



Athletics NS Indoor Technical Specifications

	U10 (6-9)	U12 (10-11)	U14 (12-13)	U16 (14-15)	U18 (16-17)	U20 (18-19)	Senior (20-34)	Masters (35+)
60m								
150m								
200m								
300m								
400m								
800m								
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"	See Masters Specs
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	See Masters Specs
Weight Throw			F-12lb, M-12lb	F-12lb, M-16lb	F-16lb, M-20lb	F-20lb, M-25lb	F-20lb, M-35lb	See Masters Specs
Tetrathlon	60m, Shot Put, Long Jump, 600m	60m, Shot Put, Long Jump, 600m	60m, Shot Put, Long Jump, 600m					
Pentathlon				F/M	F/M	Female	Female	
Heptathlon						Male	Male	

Indoor Hurdle Specifications					
	Distance	# of Hurdles	Height	Distance to 1st	Distance Between
Female					
F - U14	60m	5	30"	12.00m	7.50m
F - U16	60m	5	30"	12.00m	8.00m
F - U18	60m	5	30"	13.00m	8.50m
F - U20	60m	5	33"	13.00m	8.50m
F - Senior	60m	5	33"	13.00m	8.50m
Male					
M - U14	60m	5	30"	12.00m	7.50m
M - U16	60m	5	33"	13.00m	8.50m
M - U18	60m	5	36"	13.72m	9.14m
M - U20	60m	5	39"	13.72m	9.14m
M - Senior	60m	5	42"	13.72m	9.14m

University Events	
Track	Field
60m	Long Jump
300m	Triple Jump
600m	High Jump
1000m	Pole Vault
1500m	Shot Put
3000m	Weight Throw
60mH	
4x200m	
4x400m	
4x800m	