

## SASKATCHEWAN ATHLETICS INDOOR EVENTS

	U12	U14	U16	U18	U20	SENIOR
<b>50m</b>				m/w	m/w	m/w
<b>60m</b>	m/w – no blocks	m/w – No blocks	m/w – blocks optional	m/w	m/w	m/w
<b>150m</b>	m/w - no blocks	m/w – No blocks				
<b>200m</b>			m/w – blocks optional	m/w	m/w	m/w
<b>300m</b>			m/w – blocks optional	m/w	m/w	m/w
<b>400m</b>				m/w	m/w	m/w
<b>500m</b>				m/w	m/w	m/w
<b>600m</b>	m/w			m/w	m/w	m/w
<b>800m</b>		m/w	m/w	m/w	m/w	m/w
<b>1000m</b>	m/w			m/w	m/w	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	m/w	m/w
<b>Racewalk</b>	m – 800m w – 800m	m – 800m w – 800m	m – 1500 m w – 1500 m	m - 3km w - 3km	m - 3km w - 3km	m - 3km w - 3km
<b>Sprint Hurdles</b>	m - 60m - low w – 60m – low no blocks	m -60m - 30” .76 w -60m - 30” .76 no blocks	m - 60m - 33” .84 w - 60m - 30” .76 blocks optional	m - 60m -36” .91 w - 60m - 30” .76	m - 60m - 39” .99 w - 60m - 33” .84	m - 60m - 42” 1.07 w - 60m - 33” .84
<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>						
<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- 3kg w -3kg	m – 3kg w – 3kg	m - 4kg w - 3kg	m - 5.0kg w - 3kg	m - 6.0kg w - 4kg	m – 7.26kg w - 4kg
<b>Weight Throw</b>			m – 16lb – 7.26k w – 12lb - 5.45k	m - 20lb – 9.08k w - 16lb – 7.26k	m - 25lb – 11.34k w - 20lb – 9.08k	m - 35lb – 15.88k w - 20lb – 9.08k
<b>Combined Events</b>	m - Tri w - Tri	m - Quad w - Quad	m - Pent w - Pent	m - Pent w - Pent	m - Pent w - Pent	m - Pent w - Pent
<b>4x100m</b>	m/w	m/w	m/w	m/w	m/w	m/w
<b>4x200m</b>			m/w	m/w	m/w	m/w
<b>4x400m</b>				m/w	m/w	m/w
<b>4x800m</b>				m/w	m/w	m/w

### Combined Events:

U12 Tri - LJ-SP-60m

U14 Quad - 60m-LJ-SP-800m (U14 Weight and Spacings) or Tri - LJ-SP-60m

U16 Men Pent - 60mH, LJ, SP, HJ, 1000m (U16 Weights and Spacings)

U16 Women Pent - 60mH, LJ, SP, HJ, 800m (U16 Weights and Spacings)

U18 Men Pent - 60mH, LJ, SP, HJ, 1000m (U18 Weights and Spacings)

U18 Women Pent - 60mH, LJ, SP, HJ, 800m (U18 Weights and Spacings)

U20 Men Pent - 60mH, LJ, SP, HJ, 1000m (U20 Weights and Spacings)

U20 & Senior Women Pent - 60mH, LJ, SP, HJ, 800m (U20 & Senior Weights and Spacings)

Senior Men Pent - 60mH, LJ, SP, HJ, 1000m (Senior Weights and Spacings)

### Hurdles:

U12 Men and Women – 60mH – As low as possible (scissor hurdles) (12.00m to 1<sup>st</sup>, 7.0 m b/w); and no blocks

U14 Men and Women - 60mH - 30” (.76) (12.00m to 1st, 7.50m b/w); and no blocks

U16 Men - 60mH - 33” (.84) (13.00m to 1st, 8.50m b/w)

U16 Women - 60mH - 30” (.76) (12.00m to 1st, 8.00m b/w)

U18 Men - 60mH - 36” (.91) (13.72m to 1st, 9.14m b/w)

U18 Women - 60mH - 30” (.76) (13.00m to 1st, 8.50 b/w)

U20 Men - 60mH - 39” (.99) (13.72m to 1st, 9.13m b/w)

U20 and Senior Women - 60mH - 33” (.84) (13.00m to 1st, 8.50m b/w)

Senior Men - 60mH - 42” (1.07) (13.72m to 1st, 9.13m b/w)