



Athletics Nova Scotia
Outdoor Technical Specifications

Athletics NS Outdoor Technical Specifications

	U10 (6-9)	U12 (10-11)	U14 (12-13)	U16 (14-15)	U18 (16-17)	U20 (18-19)	Open (20-34)	Masters (35+)
80m								
100m								
150m								
200m								
300m								
400m								
800m								
1200m								
1500m								
2000m								
3000m								
5000m								
80mH			F-30", M-30"	F-30"				
100mH				M-33"	F-30"	F-33"	F-33"	
110mH					M-36"	M-39"	M-42"	
200mH			F-30", M-30"	F-30", M-30"				
400mH					F-30", M-33"	F-30", M-36"	F-30", M-36"	
1500m SC				F/M-30" No Water				
2000m SC					F-30", M-33"			
3000m SC						F-30", M-36"	F-30", M-36"	
High Jump								
Pole Vault								
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	
Discus			F-750g, M-1kg	F-1kg, M-1kg	F-1kg, M-1.5kg	F-1kg, M-1.75kg	F-1kg, M-2kg	
Javelin			F-400g, M-500g	F-500g, M-600g	F-500g, M-700g	F-600g, M-800g	F-600g, M-800g	
Hammer			F-3kg, M-3kg	F-3kg, M-4kg	F-3kg, M-5kg	F-4kg, M-6kg	F-4kg, M-7.26kg	
Tetrathlon								
Pentathlon				F/M				
Heptathlon					Female	Female	Female	
Decathlon					Male	Male	Male	

Outdoor Hurdle Specifications					
	Distance	# of Hurdles	Height	Distance to 1st	Distance Between
Female					
F - U14	80m	8	30"	12.00m	7.50m
F - U16	80m	8	30"	12.00m	8.00m
F - U18	100m	10	30"	13.00m	8.50m
F - U20	100m	10	33"	13.00m	8.50m
F - Open	100m	10	33"	13.00m	8.50m
Male					
M - U14	80m	8	30"	12.00m	7.50m
M - U16	100m	10	33"	13.00m	8.50m
M - U18	110m	10	36"	13.72m	9.14m
M - U20	110m	10	39"	13.72m	9.14m
M - Open	110m	10	42"	13.72m	9.14m

Long Hurdle Specifications					
	Distance	# of Hurdles	Height	Distance to 1st	Distance Between
Female					
F - U14	200m	5	30"	20.00m	35.00m
F - U16	200m	5	30"	20.00m	35.00m
F - U18	400m	10	30"	45.00m	35.00m
F - U20	400m	10	30"	45.00m	35.00m
F - Open	400m	10	30"	45.00m	35.00m
Male					
M - U14	200m	5	30"	20.00m	35.00m
M - U16	200m	5	30"	20.00m	35.00m
M - U18	400m	10	33"	45.00m	35.00m
M - U20	400m	10	36"	45.00m	35.00m
M - Open	400m	10	36"	45.00m	35.00m

Steeplechase Specifications				
	Distance	Height	# Barriers	Water Jumps
Female				
F - U16	1500mSC	30"	12	0
F - U18	2000mSC	30"	18	5
F - U20	3000mSC	30"	28	7
F - Open	3000mSC	30"	28	7
Male				
M - U16	60m	30"	12	0
M - U18	60m	33"	18	5
M - U20	60m	36"	28	7
M - Open	60m	36"	28	7

Throws Implement Specifications				
	Shot Put	Discus	Javelin	Hammer
Female				
F - U14	3kg	750g	400g	3kg
F - U16	3kg	1kg	500g	3kg
F - U18	3kg	1kg	500g	3kg
F - U20	4kg	1kg	600g	4kg
F - Open	4kg	1kg	600g	4kg
Male				
M - U14	3kg	1kg	500g	3kg
M - U16	4kg	1kg	600g	4kg
M - U18	5kg	1.5kg	700g	5kg
M - U20	6kg	1.75kg	800g	6kg
M - Open	7.26kg	2kg	800g	7.26kg

Combined Event Specifications						
	Event	Event 1	Event 2	Event 3	Event 4	Event 5
Female						
F - U10-U14	Tetrathlon	60m	Shot Put (2kg)	Long Jump	600m	
F - U16	Pentathlon	80mH	High Jump	Shot Put	Long Jump	800m
F - U18	Heptathlon (Day 1)	100mH	High Jump	Shot Put	200m	
F - U20 F - Open	Heptathlon (Day 2)	Long Jump	Javelin	800m		
Male						
M - U10-U14	Tetrathlon	60m	Shot Put (2kg)	Long Jump	600m	
M - U16	Pentathlon	100mH	Long Jump	Shot Put	High Jump	1000m
M - U18	Decathlon (Day 1)	100m	Long Jump	Shot Put	High Jump	400m
M - U20 M - Open	Decathlon (Day 2)	110mH	Discus	Pole Vault	Javelin	1500m

*See hurdles and throws specifications tables for appropriate age category