int Hurdles</b>		m/w – 200mH blocks optional, 5H	m/w - 200mH 7H – blocks optional	m/w - 400mH 10H .76/.84	m/w - 400mH 10H .76/.91	m/w - 400mH 10H .76/.91
<b>Steeplechase</b>			m/w – 1500m – no water jump; 30” .76	m- 2000m 36-84 w – 2000m 30-76	m – 3000m 36-91 w – 3000m 30-76	m- 3000m 36-91 w – 3000m 30-76
<b>Long Jump</b>	m/w no board 1m take-off	m/w regular board	m/w	m/w	m/w	m/w
<b>Standing LJ</b>	m/w					
<b>Triple Jump</b>		TJ – 5m board	m/w	m/w	m/w	m/w
<b>High Jump</b>	m/w	m/w	m/w	m/w	m/w	m/w
<b>Pole Vault</b>			m/w	m/w	m/w	m/w
<b>Shot Put</b>	m - 6lb w - 6lb	m – 3kg w – 3kg	m - 4kg w – 3kg	m - 5.0kg w - 3kg	m - 6.0kg w - 4kg	m - 16lb 7.25kg w - 4kg
<b>Discus</b>	750gm	m – 750gm w – 750gm	m - 1kg w – 750gm	m - 1.5kg w - 1kg	m - 1.75kg w - 1kg	m - 2kg w - 1kg
<b>Javelin</b>		400gm	m - 600gm w - 500gm	m - 700gm w - 500gm	m - 800gm w - 600gm	m - 800gm w - 600gm
<b>Ball Throw</b>	m/w	m/w				
<b>Hammer</b>		3kg optional	m - 4kg w - 3kg	m - 5.0kg w - 3kg	m - 6.0kg w - 4kg	m - 16lb 7.26kg w - 4kg
<b>Combined Events</b>		m – Pent w - Quad	m - Hept w - Pent	m - Dec w - Hept	m - Dec w - Hept	m - Dec w - Hept
<b>4x100m</b>	m/w	m/w	m/w	m/w	m/w	m/w
<b>4x200m</b>			m/w			
<b>4x400m</b>				m/w	m/w	m/w
<b>Medley Relay 4-2-2-8</b>				m/w	m/w	m/w

### **Combined Events:**

U12 Triathlon - 80m - LJ - SP  
U14 Quad - 100m – LJ –SP - 80mH  
U14 Men Pent - LJ, SP, 200m, DT, 800m  
U16 Men Hept – 100mH, HJ, SP, 200m, LJ, JT, 800m  
U16 Women Pent - 80mH, HJ, SP, LJ, 800m  
U18 Men Dec - 100m, LJ, SP, HJ, 400m, 110mH, DT, PV, JT, 1500m (U18 Weights and Spacings)  
U18 Women Hept - 100mH, HJ, SP, 200m, LJ, JT, 800m (U18 Spacings)  
U20 Men Dec - 100m, LJ, SP - 6kg, HJ, 400m, 110mH - 39", DT - 1.75kg, PV, JT, 1500m  
U20 & Senior Women Hept - 100mH, HJ, SP, 200m, LJ, JT, 800m  
Senior Men Dec - 100m, LJ, SP, HJ, 400m, 110mH, DT, PV, JT, 1500m

### **Hurdles:**

U12 Men and Women – 60mH – As low as possible (scissor hurdles) (12.00m to 1<sup>st</sup>, 7.00m b/w); No blocks  
U14 Men and Women - 80mH - 30" .76 (12.00m to 1st, 7.50m b/w); Blocks Optional  
U16 Men - 100mH - 33" .84 (13.00m to 1st, 8.50m b/w) - 200mH - 30" .76 (Start at 200m line, use 400mH spacing, 35m b/w)  
U16 Women - 80mH - 30" .76 (12.00m to 1st, 8.00m b/w) - 200mH - 30" .76 (Start at 200m line, use 400mH spacing, 35m b/w)  
U18 Men - 110mH - 36" .91 (13.72m to 1st, 9.14m b/w) - 400mH - 33" .84 (45.00m to 1st, 35.00m b/w)  
U18 Women - 100mH - 30" .76 (13.00m to 1st, 8.50 b/w) - 400mH - 30" .76 (45.00m to 1st, 35.00m b/w)  
U20 Men - 110mH - 39" .99 (13.72m to 1st, 9.13m b/w) - 400mH - 36" .91(45.00m to 1st, 35.00m b/w)  
U20 and Senior Women - 100mH - 33".84 (13.00m to 1st, 8.50m b/w) - 400mH - 30" .76 (45.00m to 1st, 35.00m b/w)  
Senior Men - 110mH - 42" 1.07 (13.72m to 1st, 9.13m b/w) - 400mH - 36" .91 (45.00m to 1st, 35.00m b/w)

### **Masters – Sprint Hurdles**

W35-39 – 100m H - .84 - 10 hurdles – 13 to first – 8.5 between – 10.5 finish  
W40-49 - 80m Hurdles - .76 – 8 hurdles – 12 to first – 8 between – 12 finish  
W50-59 – 80m Hurdles - .76 – 8 hurdles - 12 to first - 7 between - 19m to finish.  
W60+ – 80m Hurdles - .68 – 8 hurdles – 12 to first – 7 between – 19 finish

M35-49 – 110m H - .99 - 10 hurdles – 13.72 to first – 9.14 between – 14 finish  
M50-59 - 100m Hurdles - .91 – 10 hurdles – 13 to first – 8.5 between – 10.5 finish  
M60-69 – 100m Hurdles - .84 – 10 hurdles - 12 to first - 8 between - 16m to finish.  
M70-79 – 80m Hurdles - .76 – 8 hurdles – 12 to first – 7 between – 19 finish  
M80+ – 80m Hurdles - .68 – 8 hurdles – 12 to first – 7 between – 19 finish

### **Masters – Long Hurdles**

W35-49 – 400m H - .76 - 10 hurdles – 45 to first – 35 between – 40 to finish  
W50-59 - 300m Hurdles - .76 – 7 hurdles – 50 to first – 35 between – 40 to finish  
W60-69 – 300m Hurdles - .68 – 7 hurdles - 50 to first – 35 between - 40m to finish.  
W70+ – 200m Hurdles - .68 – 5 hurdles – 20 to first – 35 between – 40 to finish

M35-49 – 400m H - .91 - 10 hurdles – 45 to first – 35 between – 40 to finish  
M50-59 - 400m Hurdles - .84 – 10 hurdles – 45 to first – 35 between – 40 to finish  
M60-69 – 300m Hurdles - .76 – 7 hurdles - 50 to first – 35 between – 40 to finish  
M70-79 – 300m Hurdles - .68 – 7 hurdles – 50 to first – 35 between – 40 to finish  
M80+ – 200m Hurdles - .68 – 5 hurdles – 20 to first – 35 between – 40 finish

### **Cross Country**

U12 – 2km – both, U14 – 2km – both, U16 Women – 3km, U16 Men – 4km, U18 Women – 4km  
U18 Men – 6km, U20 Women – 5km, U20 Men – 8km, Senior Women – 6km, Senior Men – 10km  
Master – 6km - both