



### Athletics NS Technical Specifications - Indoors

	Mosquito (6-9)	PeeWee (10-11)	Bantam (12-13)	Midget (14-15)	Youth (16-17)	Junior (18-19)	Senior (20-34)	Masters (35+)
60m								Please See Separate Document
150m								
300m								
600m								
1000m								
1200m								
1500m								
2000m								
3000m								
60mH			F-30", M-30"	F-30", M-33"	F-30", M-36"	F-33", M-39"	F-33", M-42"	
4x200m								
4x400m								
4x800m								
High Jump								
Long Jump								
Triple Jump								
Shot Put			F-3kg, M-3kg	F-3kg, M-4kg	F-3kg, M-5kg	F-4kg, M-6kg	F-4kg, M-7.26kg	
Weight Throw			F-16lb, M-16lb	F-16lb, M-20lb	F-16lb, M-20lb	F-20lb, M-25lb	F-20lb, M-35lb	
Tetrathlon	60m,Shot Put, Long Jump, 600m	60m,Shot Put, Long Jump, 600m	60m,Shot Put, Long Jump, 600m					
Pentathlon				60mH, High Jump, Shot Put, long Jump, F-800m,M-1000m	60mH, High Jump, Shot Put, long Jump, F-800m,M-1000m	60mH, High Jump, Shot Put, long Jump, F-800m,M-1000m	60mH, High Jump, Shot Put, long Jump, F-800m,M-1000m	
Heptathlon							(M)60mH, long Jump,Shot Put, High Jump 60H, Pole Vault, 1000m	

### Hurdle Specifications

	Distance	# of Hurdles	Height	Distance to 1st Hurdle	Distance Between Hurdles
<b>Female</b>					
F - Bantam	60m	5	30"	12.00m	7.50m
F - Midget	60m	5	30"	12.00m	8.00m
F - Youth	60m	5	30"	13.00m	8.50m
F - Junior	60m	5	33"	13.00m	8.50m
F - Senior	60m	5	33"	13.00m	8.50m
<b>Male</b>					
M - Bantam	60m	5	30"	12.00m	7.50m
M - Midget	60m	5	33"	13.00m	8.50m
M - Youth	60m	5	36"	13.72m	9.14m
M - Junior	60m	5	39"	13.72m	9.14m
M - Senior	60m	5	42"	13.72m	9.14m