

TECHNICAL MANUAL

National Youth Track & Field Championships

Brandon, MB 11-13 August 2017



**TECHNICAL MANUAL 2017
BRANDON, MB**



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1.0 Welcome to Brandon 2017

On behalf of the Royal Canadian Legion welcome to Brandon, MB and to the 2017 Royal Canadian Legion National Youth Track and Field Championships.

The 2017 Royal Canadian Legion National Youth Track And Field Championships (Legion Youth Nationals) are hosted by the Royal Canadian Legion Branch #3 MB&NWO Command and the City of Brandon. The Championships will take place at the Brandon Sportsplex. This facility previously hosted the Canada Summer Games in 1997 and was resurfaced in 2016 – 2017.

For more information on Brandon, MB, visit <http://www.brandon.ca/> .

For more information on the event go to www.LegionNationals.ca

2.0 Championship Contacts

Danny Martin The Royal Canadian Legion Dominion Command Deputy Director Administration - Entries dmartin@legion.ca 613.591.3335 x.249	Andrew Cameron Athletics Canada Membership and Statistics acameron@athletics.ca 613.260.5580 ext.3320
Local Arrangements Committee(LAC) Chairman Barb Andrew bjandrew@wcgwave.ca	Local Arrangements Committee (LAC) Vice Chairman Blair DuGray hey_dave@shaw.ca
Communications dmartin@legion.ca 613-591-3335, poste 249	Legion Technical Advisor LeRoy Washburn Thru – dmartin@legion.ca
Registration: www.LegionNationals.ca	Meet Directors: Jim Murray jimmurr@shaw.ca Scott Gurney sgurney@lssd.ca

3.0 Arrival in Brandon

3.1 Airports

The Brandon Municipal Airport / McGill Field (YBR) offers service to and from Calgary via Westjet. Visit <http://www.airport.brandon.ca> for additional information.

The Winnipeg James Richardson International Airport (YWG) operates 24 hours a day, seven days a week. The city of Brandon is located 210 km from Winnipeg on the Trans-Canada Highway #1.

Approximate Air Travel Times to Winnipeg:

- Halifax: 3.75 hours
- Toronto: 2.5 hours
- Montreal: 2.75 hours
- Calgary: 2 hours
- Vancouver: 3 hours
- St. John's: 5 hours

YWG is located 220 km, or approximately 2.25 hours driving, from the competition stadium. Visit <http://www.waa.ca> for additional information.

Brandon Air Shuttle offers Ground Transportation from Winnipeg YWG to Brandon and return with numerous trips daily. For reservations call: 1-888-884-5533 or book online at www.brandonairshuttle.com

3.2 Transportation of Sport Equipment

Clubs are responsible for the transportation of their own equipment. Below we have outlined some basic information for assisting in the transportation of sporting equipment, such as pole vault poles.

Travel with your equipment on your air carrier and transport to stadium on your own. You will be able to store equipment at the stadium.

Ship your poles directly to the Brandon Sportsplex (your poles must arrive between August 1st and August 9th - no weekend deliveries) – using the following address and business hours:

Brandon's Community Sportsplex ATTN: Scott Gurney 30 Knowlton Drive Brandon, Manitoba R7A 6N7	Monday – Friday 8:30 am-11:30 am and 1 pm – 4 pm
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4.0 Accommodations

When booking please mention the Royal Canadian Legion National Youth Track & Field Championships. A SPECIAL rate and a block of rooms has been reserved in each of the hotels listed below. Please see the date at which the rooms will no longer be reserved for the Championships. Reserve early to ensure availability. **To be able to get the special rate, you have to reserve by phone and not online.**



HOST HOTEL **

Victoria INN Hotel & Convention Centre
3550 – Victoria Avenue Brandon, MB. R7B 2R4
1-800-852-2710 1-204-725-1532
provide the group number 344921 when booking
\$140.99/night + tax (includes two hot breakfasts)
<http://brandon.vicinn.com>
The hotel will hold the block of rooms till July 10th



Comfort Inn
925 Middleton Avenue
Brandon, MB. R7C 1A8
(1-800-4choice (204) 727-2246
\$164.99/night + tax (includes hot breakfast)
<http://www.branodncomfortinn.com>
The hotel will hold the block of rooms till July 10th



Super 8 **
1570 Highland Avenue
Brandon, MB. R7C 1A7
email: brandonsuper8@wesman.wave.ca Phone: 204-729-8024

\$129.00/night + tax 2 persons \$137.00/night + tax 3 persons
<http://www.choicehotels.ca/cn331>
The hotel will hold the block of rooms till July 10th



Lakeview Inn & Suites Brandon **
1880 – 18th Street
Brandon, MB. R7C 1A5
1(877) 355-3500 or (204) 728-1880
\$108.00/night + tax (standard) \$118.00/night+ tax (suite)
Continental breakfast
<http://www.lakeviewhotels.com>
The hotel will hold the block of rooms till July 10th



BEST WESTERN PLUS
Brandon Inn
205 Middleton Avenue
Brandon, MB. R7C 1A8
For rates & reservations call: 1(855)727-7997 or 1(204) 727-7997

5.0 Transportation

5.1 Airport

Clubs will be responsible for their own transportation to/from the airport.

5.2 Stadium

The LAC will have a shuttle service between the meet hotels and the stadium. There will be a regular shuttle service between – Victoria Inn, Comfort Inn, Super 8, Lakeview Inn & Suites & Best Western Brandon Inn and the Sportsplex. Tentative shuttle schedule will be available at Registration and at the Technical Meeting.

5.3 Parking

There is a school parking lot located adjacent to the Sportsplex complex that will be available during the Championships. There is no charge to park at the stadium.

6.0 Competition Information

6.1 Competition Venue

The Championships will take place at the Brandon Community Sportsplex. There will be bleacher seating for approx. 1000 spectators.

Key Facts:

- Lanes – 8 straight corridors and 8 around
- Surface – Conipur M / SW
- LJ/TJ runways – Conipur M / SW
- PV runways – Conipur M / SW
- SP circles – Concrete
- DT/HT circle and cage – Concrete
- JT runways – Conipur M / SW
- Spike lengths – 5 - 7 mm for all events except for Javelin and HJ, where 9 mm will be permitted.

A map of the stadium can be found at Appendix A.

During the competition all warm up activities will take place on the grass field adjacent to the elementary school next south of the track. An area of the track will be available for warm-ups in spikes. For hurdle events, athletes will be able to complete their warm-up on the back straight with hurdles which will be available for them. This may only be for approximately 30 minutes immediately before they are expected to check in for their event at the Call room.

On Thursday, 10 August, the track and field event sites will be open for practice from 1:00 pm until 5:00 pm and 6:30 until 8:00 pm and any equipment required from the equipment room must be signed out with appropriate identification which will be retained by the meet management team until the equipment is returned.

Coaches are reminded that tents may only be placed or removed in designated areas and with the approval of the Legion management team.

6.2 Entry Rules

6.2.1 Entry Qualification Process

The following Entry Procedures to the Legion National Youth Championships will apply to athletes who meet the set criteria.

- a) Youth - Athletes, born in 2000/2001 who have achieved the qualifying entry standards found in Appendix B; or
- b) Midget – Athletes born in 2002 or later, who have achieved the qualifying entry standards found in Appendix B.

6.2.2 Eligibility of Entry Performances

Athlete performances will be pulled directly from the Athletics Canada ranking system (some exceptions apply). Only 2017 performances listed in the Athletics Canada ranking system will be eligible for entry standard into the Championships (**Note – This does not apply to first year Midget athletes as they would not necessarily have performances ranked). If you have any questions regarding the ranking system, please contact results@athletics.ca

The achievement of all performances must be recognized on the official AC performance ranking lists. These results must have been achieved at competitions listed on the AC or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/AC rules. Wind readings and implement certification must always be recorded on results to guarantee their validity. In addition the signature and contact details of the certified AC Official and or international equivalent may be required. It is the responsibility of the athlete to submit these results to AC (results@athletics.ca) prior to the entry deadline.

Only Electronic Timing will be accepted for performances in races up to and including 400 metres. For throwing events, only metric implements must be used to qualify. Imperial to metric conversions will not be accepted. Indoor performances are not permitted. Performances achieved in mixed events (between male and female participants), for track events (under 5000m) held completely in the stadium, will not be accepted (IAAF Rule 147). Results from regional high school meets will not be accepted unless sanctioned or recognized by an Athletics Canada member branch.

No further changes to performances will be allowed after the entry deadline. Field Event athletes in the OPEN ENTRY Category for the Top 18 positions will then be finalized.

Any “challenge” to the performances and athletes entered on the Championship Athlete Start Lists must be directed to dmartin@legion.ca. The name and contact information of the individual making the “challenge” must be provided so they can be contacted directly.

SPECIAL ENTRY NOTIFICATION:

6.2.4 Athletes Born in 2002 and later –

All Under 16 Age Category are **REQUIRED** to compete in their own age classification and may **NOT** move up to compete in the Under 18 Age Category in any or all individual events. This rule does not apply to the relay events. Age composition is exempted at the U18 level to allow Clubs to field relay teams if so needed.

6.2.5 Combined Events –

Athletes that compete in the combined events will be permitted to compete in an individual event on their off day and may participate in relay events.

6.2.6 Legion Registered Athletes –

All athletes belonging to a Legion provincial team cannot register independently in any event as an open category athlete.

6.3 Entry Standards

The entry standards can be found at Appendix B

6.4 Entry System

Registration will open on Monday, June 5, 2017 at www.LegionNationals.ca. All entries and confirmation are the responsibility of the athlete (including carded athletes). Entries are not completed until payment is received. Entries can be completed by club and should be done for each athlete. All coaches must register as well. The **FINAL** entry deadline is **Thursday, August 3, 2017 (4pm ET)**. **NO** entries will be accepted after this date, no exceptions. All entries are non-refundable.

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Note: Entries for Provincial Legion Teams will be completed by a designated person from each province. Those athletes competing in the Championships as part of a Provincial Legion Team DO NOT need to complete their individual entries.

Qualifying performances will be pulled from the Athletics Canada ranking system (some exceptions apply). The Qualifying period is January 1, 2017 to July 28, 2017. If entry performances cannot be found, the athlete may be refused entry.

6.4.1 Entry Fees and Deadlines

Entries and Fees Received:	First Event	Second Event	Additional Events	Relays	Coach Entries
By July 28, 2017*	\$50.00	\$40.00	\$15.00	\$50.00	\$20.00

*** must be entered online and payment completed by 4:00 EST**

Visa, MasterCard, and American Express are the only acceptable methods for payment.

6.4.2 Confirmation of Entry

Entries will be posted on the Royal Canadian Legion's web site at: www.LegionNationals.ca

6.5 Schedule

The competition schedule can be found in online at www.LegionNationals.caa

Please note that changes may still occur based on the final number of entries. The final schedule will be available after the Technical Meeting of August 10th and distributed at the TIC and Registration.

6.6 Technical Meeting (Legion Teams & Open)

6.6.1 Time and Venue

Date: Thursday, August 10th, 2017

Time: 5:00pm CST

Location: Sportsplex

Note: AC Branch team packages will be distributed at this meeting.

6.6.2 Written Questions

All questions concerning the conduct of the competition must be submitted using the form provided to coaches/clubs upon arrival at Registration. This form must be returned to Registration by Thursday, August 10th at 5:00pm. If you are unable to complete the form by this time, questions

can be emailed to the Meet Director Jim Murray through the Legion at dmartin@legion.ca by Thursday, August 10th at 3:00pm (EST).

6.6.3 Qualifying Heights, Distances and Progressions

The Technical Delegate, after the closing date for the final entries, will decide the qualification procedure for the track events.

For Championship Finals, qualification procedure for the track events will follow IAAF Rule 166. The following are the proposed starting heights and progressions for the high jump and the pole vault for the Finals.

	U16 Female	U16 Male	U18 Female	U18 Male
High Jump	1.35m by 5cm to 1.55m then by 3cm	1.50m by 5cm to 1.80m then by 3cm	1.45m by 5cm to 1.65m then by 3cm	1.75m by 5cm to 1.95m then by 3cm
Pole Vault	2.40m by 10 cm	3.10m by 10cm	2.60m by 10cm	3.30m by 10cm

Starting heights and progressions for the Combined Events will be decided on, after entries are closed, by the Technical Delegate and the Combined Events Referee. These will be announced at the Technical Meeting.

6.7 Equipment

Implements will be made available by the Organizing Committee. Personal implements will also be allowed, and must be checked-in prior to the event.

The equipment and implement weigh-in station is located in the storage shed located on the northeast side of the track. Implements must be checked in no later than three (3) hours prior to the start of the event at which time they will become property of the competition for the duration of the meet.

Pole vaulters must use their personal poles. Poles and javelins may be stored at the stadium. Ensure that you have a recorded receipt for all items and a count of poles in shipping bags.

6.8 Bib Numbers

Each athlete will receive two bibs; one with their name and one with a number. All athletes must wear the name bib on their chest, and the number bib on their back, except in the high jump and/or pole vault where only one bib may be worn either on the chest or back.

Bib numbers will be distributed during the registration process. Hip numbers will be provided at the Call Room.

6.9 Technical Information Centre (TIC) / Registration

The Technical Information Centre is located at the Competition Site, 30 Knowlton Drive, Brandon, MB. R7A 6N7. Athletes and Coaches must pick up their registration packages in person. Registration will take place at:

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Legion Coaches/Athletes	Packages can be picked up at the Technical Meeting. Remaining packages will be available at the Stadium (TIC)
Open Entry Coaches/Athletes	Thursday, August 10 th – Sunday, August 13 th @ Stadium (TIC) Thursday – 12 pm – 5 pm Friday – 7 am – 5 pm Saturday – 7 am – 5 pm Sunday – 7 :30 am – 12 pm

7.0 Competition Procedures

7.1 Warm-up

An area of the track will be made available for warm-up with spikes. There will also be a grassy area located just south of the track for warm-up without spikes.

Warm-up for the throwing events will be at the competition site. Athletes will be marshalled to the area 30 minutes prior to the start of the event for warm-up time.

7.2 Call Room (CR)

Marshalling will take place in the “Call Room” (CR) located in the Storage Building on the far side of the track. All athletes must check through the CR for all events during the meet and are asked to report:

Event	Call Room Opens (minutes)	Call Room Closes (minutes)	Entry to Stadium
Track Events	30	20	10
High Jump	60	50	40
Pole Vault	80	70	60
Other Field Events	50	40	30
Relays	35	25	10

Athletes are asked to cooperate in the check-in and inspection process to avoid group or individual delays. An athlete will be denied entrance to the competition area if one is late or has improper spike footwear. We suggest that athletes have their competitive footwear examined in advance and establish a level of confidence in their footwear before reporting to the CR. Combined Events Athletes only need to check in for their first event of the day.

An athlete shall be excluded from further participation in the Competition on the day in question, including relays, in cases where:

- a) After final confirmation of the athlete's entry is given, he fails to participate without provision of a valid reason; or
- b) The athlete qualifies in a preliminary round for further Competition and then does not compete in the subsequent round without provision of a valid reason.

Once in the CR, athletes will be identified by their bib number. Call Room officials will check the following in accordance with Legion rules:

- ✚ Bib numbers
- ✚ Shoes and spikes (max 7mm with the exception of 9mm for High Jump and Javelin)
- ✚ Uniforms
- ✚ Bags (identification on and content of)
- ✚ Personal belongings: video and audio players, cameras, phones, radio transmitters, and electronic devices in general (except watches) are not admitted.

The CR is not responsible for personal belongings if they go missing. These items should not be brought into the CR

NOTE: relays will be run as combined competition consisting of Legion and Open teams and will all start in lanes with no more than 8 Teams in any timed final.

NOTE: Combined Events athletes need to check in prior to the day's first event and need to have all of their equipment with them as they will remain with their group throughout the day

7.3 Protests and Appeals

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of the event in accordance with the procedures listed below.

Official results will be displayed in the Technical Information Centre and the Officials Results Posting Board at the stadium.

Procedures:

- A. A protest shall be identified to the Competition (Meet) Director, or designate, at the Technical Information Centre or wherever this person can be found within 30 minutes of the time of the posted results. (NOTE: there will be someone at the Technical Information Centre at all times who is able to locate the Competition Director, or designate.)
- B. The Competition Director, or designate, will explain the process to the athlete/coach/interested person and provide a National Championships Protest Form.
- C. The Competition Director, or designate, takes the athlete/coach/interested person to meet with the appropriate Referee (the one who made the decision).

- D. If the Referee agrees with the protest the results sheet will be adjusted and results reposted. (NOTE: this provides a 30-minute opportunity for other athletes or interested persons to appeal this decision from the time of posting of the revised result.)
- E. If the Referee denies the protest, the athlete/coach/interested person can appeal the decision to the Jury by completing the National Championships Protest Form which will be taken to the Jury.
- F. Upon completion of the National Championships Protest Form (NOTE: the Competition Director, or designate, accompanies the protest group and advises them of this option and accepts the completed form and protest fee - \$50), the Competition Director, or designate, will make a copy of the completed National Championships Protest Form and will take one copy to the Jury who will then adjudicate upon the issue by reviewing any and all available relevant information.
- G. The Jury will then prepare their response, including all relevant information, on the National Championships Protest Form and will return the form to the Competition Director, or designate, who will advise both the protest group and Meet Secretary or Results Manager of the results of the protest.
- H. The Jury of Appeal will remain at the competition site for at least 30 minutes after completion of the final event or until the Competition Director, or designate advises them that no further protests have been received and they may leave.

7.4 Spike Length

7mm spikes are the maximum length allowed with the exception of High Jump and Javelin which allows for 9mm spikes. Xmas Tree and Needle spikes are not allowed!

8.0 Medical Services

A medical team will provide the necessary healthcare for the participants of these National Championships. The LAC will provide the following health care and sports medicine services.

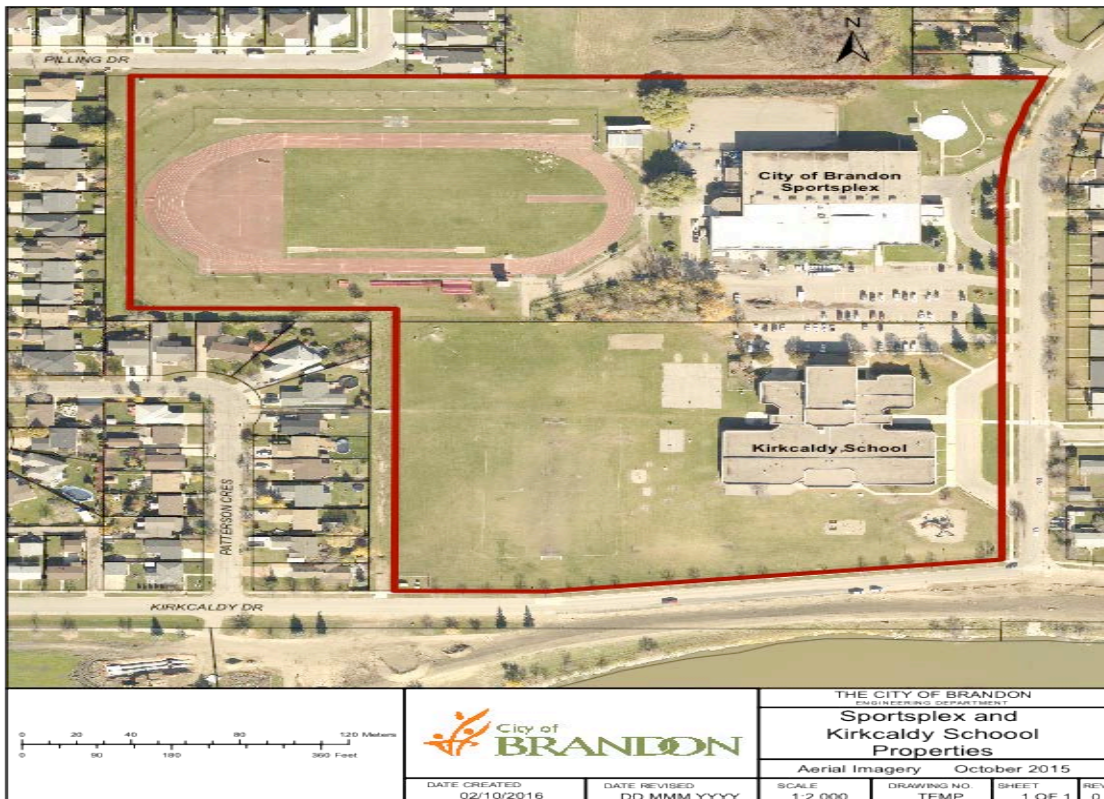
On-site training/emergency equipment – All athletes must travel with their own training supplies (i.e. tape, pro wrap, etc.) or the athletes could be charged for the required supplies. Emergency supplies and trained personnel will be on site.

On-site support – Physiotherapists, massotherapist and first aid will be available. For non-urgent cases athletes will be directed to the nearest clinic. Transportation is the responsibility of the athlete. Please note there may be a private fee charged by any of the walk-in clinics. For urgent cases, athletes will be taken by ambulance to the nearest hospital.

NOTE: Athletes must be accompanied by a coach or chaperone for any medical/physio/massage or other treatments.

APPENDIX A: VENUE MAP

Please note that the venue map displays the locations of the track, school and warmup field, and the Sportsplex. The track layout has been modified since this photo was taken.



APPENDIX B: QUALIFYING STANDARDS

Performances must have been achieved outdoors between January 1, 2017 and July 28, 2017

Track Events				
Event	U16 Male	U16 Female	U18 Male	U18 Female
100m	11.95	13.15	11.50	13.00
200m	24.45	26.65	23.15	26.00
300m-U16	40.00	43.50		
400m-U18			51.40	60.00

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800m	2:08.65	2:24.00	1:58.00	2:20.00
1200m-U16	3:30.00	3:56.00		
1500m-U18			4:08.00	4:55.00
2000m-U16	6:22.00	7:10.00		
3000m-U18			9:06.00	10:50.00
80m Hurdles-U16		13.45		
100m Hurdles-U16/U18	16.25			15.67 @ 0.762m / 30"
110m Hurdles-U18			16.00 @0.914m / 36"	
200m Hurdles-U16	28.50 @ 0.762m / 30"	31.00 @ 0.762m / 30"		
400m Hurdles-U18			1.03.44 @ 0.838m / 33"	1:08.14 @ 0.762m / 30"
Steeple Ch. 1500m-U16 2000m-U18	5:05.00 @ 0.762m - no water jump **5:20.00 with water jump	5:55.00 @ 0.762m - no water jump **6:10.00 with water jump	6:45.00	7:50.00
Walks 1500m-U16 3000m-U18	no standard	no standard	no standard	no standard
Relay Events				
4x100m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
4x400m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
Medley Relay (400-200-200- 800)	no standard - relay athletes must represent one Club or School	no standard - relay athletes must represent one Club or School	no standard - relay athletes must represent one Club or School	no standard - relay athletes must represent one Club or School

Field Events				
Event	U16 Male	U16 Female	U18 Male	U18 Female
Pole Vault	3.30 *	2.60 *	3.50 *	2.80 *

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	see information on height progress chart below	see information on height progress chart below	see information on height progress chart below	see information on height progression chart below
High Jump	1.65 * see information on height progression chart below	1.45 * see information on height progression chart below	1.85 * see information on height progression chart below	1.55 * see information on height progress chart below
Long Jump	5.65	4.90	6.35	5.10
Triple Jump	11.65	10.10	12.50	10.50
Shot Put	12.50 - 4kg	10.05 - 3kg	13.00 - 5kg or 12lb	12.05 – 3kg OR 10.50 – 4kg
Discus	40.00 - 1kg	29.00	40.00 – 1.5kg or 1.6kg	33.00
Hammer	35.00 – 4kg	30.00 – 3kg	38.00	37.95 – 3kg OR 33.00 – 4kg
Javelin	40.00 - 600g	32.85 - 500g OR 30.00 - 600g	44.00 – 700g or 800g	37.25 – 500g OR 34.00 – 600g

**** NOTE** - Entries for ALL Field Events made via the Open Entry Process are “LIMITED” to an athlete maximum field size of 18 athletes. If the Championship registration exceeds 18 in any field event, then the best 18 ranked athletes (with performance validation) will be accepted.

Wind readings in the horizontal jumps are required with standard achievement performances and must be +2.0 mps or less.

See Entry Technical Information.

Combined Events

Pentathlon (U16) / Heptathlon (U18) / Decathlon (U18)	No Standard	No Standard	No Standard	No Standard
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**** NOTE** - Entries in the Combined - Events made via the Open Entry Process will be “LIMITED” to an athlete field size of 10 athletes in each event (+ Legion Branch Entries). If the Championship registration exceeds 10, then the best 10 ranked athletes will be accepted in each event. Preference will be given to those athletes that have achieved the entry Standard in an actual Heptathlon or the highest score in the Decathlon.

Athletes may also petition an entry based on achieving the entry standard by using a “potential score”. The “potential score” is achieved by scoring the Pentathlon / Heptathlon / Decathlon individual event bests performed by the athlete in the actual championship year. All the individual events must be validated directly to the Entry Committee and not via the Online Entry Process. Athletes wishing to enter the Combined Events using the “potential score” method must contact dmartin@legion.ca (refer to the Technical Package) by Friday, July 14, 12:00pm EST.

Standard Achievement Window

All Championship Meet Entry Standards must be achieved in 2017 (January 1, 2017) to the close of the Championship Entry Deadline (August 3, 2017). All events requiring a wind reading for performance validation must have this accompany results being used for Championship entry standard. Legal wind

measurement will be enforced for standard achievement (+2.0mps or less and any negative readings).
No Indoor performances will be accepted.
Events requiring wind measurement:
100m, 200m, All Straightaway Hurdle Events, 200m Hurdles, Long Jump, Triple Jump

Event Technical Information

Vertical Jump Opening Height & Height Progressions for the Championships

(Please consider these opening heights when entering the vertical height events)

Event	U16 - Female	U16 - Male	U18 - Female	U18 - Male
Pole Vault	2m40 by 10cm	3m10 by 10cm	2m60 by 10cm	3m30 by 10cm
High Jump	1m35 by 5cm to 1m55 then by 3cm	1m50 by 5cm to 1m80 then by 3cm	1m50 by 5cm to 1m65 then by 3cm	1m80 by 5cm to 1m95 then by 3cm

Hurdle Specifications

80mH - Female Only U16 12m to H1; 8m between / Height = 30" / 0.762m
 100mH - Female U18 13m to H1; 8.50m between / Height = 30" / 0.762m
 100mH - Male U16 13m to H1, 8.50m between / Height = 33" / 0.838cm
 110mH - Male U18 13.72m to H1; 9.14m between / Height = 36" / 0.914m
 200mH - Female U16 Start @ 200m lines & use 400mH markings / Height = 30" / 0.762m, 15m to H1
 200mH - Male U16 Start @ 200m lines & use 400mH markings / Height = 30" / 0.762m, 15m to H1
 400mH - Female U18 Start @ 400m lines; 50m to H1 then use 400mH markings / Ht = 30" / 0.762m
 400mH - Male U18 Start @ 400m lines; 50m to H1 then use 400mH markings / Ht = 33" / 0.838m
 1500m SC - F&M U16 Start @ 1500m line; No Water Jump; Height (F&M) = 30" / 0.762m
 2000m SC - F&M U18 Water Jump In; Height F = 30" / 76cm; M = 33" / 0.838cm

Throwing Implement Specifications

Event	U16 - Female	U16 - Male	U18 - Female	U18 - Male
Shot Put	3kg	4kg	3kg	5kg
Discus	1kg	1kg	1kg	1.5kg
Hammer	3kg	4kg	3kg	5kg
Javelin	500g	600g	500g	700g