



Masters Technical Specifications - Indoors and Outdoors

	Outdoor Masters 35+		Indoor Masters 35+	
60m				
100m				
200m				
400m				
800m				
1500m				
1 Mile				
3000m				
5000m				
10000m				
60mH				
80mh				
100mH				
110mH				
200mH				
300mH				
400mH				
2000mSC				
3000mSC				
3000mRW				
5000mRW				
Pole Vault				
Long Jump				
Triple Jump				
High Jump				
Shot Put				
Discus				
Javelin				
Hammer				
Weight Throw				
Heptathlon				
Decathlon				
Pentathlon				
Weight Pentathlon				
4x100m				
4x200m				
4x400m				
4x800m				
Marathon				
10k Road RW				
20k Road RW				
50k Road RW				

Hurdle Specifications					
	Distance	# of Hurdles	Height	Distance to 1st Hurdle	Hurdles
Female					
Indoor					
F - 35-39	60m	5	33"	13.00m	8.50m
F - 40-49	60m	5	30"	12.00m	8.00m
F - 50-59	60m	5	30"	12.00m	7.00m
F - 60+	60m	5	27"	12.00m	7.00m
Short					
F - 35-39	100m	10	33"	13.00m	8.50m
F - 40-49	80m	8	30"	12.00m	8.00m
F - 50-59	80m	8	30"	12.00m	7.00m
F - 60+	80m	8	27"	12.00m	7.00m
Long					
F - 35-49	400m	10	33"	45.00m	35.00m
F - 50-59	300m	7	30"	50.00m	35.00m
F - 60-69	300m	7	27"	50.00m	35.00m
F - 70+	200m	5	27"	20.00m	35.00m
Male					
Indoor					
M - 35-49	60m	5	39"	13.72m	9.72m
M - 50-59	60m	5	36"	13.00m	8.50m
M - 60-69	60m	5	33"	12.00m	8.00m
M - 70-79	60m	5	30"	12.00m	7.00m
M - 80+	60m	5	27"	12.00m	7.00m
Short					
M - 35-49	110m	10	39"	13.72m	9.72m
M - 50-59	100m	10	36"	13.00m	8.50m
M - 60-69	100m	10	33"	12.00m	8.00m
M - 70-79	80m	8	30"	12.00m	7.00m
M - 80+	80m	8	27"	12.00m	7.00m
Long					
M - 35-49	400m	10	39"	45.00m	35.00m
M - 50-59	400m	10	36"	45.00m	35.00m
M - 60-69	300m	7	33"	50.00m	35.00m
M - 70-79	300m	7	30"	50.00m	35.00m
M - 80+	200m	5	27"	20.00m	35.00m

Steeplechase Specifications				
	Distance	# of Barriers	Height	Notes
Female				
F - 35+	2000m	12	30"	18 barriers, 5 water jumps
Male				
M - 35-59	3000m	12	30"	27 barriers, 7 water jumps
M - 60+	2000m	10	30"	18 barriers, 5 water jumps

Throws Implement Specifications					
	Shot Put	Discus	Hammer	Javelin	Weight Throw
Female					
F - 35-49	4kg	1kg	4kg	600g	20lb
F - 50-59	3kg	1kg	3kg	500g	16lb
F - 60-74	3kg	1kg	3kg	500g	12lb
F - 75+	2kg	.75kg	2kg	400g	8.8lb
Male					
M - 35-49	7.26kg	2kg	7.26kg	800g	35lb
M - 50-59	6kg	1.5kg	6kg	700g	25lb
M - 60-69	5kg	1kg	5kg	600g	20lb
M - 70-79	4kg	1kg	4kg	500g	16lb
M - 80+	3kg	1kg	3kg	400g	12lb