

Events and specifications / Épreuves et les spécifications

	Pee Wee / Mosquito	Bantam / Benjamin	Midget / Cadet	Youth / Jeune	Junior / Junior	Senior / Sénior
60m	Tetrathlon					
80m		✓				
100m			✓	✓	✓	✓
150m	✓	✓				
200m			✓	✓	✓	✓
300m			✓			
400m				✓	✓	✓
600m	Tetrathlon					
800m		✓	✓	✓	✓	
1000m	✓					
1200m		✓	✓			
1500m				✓	✓	✓
2000m			✓			
3000m				✓	✓	✓
5000m					✓	✓
80m/100m/110m Hurdles / Haies		F – 80m 76cm M – 80m 76cm	F – 80m 76cm M – 100m 84cm	F – 100m 76cm M – 110m 91cm	F – 100m 84cm M – 110m 99cm	F – 100m 84cm M – 110m 107cm
200m/300m/400m Hurdles / Haies		F – 200m 76cm M – 200m 76cm	F – 200m 76cm M – 200m 76cm	F – 300m 76cm M – 300m 84cm	F – 400m 76cm M – 400m 91cm	F – 400m 76cm M – 400m 91cm
1500m/2000m/3000m Steeple Chase			1500m 76cm	F – 2000m 76cm M – 2000m 84cm	F – 2000m 76cm M – 3000m 91cm	F – 3000m 76cm M – 3000m 91cm
4x100m	✓	✓	✓	✓	✓	✓
4x400m				✓	✓	✓
Medlay Relays (400-200-200-800m)			✓			
High Jump / Hauteur	✓	✓	✓	✓	✓	✓
Long Jump / Longueur	Tetrathlon	✓	✓	✓	✓	✓
Triple Jump / Triple-saut			✓	✓	✓	✓
Pole Vault / Perche			✓	✓	✓	✓
Shot Put / Poids	Tetrathlon F & M - 2kg	F – 3kg M – 3kg	F – 3kg M - 4kg	F – 3kg M – 5kg	F – 4kg M – 6kg	F – 4kg M – 7.26kg
Discus / Disque		F – 750g M – 750g	F – 1kg M – 1kg	F – 1kg M – 1.5kg	F – 1kg M – 1.75kg	F – 1kg M – 2kg
Javelin / Javelot		F – 400g M – 400g	F – 500g M – 600kg	F – 500g M – 700g	F – 600g M – 800g	F – 600g M – 800g
Hammer / Marteau			F – 3kg M - 4kg	F – 3kg M – 5kg	F – 4kg M – 6kg	F – 4kg M – 7.26kg
Multi Event	Tetrathlon (60m-LJ-SP-600m)	Tetrathlon (80m-LJ-SP-800m)	Pentathlon	F-Hept M- Oct	F-Hept M-Dec	F-Hept M-Dec

Masters will follow CMAA specifications where possible. / Les veterans suivront les spécifications CMAA ou possible.