

2010– 2011 ATHLETICS FREE STATE TECHNICAL STANDARDS

AGE RESTRICTIONS AT EVENTS IN ACCORDANCE WITH REGULATIONS

SENIOR EVENTS: (16 years and older)

To be able to compete in a Senior Championships event, any athlete must be 16 years on 31st December in the year of the competition. The following exceptions are applicable:

- 20km Race Walk and longer,
- The marathon road race and longer,

In the events mentioned above, the athletes must be 20 years on 31st December in the year of the competition.

JUNIOR EVENTS: (Under 20 years; 19 years and younger)

To be able to compete in a Junior Championships event, any athlete must be 18 or 19 years on 31st December in the year of the competition.

At a Junior Championships, the Junior Athlete should not participate in more than 2 Track Events longer than 800m.

The athlete should not participate in more than 3 events excluding the relay events at the mentioned Championships.

At an International Junior Championship, the Junior Athlete should not participate in more than 2 Track Events longer than 400m.

The athlete should not participate in more than 3 events excluding the relay events at the mentioned Championships.

YOUTH EVENTS: (Under 18 years; 17 years and younger)

To be able to compete in a Youth Championships event, any athlete must be 16 or 17 years on 31st December in the year of the competition.

At a Youth Championships, the Youth Athlete should not participate in more than 2 Track Events longer than 800m. The athlete should not participate in more than 3 events excluding the relay events at the mentioned Championships.

At an International Youth Championship, the Youth Athlete should not participate in more than 2 Track Events longer than 400m. The athlete should not participate in more than 3 events excluding the relay events at the mentioned Champs.

SUB - YOUTH EVENTS: (Under 16 years; 15 years and younger)

To be able to compete in a Sub-Youth Championships event, any athlete must be 14 or 15 years on 31st December in the year of the competition.

At a Sub-Youth Championships, the Sub-Youth Athlete should not participate in more than 2 Track Events longer than 400m.

The athlete should not participate in more than 3 events excluding the relay events at the mentioned Championships.

At an International Sub - Youth Championship, the Sub – Youth Athlete should not participate in more than 2 Track Events longer than 400m. The athlete should not participate in more than 3 events excluding the relay events at the mentioned Champs.

PRIMARY SUB-YOUTH EVENTS: (6 - 13 years)

To be able to compete in a Primary Sub-Youth Championships event, any athlete must be 6 years up to 13 years on 31st December in the year of the competition.

The age difference of athletes participating in the same competition at a Primary Sub Youth Event, must not be more than 2 years, e.g. athletes taking part in a competition for 13 year old athletes have to be 12 or 13 years on 31st December in the year of the competition..

At a Sub Youth Championship, the Sub Youth Athlete should not participate in more than 2 Track Events longer than 400m.

The athlete should not participate in more than 3 events excluding the relay events at the mentioned Championships.

2010 - 2011 EVENT LISTS FOR THE VARIOUS NATIONAL AND PROVINCIAL TRACK AND FIELD CHAMPIONSHIPS

EVENT	AGE CATEGORY								NOTES
	SUB-YOUTH (14 & 15 Years) (*)		YOUTH (16 & 17 Years) (*)		JUNIOR (18 & 19 Years) (*)		SENIOR (*)		
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	
100m	✓	✓	✓	✓	✓	✓	✓	✓	Due to a lack of competition opportunities for the events listed below, the mentioned events should be catered for at both the Junior and Senior Championships. The junior and senior Athletes will compete in the same competition at both Champs mentioned above, but their points will be recorded separately as junior or senior events to determine the winners in each category. Decathlon (Snr + Jnr) Heptathlon (Snr + Jnr) 20km W (Snr M + W) 10km W (Jnr M + W) (*) Indicates age restrictions in the Technical Standards.
200m	✓	✓	✓	✓	✓	✓	✓	✓	
400m	✓	✓	✓	✓	✓	✓	✓	✓	
800m	✓	✓	✓	✓	✓	✓	✓	✓	
1500m	✓	✓	✓	✓	✓	✓	✓	✓	
3000m	✓	✓	✓	✓	×	✓	×	×	
5000m	×	×	×	×	✓	✓	✓	✓	
10000m	×	×	×	×	✓	×	✓	✓	
90mH	X	✓ (76,2 cm)	x	X	x	x	x	x	
100m H	✓ (84 cm)	✓ (76,2 cm)	×	✓ (76,2 cm)	×	✓ (84,0 cm)	×	✓ (84,0 cm)	
110m H	×	×	✓ (91,4 cm)	×	✓ (99,0 cm)	×	✓ (106,7 cm)	×	
300m H	✓ (84,0cm)	✓ (76,2 cm)	×	×	×	×	×	×	
400m H	×	×	✓ (84,0cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)	
1500m SC	✓ (76,2 cm)	×	×	✓ (76,2 cm)	×	×	×	×	
2000m SC	X	×	✓ (76,2 cm)	×	×	×	×	×	
3000m SC	×	×	×	×	✓ (91,4 cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)	
4 x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	
4 x 400m Relay	×	×	×	×	✓	✓	✓	✓	
1000m Medley Relay	✓	✓	✓	✓	×	×	×	×	

2010- 2011 EVENT LISTS FOR THE VARIOUS NATIONAL AND PROVINCIAL TRACK AND FIELD CHAMPIONSHIPS

EVENT	AGE CATEGORY		YOUTH (U/18) (*)		JUNIOR (U/20) (*)		SENIOR (*)		NOTES
	SUB-YOUTH (U/16) (*)		MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	<p>Due to a lack of competition opportunities for the events listed below, the mentioned events should be catered for at both the Junior and Senior Championships.</p> <p>The junior and senior Athletes will compete in the same competition at both Champs mentioned above, but their points will be recorded separately as junior or senior events to determine the winners in each category.</p> <p>Decathlon (Snr + Jnr) Heptathlon (Snr + Jnr) 20km W (Snr M + W) 10km W (Jnr M + W)</p> <p>(*) Indicates age restrictions in the Technical Standards.</p>
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	
Triple Jump	✓ (9m)	×	✓ (11m)	✓ (9m)	✓ (13m)	✓ (11m)	✓ (13m)	✓ (11m)	
Pole Vault	✓	✓	✓	✓	✓	✓	✓	✓	
Shot Put	✓ (4,00 kg) (Yellow)	✓ (4,00 kg) (Yellow)	✓ (5,00 kg) (Green)	✓ (4,00 kg) (Yellow)	✓ (6 kg) (Blue)	✓ (4,00 kg) (Yellow)	✓ (7,26 kg) (Red)	✓ (4,00 kg) (Yellow)	
Discus Throw	✓ (1,00 kg) (Yellow)	✓ (1,00 kg) (Yellow)	✓ (1,5 kg) (Green)	✓ (1,00 kg) (Yellow)	✓ (1,75 kg) (Blue)	✓ (1,00 kg) (Yellow)	✓ (2,00 kg) (Red)	✓ (1,00 kg) (Yellow)	
Javelin Throw	✓ (600 gm)	✓ (600 gm)	✓ (700 gm)	✓ (600 gm)	✓ (800 gm)	✓ (600 gm)	✓ (800 gm)	✓ (600 gm)	
Hammer Throw	✓ (4,00 kg) (Yellow)	✓ (4,00 kg) (Yellow)	✓ (5,00 kg) (Green)	✓ (4,00 kg) (Yellow)	✓ (6 kg) (Blue)	✓ (4,00 kg) (Yellow)	✓ (7,26 kg) (Red)	✓ (4,00 kg) (Yellow)	
Pentathlon	×	✓	×	×	×	×	×	×	
Heptathlon	✓	×	×	✓	×	✓	×	✓	
Octathlon	×	×	✓	×	×	×	×	×	
Decathlon	×	×	×	×	✓	×	✓	×	
5km Race Walk	✓	✓	×	✓	×	×	×	×	
10 km Race Walk	×	×	✓	×	✓	✓	×	×	
20 km Race Walk	×	×	×	×	×	×	✓ (*)	✓ (*)	
50 km Race Walk	×	×	×	×	×	×	✓ (*)	×	

2010- 2011 TECHNICAL STANDARDS FOR TRACK EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION TABLE OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	60 m	80 m	100 m	150 m	200 m	400 m	800 m	1 200 m	1 500 m	3 000 m	5 000 m	10 000 m
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X		X	X	X		X		X	X
Junior Men: 19 Years (Disparity Rule 18, 19 Years)			X		X	X	X		X		X	X
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)			X		X	X	X		X	X		
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)			X		X	X	X		X	X		
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)			X		X	X	X		X	X		
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)			X		X	X	X		X	X		
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)			X		X		X		X			
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)			X	X				X				
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)		X	X					X				
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)		X	X					X				
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	X	X										
Sub Primary Youth Boys: 8 Years (Disparity Rule 7, 8 Years)	X	X										
Sub Primary Youth Boys: 7 Years (Disparity Rule 6, 7 Years)	X	X										
Sub Primary Youth Boys: 6 Years (Disparity Rule 5, 6 Years)	X	X										

AGE CATEGORIES	60 m	80 m	100 m	150 m	200 m	400 m	800 m	1 200 m	1 500 m	3 000 m	5 000 m	10 000 m
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X		X	X	X		X		X	X
Junior Women: 19 Years (Disparity Rule 18, 19 Years)			X		X	X	X		X	X	X	X
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)			X		X	X	X		X	X		
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)			X		X	X	X		X	X		
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)			X		X	X	X		X	X		
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)			X		X	X	X		X	X		
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)			X		X		X		X			
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)			X	X				X				
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)		X	X					X				
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)		X	X					X				
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	X	X										
Sub Primary Youth Girls: 8 Years (Disparity Rule 7, 8 Years)	X	X										
Sub Primary Youth Girls: 7 Years (Disparity Rule 6, 7 Years)	X	X										
Sub Primary Youth Girls: 6 Years (Disparity Rule 5, 6 Years)	X	X										

2010- 2011 TECHNICAL STANDARDS FOR TRACK RELAY EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION TABLE OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	4 x 50m	4 x 100m	4 x 200m	4 x 400m	4 x 800m	4 x 1 500m	Standard Medley Relay Race 100m, 200m, 300m, 400m	Mile Medley Relay Race 800m, 400m, 200m, 100m, 100m	2 000 m Medley Relay Race 800m, 400m, 2 x 200m, 4 x 100m
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)		X	X	X	X	X	X	X	X
Junior Men: 19 Years (Disparity Rule 18, 19 Years)		X	X	X	X	X	X	X	X
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)		X	X	X	X	X	X	X	X
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)		X					X		
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)		X	X				X	X	X
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)		X					X		
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)		X					X		
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)		X							
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)		X							
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)		X							
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	X								

AGE CATEGORIES	4 x 50m	4 x 100m	4 x 200m	4 x 400m	4 x 800m	4 x 1 500m	Standard Medley Relay Race 100m, 200m, 300m, 400m	Mile Medley Relay Race 800m, 400m, 200m, 100m, 100m	2 000 m Medley Relay Race 800m, 400m, 2 x 200m, 4 x 100m
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)		X	X	X	X	X	X	X	X
Junior Women: 19 Years (Disparity Rule 18, 19 Years)		X	X	X	X	X	X	X	X
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)		X	X	X	X	X	X	X	X
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)		X					X		
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)		X	X				X	X	X
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)		X					X		
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)		X					X		
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)		X							
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)		X							
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)		X							
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	X								

2010- 2011 TECHNICAL STANDARDS FOR STEEPLECHASE EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	1 500m STEEPLECHASE (Height: 76,2cm)	2 000m STEEPLECHASE (Height: 76,2cm)	3 000m STEEPLECHASE (Height: 91,4cm)
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X
Junior Men: 19 Years (Disparity Rule 18, 19 Years)			X
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)		X	
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)		X	
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)	X		
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)			
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)			
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)			
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)			
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)			
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)			

AGE CATEGORIES	1 500m STEEPLECHASE (Height: 76,2cm)	2 000m STEEPLECHASE (Height: 76,2cm)	3 000m STEEPLECHASE (Height: 76,2cm)
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X
Junior Women: 19 Years (Disparity Rule 18, 19 Years)			X
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)	X		
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)			
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)			
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)			
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)			
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)			
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)			
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)			
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)			

2010- 2011 TECHNICAL STANDARDS FOR RACE WALKING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

(TRACK AND ROAD)

PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	1 500 m RACE WALK	3 000 m RACE WALK	5 000 m RACE WALK	10000m RACE WALK	20 km RACE WALK	30 km RACE WALK	50 km RACE WALK
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)					X		X
Junior Men: 19 Years (Disparity Rule 18, 19 Years)				X			
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)				X			
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)				X			
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)			X				
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)		X					
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	X						
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	X						
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)							
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)							
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)							

AGE CATEGORIES	1 500 m RACE WALK	3 000 m RACE WALK	5 000 m RACE WALK	10000m RACE WALK	20 km RACE WALK	30 km RACE WALK	50 km RACE WALK
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)					X		
Junior Women: 19 Years (Disparity Rule 18, 19 Years)				X			
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)			X				
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)			X				
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)			X				
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)		X					
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	X						
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	X						
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)							
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)							
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)							

2010- 2011 TECHNICAL STANDARDS FOR SHORT HURDLE RACES ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

AGE CATEGORIES	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	110	106,7	13,72	9,14	14,02	10
Junior Men: 19 Years (Disparity Rule 18, 19 Years)	110	990 (1000)	13,72	9,14	14,02	10
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)	110	91,4	13,72	9,14	14,02	10
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)	110	84	13,72	9,14	14,02	10
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)	100	84	13	8,5	10,5	10
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)	90	76,2	13	8	13	9
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	80	76,2	12	8	12	8
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	75	76,2	11	7,5	11,5	8
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	70	68	10	7	11	8
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	70	68	10	7	11	8
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)						

AGE CATEGORIES	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	100	84,0	13	8,5	10,5	10
Junior Women: 19 Years (Disparity Rule 18, 19 Years)	100	84,0	13	8,5	10,5	10
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)	100	76,2	13	8,5	10,5	10
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)	100	76,2	13	8,5	10,5	10
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)	90	76,2	13	8	13	9
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)	80	76,2	12	8	12	8
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	75	76,2	11	7,5	11,5	8
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	75	68	11	7,5	11,5	8
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	70	68	10	7	11	8
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	70	68	10	7	11	8
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)						

2010- 2011 TECHNICAL STANDARDS FOR LONG HURDLE RACES ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

AGE CATEGORIES	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	400	91,4	45	35	40	10
Junior Men: 19 Years (Disparity Rule 18, 19 Years)	400	91,4	45	35	40	10
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)	400	84,0	45	35	40	10
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)	400	84,0	45	35	40	10
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)	300	84,0	50	35	40	7
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)	200	76,2	16	19	13	10
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	200	68	16	19	13	10
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	150	68	23	19	13	7
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)						
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)						
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)						

AGE CATEGORIES	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	400	76,2	45	35	40	10
Junior Women: 19 Years (Disparity Rule 18, 19 Years)	400	76,2	45	35	40	10
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)	400	76,2	45	35	40	10
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)	400	76,2	45	35	40	10
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)	300	76,2	50	35	40	7
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)	200	68	16	19	13	10
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	200	68	16	19	13	10
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	150	68	23	19	13	7
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)						
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)						
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)						

2010- 2011 TECHNICAL STANDARDS FOR JUMPING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

LONG JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	Prov. Qualifying Distance For Finals In Brackets
Junior Men: 19 Years (Disparity Rule 18, 19 Years)	X (7,60 m)
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)	X (6,20 m)
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)	X
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)	X (5,80)
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)	X
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	X (5,40)
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	

TRIPLE JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	Prov. Qualifying Distance For Finals In Brackets		
	9m	11m	13m
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X (14,60m)
Junior Men: 19 Years (Disparity Rule 18, 19 Years)			X (13,80m)
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)		X (12,60m)	
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)	X		
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)	X (11,60m)		
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)			
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)			
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)			
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)			
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)			
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)			

LONG JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	Prov. Qualifying Distance For Finals In Brackets
Junior Women: 19 Years (Disparity Rule 18, 19 Years)	X (5,20 m)
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)	X (5,00 m)
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)	
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)	X (4,60)
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)	
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	X (4,20)
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	

TRIPLE JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	Prov. Qualifying Distance For Finals In Brackets		
	9m	11m	13m
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)		X (12,60m)	
Junior Women: 19 Years (Disparity Rule 18, 19 Years)		X (11,10m)	
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)	X (10,10m)		
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)			
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)			
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)			
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)			
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)			
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)			
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)			
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)			

2010- 2011 TECHNICAL STANDARDS FOR JUMPING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

HIGH JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS
INCREMENTS FOR HIGH JUMP MEN: 1st two rises 5 cm then 3 cm rises. The Referee may vary these increments	
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (1,90 M)
Junior Men: 19 Years (Disparity Rule 18, 19 Years)	X (1,75 M)
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)	X (1,65 M)
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)	X
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)	X (1,45)
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)	X
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	X (1,35)
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	X

POLE VAULT PROGRESSION OF AGE GROUPS

AGE CATEGORIES	STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS
INCREMENTS FOR POLE VAULT MEN: 10 cm until last two competitors, then 5 cm rises	
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (4,50 M)
Junior Men: 19 Years (Disparity Rule 18, 19 Years)	X (3,70 M)
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)	X (3,20m)
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)	X
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)	X (2,70)
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)	X
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	X (1,70)
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	X

AGE CATEGORIES	STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS
INCREMENTS FOR HIGH JUMP WOMEN: 1st two rises 5 cm then 3 cm rises. The Referee may vary these increments	
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (1,45 m)
Junior Women: 19 Years (Disparity Rule 18, 19 Years)	X (1,35 m)
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)	X (1,35 m)
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)	X
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)	X (1,15)
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)	X
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	X (1,20)
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	X

AGE CATEGORIES	STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS
INCREMENTS FOR POLE VAULT WOMEN: 10 cm until last two competitors, then 5 cm rises	
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (3,00 m)
Junior Women: 19 Years (Disparity Rule 18, 19 Years)	X (3,00m)
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)	X (2,40m)
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)	X
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)	X (1,70)
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)	X
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	X (1,50)
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	X

2010- 2011 TECHNICAL STANDARDS FOR SHOT PUT ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF WEIGHTS AND AGE GROUPS

AGE CATEGORIES	7,26 KG PAINTED RED	6 KG PAINTED BLUE	5 KG PAINTED GREEN	4,00 KG PAINTED YELLOW	3 KG PAINTED ORANGE	2 KG PAINTED WHITE
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X					
Junior Men: 19 Years (Disparity Rule 18, 19 Years)		X				
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)			X			
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)			X			
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)				X		
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)				X		
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)				X		
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)					X	
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)						X
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)						X
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)						

AGE CATEGORIES	7,26 KG PAINTED RED	6 KG PAINTED BLUE	5 KG PAINTED GREEN	4,00 KG PAINTED YELLOW	3 KG PAINTED ORANGE	2 KG PAINTED WHITE
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)				X		
Junior Women: 19 Years (Disparity Rule 18, 19 Years)				X		
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)				X		
-Youth Girls: 16 Years (Disparity Rule 15, 16 Years)				X		
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)				X		
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)					X	
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)					X	
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)					X	
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)						X
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)						X
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)						

2010- 2011 TECHNICAL STANDARDS FOR HAMMER THROW ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF WEIGHTS AND AGE GROUPS

AGE CATEGORIES	7,26 KG PAINTED RED	6 KG PAINTED BLUE	5 KG PAINTED GREEN	4,00 KG PAINTED YELLOW	3 KG PAINTED ORANGE	2 KG PAINTED WHITE
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X					
Junior Men: 19 Years (Disparity Rule 18, 19 Years)		X				
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)			X			
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)			X			
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)				X		
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)				X		
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)						
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)						
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)						
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)						
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)						

AGE CATEGORIES	7,26 KG PAINTED RED	6 KG PAINTED BLUE	5 KG PAINTED GREEN	4,00 KG PAINTED YELLOW	3 KG PAINTED ORANGE	2 KG PAINTED WHITE
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)				X		
Junior Women: 19 Years (Disparity Rule 18, 19 Years)				X		
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)				X		
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)				X		
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)				X		
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)					X	
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)						
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)						
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)						
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)						
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)						

2010- 2011 TECHNICAL STANDARDS FOR DISCUS THROW ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF WEIGHTS AND AGE GROUPS

AGE CATEGORIES	2,00 KG PAINTED RED	1,75 KG PAINTED BLUE	1,5 KG PAINTED GREEN	1,00 KG PAINTED YELLOW	0,75 KG PAINTED WHITE
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X				
Junior Men: 19 Years (Disparity Rule 18, 19 Years)		X			
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)			X		
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)			X		
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)				X	
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)				X	
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)				X	
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)					X
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)					
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)					
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)					

AGE CATEGORIES	2,00 KG PAINTED RED	1,75 KG PAINTED BLUE	1,5 KG PAINTED GREEN	1,00 KG PAINTED YELLOW	0,75 KG PAINTED WHITE
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)				X	
Junior Women: 19 Years (Disparity Rule 18, 19 Years)				X	
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)				X	
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)				X	
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)				X	
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)				X	
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)					X
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)					X
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)					
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)					
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)					

2010- 2011 TECHNICAL STANDARDS FOR JAVELIN THROW ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF WEIGHTS AND AGE GROUPS

AGE CATEGORIES	800 G	700 G	600 G	500 G
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X			
Junior Men: 19 Years (Disparity Rule 18, 19 Years)	X			
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)		X		
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)		X		
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)			X	
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)			X	
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)			X	
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)				X
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)				
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)				
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)				

AGE CATEGORIES	800 G	700 G	600 G	500 G
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X	
Junior Women: 19 Years (Disparity Rule 18, 19 Years)			X	
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)			X	
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)			X	
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)			X	
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)			X	
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)				X
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)				X
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)				
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)				
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)				

2010- 2011 TECHNICAL STANDARDS FOR COMBINED EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF AGE GROUPS AND EVENTS

AGE CATEGORIES	DECATHLON Day 1: 100m, LJ, SP (7,26kg), HJ, 400m, Day 2: 110mH (1,06m), DT(2kg), PV, JT (800gm), 1500m	DECATHLON Day 1: 100m, LJ, SP (6kg), HJ, 400m, Day 2: 110mH (1,06m), DT(1,75kg), PV, JT (800gm) , 1500m	OCTATHLON Day 1: 100m, LJ, SP (5kg), 400m, Day 2: 110mH (91,4cm), HJ, JT (700gm), 1000m	HEPTATHLON Day 1: 100m, LJ, HJ, SP (4kg) Day 2: 100mH (84,0 cm), JT (600gm), 800m	PENTATHLON Day 1: 80mH (76,2 cm), LJ, HJ, SP (3kg), 800m
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X				
Junior Men: 19 Years (Disparity Rule 18, 19 Years)		X			
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)			X		
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)			X		
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)				X	
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)				X	
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)					X

AGE CATEGORIES	HEPTATHLON Day 1: 100mH (84 cm), HJ, SP (4kg), 200m Day 2: LJ, JT (600gm), 800m	HEPTATHLON Day 1: 100mH (76,2 cm), HJ, SP (4kg), 200m Day 2: LJ, JT (600gm), 800m	PENTATHLON Day 1: 90mH (76,2 cm), LJ, HJ, SP (3kg), 800m	PENTATHLON Day 1: 80mH (76,2 cm), LJ, HJ, SP (2kg), 800m
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X			
Junior Women: 19 Years (Disparity Rule 18, 19 Years)	X			
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)		X		
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)		X		
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)			X	
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)			X	
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)				X

2010- 2011 TECHNICAL STANDARDS FOR ROAD RACES ACCORDING TO THE VARIOUS AGE GROUPS

ROAD RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	5 km ROAD RACE	10 km ROAD RACE	15 km ROAD RACE	21,1 km ROAD RACE	32 km ROAD RACE	MARATHON ROAD RACE	ULTRA – MARATHON ROAD RACE
Minimum age of participation for men and women	X	X	X	X	X	X	X
	9 years and older	15 years and older	15 years and older	16 years and older	19 years and older	20 years and older	20 years and older

GUIDELINES: CUT-OFF TIMES BASED ON THE STARTING TIME OF THE MEN'S RACE

RACE DISTANCE	CLUB RACES		PROVINCIAL RACES		NATIONAL RACES	
	½ WAY MARK	FULL DISTANCE	½ WAY MARK	FULL DISTANCE	½ WAY MARK	FULL DISTANCE
Up to 15 km	No cut of time	No cut of time	No cut of time	No cut of time	No cut of time	No cut of time
21,1 km	1½ hours	3 hours	1¼ hours	2½ hours	1 hours	2 hours
32 km	2 hours	4 hours	1½ hours	3 hours	NA	NA
Marathon – 42,2 km	2½ hours	5 hours	2 hours	4 hours	1½ hours	3 hours

GUIDELINES: STAGGERED STARTS FOR ROAD RACES

RACE DISTANCE	MEN	WOMEN	JUNIORS	MASTERS
Up to 15 km	0	5 munites before men's race	5 munites before men's race	5 munites before men's race
21,1 km	0	10 munites before men's race	10 munites before men's race	10 munites before men's race
32 km	0	15 munites before men's race	Not allowed to compete over this distance	15 munites before men's race
Marathon – 42,2 km	0	15 munites before men's race	Not allowed to compete over this distance	15 munites before men's race

GUIDELINES: START OF PRIZE GIVING'S AND OTHER CEREMONIAL DUTIES BASED ON STARTING TIME OF THE MEN'S RACE

RACE DISTANCE	CLUB RACES	PROVINCIAL RACES	NATIONAL RACES	ZONAL RACES
Up to 15 km	1 hour after the start of the race	1 hour after the start of the race		
21,1 km	2½ hours after the start of the race	2 hours after the start of the race		
32 km	3½ hours after the start of the race	3 hours after the start of the race		
Marathon – 42,2 km	4 hours after the start of the race	4 hours after the start of the race		

ROAD RELAY RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	15KM ROAD RELAY	½ MARATHON RELAY	MARATHON RELAY
	5 Athletes: 5 X 3 km	4 Athletes: 5 km; 5 km; 5 km; 6,1 km	6 Athletes: 5km; 10 km; 5 km; 10km; 5km; 7,2km
Minimum age of participation for men and women	X	X	X
	9 years and older	9 years and older	15 years and older

2010- 2011 TECHNICAL STANDARDS FOR CROSS COUNTRY RACES ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	1 km	2 km	3 km	4 km	5 km	6 km	8 km	12 km
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)				X				X
Junior Men: 19 Years (Disparity Rule 18, 19 Years)				X			X	
Youth Boys: 17 Years (Disparity Rule 16, 17 Years)						X		
Youth Boys: 16 Years (Disparity Rule 15, 16 Years)					X			
Sub-Youth Boys: 15 Years (Disparity Rule 14, 15 Years)					X			
Sub-Youth Boys: 14 Years (Disparity Rule 13, 14 Years)				X				
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)				X				
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)			X					
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)			X					
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)		X						
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)		X						

AGE CATEGORIES	1 km	2 km	3 km	4 km	5 km	6 km	8 km	12 km
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)				X			X	
Junior Women: 19 Years (Disparity Rule 18, 19 Years)						X		
Youth Girls: 17 Years (Disparity Rule 16, 17 Years)						X		
Youth Girls: 16 Years (Disparity Rule 15, 16 Years)					X			
Sub-Youth Girls: 15 Years (Disparity Rule 14, 15 Years)				X				
Sub-Youth Girls: 14 Years (Disparity Rule 13, 14 Years)				X				
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)			X					
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)			X					
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)			X					
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)		X						
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)		X						

WMA/SAMA HURDLES SPECIFICATIONS

2010- 2011 TECHNICAL STANDARDS FOR SHORT HURDLE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS

PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

2010 – 2011 ATHLETICS FREE STATE TECHNICAL STANDARDS

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
30 – 39 40 - 49	110	99,1	13,72	9,14	14,02	10
50 - 59	100	91,4	13	8,50	10,50	10
60 - 69	100	84	16	8	12	10
70 - 79	80	76,2	12	7	19	8
80+	80	68,6	12	7	19	8

AGE CATEGORIES: WOMAN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
30 – 39	100	84,	13	8,5	10,5	10
40 - 49)	80	76,2	12	8	12	10
50 - 59	80	76,2	12	7	19	8
60+	80	68,6	12	7	19	8

**2010- 2011 TECHNICAL STANDARDS FOR LONG HURDLE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS**

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
30 – 49	400	91,4	45	35	40	10
50 - 59	400	84	45	35	40	10
60 - 69	300	76,2	50	35	40	7
70 +	300	68,6	50	35	40	7

AGE CATEGORIES: WOMAN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
30 – 39 40 - 49	400	76,2	45	35	40	10
50 - 59	300	76,2	50	35	40	7
60+	300	68,6	50	35	40	7

**2010- 2011 TECHNICAL STANDARDS FOR IMPLEMENTS TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF WEIGHTS AND AGE GROUPS**

2010 – 2011 ATHLETICS FREE STATE TECHNICAL STANDARDS

AGE CATEGORIES: MEN	SHOT PUT	DISCUSS	HAMMER	JAVELIN	WEIGHT
30 – 49	7,62	2,00	7,26	800	15,88
50 - 59	6,00	1,50	6,00	700	11,34
60 – 69	5,00	1,00	5,00	600	9,08
70 – 79	4,00	1,00	4,00	500	7,26
80+	4,00	1,00	4,00	400	5,45

AGE CATEGORIES: WOMAN	SHOT PUT	DISCUSS	HAMMER	JAVELIN	WEIGHT
30 – 49	4,00	1,00	4,00	600	9,08
50 - 59	3,00	1,00	3,00	500	7,26
60+	3,00	1,00	3,00	400	5,45

**2010- 2011 TECHNICAL STANDARDS FOR STEEPLECHASE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF HEIGHTS AND AGE GROUPS**

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM
30 – 59	3000	91,4
60 +	2000	76,2

AGE CATEGORIES: WOMEN	DISTANCE IN METER	HEIGHT IN CM
30 – 60 +	2000	76,2