

ANB Event Specifications

OUTDOOR EVENTS

	Atom		Pee Wee		Bantam		Midget		Youth		Junior		Senior	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M
60m	+	+	+	+										
80m					X	X								
100m							X	X	X	X	X	X	X	X
150m	+	+	+	+	X	X								
200m							X	X	X	X	X	X	X	X
300m	+	+					X	X						
400m									X	X	X	X	X	X
600m	+	+	+	+										
800m					X	X	X	X	X	X	X	X	X	X
1000m			+	+										
1200m					X	X	X	X						
1500m									X	X	X	X	X	X
2000m							X	X						
3000m									X	X	X	+	X	+
5000m											+	X	+	X
10,000m													+	+
60m H	+	+	+	+										
80m H					X	X	X							
100m H								X	X		X		X	
110m H										X		X		X
200m H					X	X	X	X						
300m H									+	+				
400m H									X	X	X	X	X	X
1500m SC							X	X						
2000m SC									X	X	X	+	+	
3000m SC											+	X	X	X
High Jump	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Standing LJ	+	+	+	+	+	+								
Long Jump	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Triple Jump							X	X	X	X	X	X	X	X
Pole Vault							X	X	X	X	X	X	X	X
Softball	+	+	+	+	+	+								
Shot Put	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Discus	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Javelin	+	+	+	+	X	X	X	X	X	X	X	X	X	X
Hammer					+	+	X	X	X	X	X	X	X	X
Combined	Tet	Tet	Tet	Tet	Tet	Tet	Pent	Pent	Hept	Dec	Hept	Dec	Hept	Dec

Note: X = championship event; + = event also offered in competition

ANB Event Specifications

OUTDOOR SPRINT HURDLE EVENTS

Category	Distance	# of Hurdles	Height	To First	Between	Run-In
Pee Wee	60m	5	low	12m	7m	13m
Bantam	80m	8	0.76m / 30"	12m	7.5m	15.5m
Midget Female	80m	8	0.76m / 30"	12m	8m	12m
Midget Male	100m	10	0.84m / 33"	13m	8.5m	10.5m
Youth Female	100m	10	0.76m / 30"	13m	8.5m	10.5m
Youth Male	110m	10	0.91m / 36"	13.72m	9.14m	14.02m
Junior Female	100m	10	0.84m / 33"	13m	8.5m	10.5m
Junior Male	110m	10	0.99m / 39"	13.72m	9.14m	14.02m
Senior Female	100m	10	0.84m / 33"	13m	8.5m	10.5m
Senior Male	110m	10	1.07m / 42"	13.72m	9.14m	14.02m

OUTDOOR LONG HURDLE EVENTS

Category	Distance	# of Hurdles	Height	To First	Between	Run-In
Bantam	200m	5	0.76m / 30"	20m	35m	40m
Midget	200m	5	0.76m / 30"	20m	35m	40m
Youth Female	400m	10	0.76m / 30"	45m	35m	40m
Youth Male	400m	10	0.84m / 33"	45m	35m	40m
Junior Female	400m	10	0.76m / 30"	45m	35m	40m
Junior Male	400m	10	0.91m / 36"	45m	35m	40m
Senior Female	400m	10	0.76m / 30"	45m	35m	40m
Senior Male	400m	10	0.91m / 36"	45m	35m	40m

STEEPLE CHASE EVENTS

Category	Distance	# of Hurdles	Height	Note
Midget	1500m	12	0.76m / 30"	No water jump in place
Youth Female	2000m	23	0.76m / 30"	
Youth Male	2000m	23	0.84m / 33"	0.91m/36" also acceptable
Junior Female	2000m	23	0.76m / 30"	
Junior Male	3000m	35	0.91m / 36"	
Senior Female	3000m	35	0.76m / 30"	
Senior Male	3000m	35	0.91m / 36"	

OUTDOOR THROWING EVENTS

Category	Event	Female	Male
Pee Wee	Shot	2kg	2kg
	Discus	750g	750g
	Javelin	400g	400g
	Softball	✓	✓
Bantam	Shot	3kg	3kg
	Discus	750g	750g
	Javelin	400g	400g
	Softball	✓	✓
Midget	Shot	3kg	4kg
	Discus	1kg	1kg
	Javelin	500g	600g
	Hammer	3kg	4kg
Youth	Shot	3kg	5kg
	Discus	1kg	1.5kg
	Javelin	500g	700g
	Hammer	3kg	5kg
Junior	Shot	4kg	6kg
	Discus	1kg	1.75kg
	Javelin	600g	800g
	Hammer	4kg	6kg
Senior	Shot	4kg	7.26kg
	Discus	1kg	2kg
	Javelin	600g	800g
	Hammer	4kg	7.26kg

ANB Event Specifications

INDOOR EVENTS

		Atom		Pee Wee		Bantam		Midget		Youth		Junior		Senior	
		F	M	F	M	F	M	F	M	F	M	F	M	F	M
60m 150m 200m 300m 400m	60m	+	+	+	+	X	X	X	X	X	X	X	X	X	X
	150m	+	+	+	+	X	X								
	200m							X	X	X	X	X	X	X	X
	300m							X	X	+	+	+	+	+	+
	400m									X	X	X	X	X	X
600m 800m 1000m 1200m 1500m 2000m 3000m 5000m	600m	+	+	+	+					+	+	+	+	+	+
	800m					X	X	X	X	X	X	X	X	X	X
	1000m	+	+	+	+					+	+	+	+	+	+
	1200m					X	X	X	X						
	1500m									X	X	X	X	X	X
	2000m							X	X						
	3000m									X	X	X	X	X	X
	5000m											+	+	+	+
60m H	+	+	+	+	X	X	X	X	X	X	X	X	X	X	X
High Jump	+	+	+	+	X	X	X	X	X	X	X	X	X	X	X
Standing LJ	+	+	+	+	+	+									
Long Jump	+	+	+	+	X	X	X	X	X	X	X	X	X	X	X
Triple Jump							X	X	X	X	X	X	X	X	X
Pole Vault							+	+	X	X	X	X	X	X	X
Shot Put	+	+	+	+	X	X	X	X	X	X	X	X	X	X	X
Weight							+	+	X	X	X	X	X	X	X
Combined (alternate)	Tri	Tri	Tri	Tri	Tri	Tri	Pent	Pent	Pent	Pent	Pent	Pent	Pent	Pent	Pent
	Tet	Tet	Tet	Tet	Tet	Tet						Hept		Hept	

Note: X = championship event; + = event also offered in competition

ANB Event Specifications

INDOOR SPRINT HURDLE EVENTS

Category	Distance	# of Hurdles	Height	To First	Between	Run-In
Pee Wee	60m	5	low	12m	7m	13m
Bantam	60m	5	0.76m / 30"	12m	7.5m	18m
Midget Female	60m	5	0.76m / 30"	12m	8m	16m
Midget Male	60m	5	0.84m / 33"	13m	8.5m	13m
Youth Female	60m	5	0.76m / 30"	13m	8.5m	13m
Youth Male	60m	5	0.91m / 36"	13.72m	9.14m	9.72m
Junior Female	60m	5	0.84m / 33"	13m	8.5m	13m
Junior Male	60m	5	0.99m / 39"	13.72m	9.14m	9.72m
Senior Female	60m	5	0.84m / 33"	13m	8.5m	13m
Senior Male	60m	5	1.07m / 42"	13.72m	9.14m	9.72m

INDOOR THROWING EVENTS

Category	Event	Female	Male
Pee Wee	Shot	2kg	2kg
Bantam	Shot	3kg	3kg
Midget	Shot	3kg	4kg
	Weight	7.26kg / 16#	7.26kg / 16#
Youth	Shot	3kg	5kg
	Weight	7.26kg / 16#	9.08kg / 20#
Junior	Shot	4kg	6kg
	Weight	9.08kg / 20#	11.34kg / 25#
Senior	Shot	4kg	7.26kg
	Weight	9.08kg / 20#	15.88kg / 35#

ANB Event Specifications

OUTDOOR COMBINED EVENT SPECIFICATIONS

Category	Event	Days	Event Order
Pee Wee	Tetrathlon	1	60m / LJ / SP / 600m
Bantam	Tetrathlon	1	80m / LJ / SP / 800m
Midget Female	Pentathlon	1	80mH / HJ / SP / LJ / 800m
Midget Male	Pentathlon	1	100mH / LJ / SP / HJ / 1000m
Youth Female	Heptathlon	2	Day 1 - 100mH / HJ / SP / 200m; Day 2 - LJ / JT / 800m
Youth Male	Decathlon	2	Day 1 - 100m / LJ / SP / HJ / 400m; Day 2 - 110mH / DT / PV / JT / 1500m
Junior Female	Heptathlon	2	Day 1 - 100mH / HJ / SP / 200m; Day 2 - LJ / JT / 800m
Junior Male	Decathlon	2	Day 1 - 100m / LJ / SP / HJ / 400m; Day 2 - 110mH / DT / PV / JT / 1500m
Senior Female	Heptathlon	2	Day 1 - 100mH / HJ / SP / 200m; Day 2 - LJ / JT / 800m
Senior Male	Decathlon	2	Day 1 - 100m / LJ / SP / HJ / 400m; Day 2 - 110mH / DT / PV / JT / 1500m

INDOOR COMBINED EVENT SPECIFICATIONS

Category	Event	Days	Event Order
Pee Wee	Triathlon	1	60m / HJ / 600m or LJ / SP / 600m
Pee Wee	Tetrathlon	1	60m / LJ / SP / 600m
Bantam	Triathlon	1	60m / HJ / 800m or LJ / SP / 800m
Bantam	Tetrathlon	1	60m / LJ / SP / 800m
Midget Female	Pentathlon	1	60m / HJ / SP / LJ / 800m
Midget Male	Pentathlon	1	60m / LJ / SP / HJ / 1000m
Youth Female	Pentathlon	1	60mH / HJ / SP / LJ / 800m
Youth Male	Pentathlon	1	60mH / LJ / SP / HJ / 1000m
Junior Female	Pentathlon	1	60mH / HJ / SP / LJ / 800m
Junior Male	Pentathlon	1	60mH / LJ / SP / HJ / 1000m
	Heptathlon	2	Day 1 - 60m / LJ / SP / HJ; Day 2 - 60mH / PV / 1000m
Senior Female	Pentathlon	1	60mH / HJ / SP / LJ / 800m
Senior Male	Pentathlon	1	60mH / LJ / SP / HJ / 1000m
	Heptathlon	2	Day 1 - 60m / LJ / SP / HJ; Day 2 - 60mH / PV / 1000m