

**SASKATCHEWAN ATHLETICS
OUTDOOR PROVINCIAL CHAMPIONSHIP EVENTS**

| | PEE WEE | BANTAM | MIDGET | YOUTH | JUNIOR | SENIOR |
|----------------------------------|--|--|---|--------------------------------------|--------------------------------------|------------------------------------|
| 60m | m/w – no blocks | | | | | |
| 80m | | m/w – no blocks | | | | |
| 100m | | | m/w – no blocks | m/w | m/w | m/w |
| 150m | m/w – no blocks | m/w – no blocks | | | | |
| 200m | | | m/w – no blocks | m/w | m/w | m/w |
| 300m | | | m/w – no blocks | | | |
| 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, 5H | m/w - 200mH 5H – no blocks | m/w - 300mH 7H | m/w - 400mH 10H | m/w - 400mH 10H |
| Steeplechase | | | m/w – 1500m – no water jump; 30” .76 | m- 2000m 36-91 w – 2000m 30-76 | m – 3000m 36-91 w – 2000m 30-76 | m- 3000m 36-91 w – 3000m 30-76 |
| 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 - 3kg | 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 - 500gm | 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 - 3kg | 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:

Pee Wee 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

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

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

Youth Men - 110mH - 36" .91 (13.72m to 1st, 9.14m b/w) - 300mH - 33" .84 (45.00m to 1st, 35.00m b/w)

Youth Women - 100mH - 30" .76 (13.00m to 1st, 8.50 b/w) - 300mH - 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)

Cross Country

Pee Wee – 2km – Male/Female

Bantam – 2km – Male/Female

Midget Women – 3km

Midget Men – 4km

Youth Women – 4km

Youth Men – 6km

Junior Women – 5km

Junior Men – 8km

Senior Women – 6km

Senior Men – 10km

Master – 6km - both