

**SASKATCHEWAN ATHLETICS
OUTDOOR PROVINCIAL CHAMPIONSHIP EVENTS**

	PEE WEE	BANTAM	MIDGET	JUVENILE	JUNIOR	SENIOR
60m	m/w – no blocks					
80m		m/w – no blocks				
100m			m/w	m/w	m/w	m/w
150m	m/w – no blocks	m/w – no blocks				
200m			m/w	m/w	m/w	m/w
300m			m/w			
400m				m/w	m/w	m/w
600m	m/w					
800m		m/w	m/w	m/w	m/w	m/w
1000m	m/w					
1200m		m/w	m/w			
1500m				m/w	m/w	m/w
2000m			m/w			
3000m				m/w	w	
5000m					m/w	m/w
10000m						m/w
Racewalk	m – 800m w – 800m	m – 800m w – 800m	m - 1500m w - 1500m	m - 5km w - 3km	m - 10km w - 5km	m - 10km w - 5km
Sprint Hurdles	m – 60m – 30” .76 w – 60m – 30” .76	m - 80m - 30” .76 w - 80m - 30” .76	m - 100m - 33” .84 w - 80m - 30” .76	m-110m - 36” .91 w-100m - 30” .76	m-110m - 39” .99 w-100m - 33” .84	m-110m-42” 1.07 w-100m - 33” .84
Int Hurdles		m/w – 200mH – no blocks	m/w - 200mH	m/w - 400mH	m/w - 400mH	m/w - 400mH
Steeplechase			m/w – 1500m – no water jump; 30” .76	m/w – 2000m	m – 3000m w – 2000m	m/w – 3000m
Long Jump	m/w no board 1m take-off	m/w regular board	m/w	m/w	m/w	m/w
Standing LJ	m/w	m/w				
Triple Jump			m/w	m/w	m/w	m/w
High Jump	m/w	m/w	m/w	m/w	m/w	m/w
Pole Vault			m/w	m/w	m/w	m/w
Shot Put	m - 6lb w - 6lb	m – 3kg w – 3kg	m - 4kg w – 3kg	m - 5.0kg w - 4kg	m - 6.0kg w - 4kg	m - 16lb 7.25kg w - 4kg
Discus	750gm	m – 750gm w – 750gm	m - 1kg w – 750gm	m - 1.5kg w - 1kg	m - 1.75kg w - 1kg	m - 2kg w - 1kg
Javelin	400gm	400gm	m - 600gm w - 500gm	m - 700gm w - 600gm	m - 800gm w - 600gm	m - 800gm w - 600gm
Ball Throw	m/w	m/w				
Hammer		3kg optional	m - 4kg w - 3kg	m - 5.0kg w - 4kg	m - 6.0kg w - 4kg	m - 16lb 7.26kg w - 4kg
Combined Events		m - Quad w - Quad	m - Pent w - Pent	m - Oct w - Hept	m - Dec w - Hept	m - Dec w - Hept
4x100m	m/w	m/w	m/w	m/w	m/w	m/w
4x200m			m/w			
4x400m				m/w	m/w	m/w
Medley Relay 4- 2-2-8				m/w	m/w	m/w

Combined Events:

PeeWee Triathlon - 80m - LJ - SP

Bantam Quad - 100m - LJ - SP - 80mH

Midget Men Pent - LJ, JT, 200m, DT, 1500m

Midget Women Pent - 80mH, HJ, SP, LJ, 800m

Juvenile Men Oct - 100m, LJ, SP, 400m, 110mH, HJ, JT, 1000m (Juvenile Weights and Spacings)

Juvenile Women Hept - 100mH, HJ, SP, 200m, LJ, JT, 800m (Juvenile Spacings)

Junior Men Dec - 100m, LJ, SP - 6kg, HJ, 400m, 110mH - 39", DT - 1.75kg, PV, JT, 1500m

Junior & Senior Women Hept - 100mH, HJ, SP, 200m, LJ, JT, 800m

Senior Men Dec - 100m, LJ, SP, HJ, 400m, 110mH, DT, PV, JT, 1500m

Hurdles:

Pee Wee Men and Women - 60mH - As low as possible (scissor hurdles) (12.00m to 1st, 7.00m b/w); No blocks

Bantam Men and Women - 80mH - 30" .76 (12.00m to 1st, 7.50m b/w); No blocks

Midget Men - 100mH - 33" .84 (13.00m to 1st, 8.50m b/w) - 200mH - 30" .76 (Start at 200m line, use 400mH spacing, 35m b/w)

Midget Women - 80mH - 30" .76 (12.00m to 1st, 8.00m b/w) - 200mH - 30" .76 (Start at 200m line, use 400mH spacing, 35m b/w)

Juvenile Men - 110mH - 36" .91 (13.72m to 1st, 9.14m b/w) - 400mH - 33" .84 (45.00m to 1st, 35.00m b/w)

Juvenile Women - 100mH - 30" .76 (13.00m to 1st, 8.50 b/w) - 400mH - 30" .76 (45.00m to 1st, 35.00m b/w)

Junior Men - 110mH - 39" .99 (13.72m to 1st, 9.13m b/w) - 400mH - 36" .91 (45.00m to 1st, 35.00m b/w)

Junior and Senior Women - 100mH - 33" .84 (13.00m to 1st, 8.50m b/w) - 400mH - 30" .76 (45.00m to 1st, 35.00m b/w)

Senior Men - 110mH - 42" 1.07 (13.72m to 1st, 9.13m b/w) - 400mH - 36" .91 (45.00m to 1st, 35.00m b/w)

SASKATCHEWAN ATHLETICS INDOOR EVENTS

	PEE WEE	BANTAM	MIDGET	JUVENILE	JUNIOR	SENIOR
50m				m/w	m/w	m/w
60m	m/w – no blocks	m/w – no blocks	m/w	m/w	m/w	m/w
150m	m/w - no blocks	m/w – no blocks				
200m			m/w	m/w	m/w	m/w
300m			m/w	m/w	m/w	m/w
400m				m/w	m/w	m/w
500m				m/w	m/w	m/w
600m	m/w			m/w	m/w	m/w
800m		m/w	m/w	m/w	m/w	m/w
1000m	m/w			m/w	m/w	m/w
1200m		m/w	m/w			
1500m				m/w	m/w	m/w
2000m			m/w			
3000m				m/w	m/w	m/w
Racewalk	m – 800m w – 800m	m – 800m w – 800m	m – 1500 m w – 1500 m	m - 3km w - 3km	m - 3km w - 3km	m - 3km w - 3km
Sprint Hurdles	m - 60m - low w – 60m - low	m -60m - 30" .76 w -60m - 30" .76	m - 60m - 33" .84 w - 60m - 30" .76	m - 60m -36" .91 w - 60m - 30" .76	m - 60m - 39".99 w - 60m - 33" .84	m - 60m - 42" 1.07 w - 60m - 33" .84
Long Jump	m/w no board 1m take-off	m/w regular board	m/w	m/w	m/w	m/w
Standing LJ	m/w	m/w				
Triple Jump			m/w	m/w	m/w	m/w
High Jump	m/w	m/w	m/w	m/w	m/w	m/w
Pole Vault			m/w	m/w	m/w	m/w
Shot Put	m - 6lb w - 6lb	m – 3kg w – 3kg	m - 4kg w - 3kg	m - 5.0kg w - 4kg	m - 6.0kg w - 4kg	m – 7.26kg w - 4kg
Weight Throw				m - 20lb – 9.08k w - 20lb – 9.08k	m - 35lb – 15.88k w - 20lb – 9.08k	m - 35lb – 15.88k w - 20lb – 9.08k
Combined Events	m - Tri w - Tri	m - Quad w - Quad	m - Pent w - Pent	m - Pent w - Pent	m - Pent w - Pent	m - Pent w - Pent
4x100m	m/w	m/w	m/w	m/w	m/w	m/w
4x200m			m/w	m/w	m/w	m/w
4x400m				m/w	m/w	m/w
4x800m				m/w	m/w	m/w

Combined Events:

PeeWee Tri - LJ-SP-60m

Bantam Quad - 60m-LJ-SP-800m (Bantam Weight and Spacings) or Tri - LJ-SP-60m

Midget Men Pent - 60mH, LJ, SP, HJ, 1000m (Midget Weights and Spacings)

Midget Women Pent - 60mH, LJ, SP, HJ, 800m (Midget Weights and Spacings)

Juvenile Men Pent - 60mH, LJ, SP, HJ, 1000m (Juvenile Weights and Spacings)

Juvenile Women Pent - 60mH, LJ, SP, HJ, 800m (Juvenile Weights and Spacings)

Junior Men Pent - 60mH, LJ, SP, HJ, 1000m (Junior Weights and Spacings)

Junior & Senior Women Pent - 60mH, LJ, SP, HJ, 800m (Junior & Senior Weights and Spacings)

Senior Men Pent - 60mH, LJ, SP, HJ, 1000m (Senior Weights and Spacings)

Hurdles:

Pee Wee Men and Women – 60mH – As low as possible (scissor hurdles) (12.00m to 1st, 7.0 m b/w); and no blocks

Bantam Men and Women - 60mH - 30" (.76) (12.00m to 1st, 7.50m b/w); and no blocks

Midget Men - 60mH - 33" (.84) (13.00m to 1st, 8.50m b/w)

Midget Women - 60mH - 30" (.76) (12.00m to 1st, 8.00m b/w)

Juvenile Men - 60mH - 36" (.91) (13.72m to 1st, 9.14m b/w)

Juvenile Women - 60mH - 30" (.76) (13.00m to 1st, 8.50 b/w)

Junior Men - 60mH - 39" (.99) (13.72m to 1st, 9.13m b/w)

Junior and Senior Women - 60mH - 33" (.84) (13.00m to 1st, 8.50m b/w)

Senior Men - 60mH - 42" (1.07) (13.72m to 1st, 9.13m b/w)