



**2020 TECHNICAL STANDARDS FOR TRACK EVENTS ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION TABLE OF DISTANCES AND AGE GROUPS**

| AGE CATEGORIES | 60 m | 80 m | 100 m | 150 m | 200 m | 400 m | 800 m | 1 200 m | 1 500 m | 3 000 m | 5 000 m | 10 000 m |
|--|------|------|-------|-------|-------|-------|-------|---------|---------|---------|---------|----------|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | X | | X | X | X | | X | | X | X |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | | | X | | X | X | X | | X | | X | X |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | | | X | | X | X | X | | X | X | | |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | | | X | | X | X | X | | X | X | | |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | | | X | | X | X | X | | X | X | | |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | | | X | | X | X | X | | X | X | | |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | | | X | | X | | X | | X | | | |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | | | X | X | | | | X | | | | |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | | X | X | | | | | X | | | | |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | | X | X | | | | | X | | | | |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | X | X | | | | | | | | | | |
| Sub Primary Youth Boys: 8 Years (Disparity Rule 7, 8 Years) | X | X | | | | | | | | | | |
| Sub Primary Youth Boys: 7 Years (Disparity Rule 6, 7 Years) | X | X | | | | | | | | | | |
| Sub Primary Youth Boys: 6 Years (Disparity Rule 5, 6 Years) | X | X | | | | | | | | | | |
| Veteran to Grand Master: 30 to 80+ | | | X | | X | X | X | | X | | X | X |

| AGE CATEGORIES | 60 m | 80 m | 100 m | 150 m | 200 m | 400 m | 800 m | 1 200 m | 1 500 m | 3 000 m | 5 000 m | 10 000 m |
|--|------|------|-------|-------|-------|-------|-------|---------|---------|---------|---------|----------|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | X | | X | X | X | | X | | X | X |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | | | X | | X | X | X | | X | X | X | X |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | | | X | | X | X | X | | X | X | | |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | | | X | | X | X | X | | X | X | | |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | | | X | | X | X | X | | X | X | | |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | | | X | | X | X | X | | X | X | | |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | | | X | | X | | X | | X | | | |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | | | X | X | | | | X | | | | |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | | X | X | | | | | X | | | | |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | | X | X | | | | | X | | | | |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | X | X | | | | | | | | | | |
| Sub Primary Youth Girls: 8 Years (Disparity Rule 7, 8 Years) | X | X | | | | | | | | | | |
| Sub Primary Youth Girls: 7 Years (Disparity Rule 6, 7 Years) | X | X | | | | | | | | | | |
| Sub Primary Youth Girls: 6 Years (Disparity Rule 5, 6 Years) | X | X | | | | | | | | | | |
| Veteran to Grand Master: 30 to 60+ | | | X | | X | X | X | | X | | X | X |

**2020 TECHNICAL STANDARDS FOR TRACK RELAY EVENTS ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION TABLE OF DISTANCES AND AGE GROUPS**

| AGE CATEGORIES | 4 x 50m | 4 x 100m | 4 x 200m | 4 x 400m | 4 x 800m | 4 x 1 500m | Mixed Gender Relay 4 x 400m (men start) | Standard Medley Relay Race 100m, 200m, 300m, 400m | Mile Medley Relay Race 800m, 400m, 200m, 100m, 100m | 2 000 m Medley Relay Race 800m, 400m, 2 x 200m, 4 x 100m |
|--|---------|----------|----------|----------|----------|------------|---|---|---|--|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | X | X | X | X | X | | X | X | X |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | | X | X | X | X | X | | X | X | X |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | | X | X | X | X | X | X | X | X | X |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | | X | | | | | | X | | |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | | X | X | | | | | X | X | X |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | | X | | | | | | X | | |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | | X | | | | | | X | | |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | | X | | | | | | | | |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | | X | | | | | | | | |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | | X | | | | | | | | |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | X | | | | | | | | | |
| Veteran to Grand Master: 30 – 60+ | | X | | X | | | | | | |

| AGE CATEGORIES | 4 x 50m | 4 x 100m | 4 x 200m | 4 x 400m | 4 x 800m | 4 x 1 500m | Mixed Gender Relay 4 x 400m (men start) | Standard Medley Relay Race 100m, 200m, 300m, 400m | Mile Medley Relay Race 800m, 400m, 200m, 100m, 100m | 2 000 m Medley Relay Race 800m, 400m, 2 x 200m, 4 x 100m |
|--|---------|----------|----------|----------|----------|------------|---|---|---|--|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | X | X | X | X | X | | X | X | X |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | | X | X | X | X | X | | X | X | X |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | | X | X | X | X | X | X | X | X | X |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | | X | | | | | | X | | |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | | X | X | | | | | X | X | X |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | | X | | | | | | X | | |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | | X | | | | | | X | | |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | | X | | | | | | | | |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | | X | | | | | | | | |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | | X | | | | | | | | |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | X | | | | | | | | | |
| Veteran to Grand Master: 30 – 60+ | | X | | X | | | | | | |

**2020 TECHNICAL STANDARDS FOR STEEPLE CHASE EVENTS ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION OF DISTANCES AND AGE GROUPS**

| AGE CATEGORIES | 1 500m STEEPLECHASE (Height: 76,2cm) | 2 000m STEEPLECHASE (Height: 76,2cm) | 3 000m STEEPLECHASE (Height: 91,4cm) |
|--|---|---|---|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | X |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | | | X |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | | X | |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | | X | |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | X | | |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | | | |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | | | |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | | | |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | | | |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | | | |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | | | |
| Veteran and Master: 30 – 59 | | | X |
| Grand Master: 60 + | | X | |

| AGE CATEGORIES | 1 500m STEEPLECHASE (Height: 76,2cm) | 2 000m STEEPLECHASE (Height: 76,2cm) | 3 000m STEEPLECHASE (Height: 76,2cm) |
|--|---|---|---|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | X |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | | | X |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | | X | |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | | X | |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | X | | |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | | | |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | | | |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | | | |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | | | |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | | | |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | | | |
| Veteran to Grand Master: 3 - 60+ | | X | |

**2020 TECHNICAL STANDARDS FOR RACE WALKING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS (TRACK AND ROAD)
PROGRESSION OF DISTANCES AND AGE GROUPS**

| AGE CATEGORIES | 1 500 m RACE WALK | 3 000 m RACE WALK | 5 000 m RACE WALK | 10000m RACE WALK | 20 km RACE WALK | 30 km RACE WALK | 50 km RACE WALK |
|--|----------------------|----------------------|----------------------|---------------------|--------------------|--------------------|--------------------|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | | | X | | X |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | | | | X | | | |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | | | | X | | | |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | | | | X | | | |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | | | X | | | | |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | | X | | | | | |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | X | | | | | | |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | X | | | | | | |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | | | | | | | |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | | | | | | | |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | | | | | | | |
| Veteran to Grand Master: 30 to 60+ | | | | X | X | X | X |

| AGE CATEGORIES | 1 500 m RACE WALK | 3 000 m RACE WALK | 5 000 m RACE WALK | 10000m RACE WALK | 20 km RACE WALK | 30 km RACE WALK | 50 km RACE WALK |
|--|----------------------|----------------------|----------------------|---------------------|--------------------|--------------------|--------------------|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | | | X | | |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | | | | X | | | |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | | | X | | | | |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | | | X | | | | |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | | | X | | | | |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | | X | | | | | |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | X | | | | | | |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | X | | | | | | |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | | | | | | | |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | | | | | | | |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | | | | | | | |
| Veteran to Grand Master: 30 to 60+ | | | | X | X | | |

**2020 TECHNICAL STANDARDS FOR SHORT HURDLE RACES ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS**

| AGE CATEGORIES | DISTANCE IN METER | HEIGHT IN CM | DISTANCE OF START TO FIRST HURDLE | DISTANCE BETWEEN HURDLES | DISTANCE FROM LAST HURDLE TO FINISH LINE | HURDLE QUANTITY |
|--|-------------------|--------------|-----------------------------------|--------------------------|--|-----------------|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | 110 | 106,7 | 13,72 | 9,14 | 14,02 | 10 |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | 110 | 99,5 | 13,72 | 9,14 | 14,02 | 10 |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | 110 | 91,4 | 13,72 | 9,14 | 14,02 | 10 |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | 110 | 84 | 13,72 | 9,14 | 14,02 | 10 |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | 100 | 84 | 13 | 8,5 | 10,5 | 10 |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | 100 | 84 | 13 | 8,5 | 10,5 | 10 |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | 80 | 76,2 | 12 | 8 | 12 | 8 |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | 75 | 76,2 | 11 | 7,5 | 11,5 | 8 |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | 70 | 68 | 10 | 7 | 11 | 8 |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | 70 | 68 | 10 | 7 | 11 | 8 |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | | | | | | |
| Sub – Veteran: 30 – 39 Veteran: 40 - 49 | 110 | 99,5 | 13,72 | 9,14 | 14,02 | 10 |
| Master: 50 - 59 | 100 | 91,4 | 13 | 8,50 | 10,50 | 10 |
| Grand Master: 60 - 69 | 100 | 84 | 16 | 8 | 12 | 10 |
| Grand Master: 70 - 79 | 80 | 76,2 | 12 | 7 | 19 | 8 |
| 80+ | 80 | 68,6 | 12 | 7 | 19 | 8 |

| AGE CATEGORIES | DISTANCE IN METER | HEIGHT IN CM | DISTANCE OF START TO FIRST HURDLE | DISTANCE BETWEEN HURDLES | DISTANCE FROM LAST HURDLE TO FINISH LINE | HURDLE QUANTITY |
|--|-------------------|--------------|-----------------------------------|--------------------------|--|-----------------|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | 100 | 84,0 | 13 | 8,5 | 10,5 | 10 |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | 100 | 84,0 | 13 | 8,5 | 10,5 | 10 |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | 100 | 76,2 | 13 | 8,5 | 10,5 | 10 |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | 100 | 76,2 | 13 | 8,5 | 10,5 | 10 |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | 90 | 76,2 | 13 | 8 | 13 | 9 |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | 90 | 76,2 | 13 | 8 | 13 | 9 |
| Primary Youth Girls: 13 Years (Disparity Rule 11, 12, 13 Years) | 75 | 76,2 | 11 | 7,5 | 11,5 | 8 |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | 75 | 68 | 11 | 7,5 | 11,5 | 8 |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | 70 | 68 | 10 | 7 | 11 | 8 |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | 70 | 68 | 10 | 7 | 11 | 8 |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | | | | | | |
| Sub - Veteran: 30 – 39 Veteran: 40 - 49 | 100 | 84, | 13 | 8,5 | 10,5 | 10 |
| Master: 50 – 59 | 80 | 76,2 | 12 | 8 | 12 | 10 |
| Grand Master: 60+ | 80 | 76,2 | 12 | 7 | 19 | 8 |
| | 80 | 68,6 | 12 | 7 | 19 | 8 |

**2020 TECHNICAL STANDARDS FOR LONG HURDLE RACES ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS**

| AGE CATEGORIES | DISTANCE IN METER | HEIGHT IN CM | DISTANCE OF START TO FIRST HURDLE | DISTANCE BETWEEN HURDLES | DISTANCE FROM LAST HURDLE TO FINISH LINE | HURDLE QUANTITY |
|--|-------------------|--------------|-----------------------------------|--------------------------|--|-----------------|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | 400 | 91,4 | 45 | 35 | 40 | 10 |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | 400 | 91,4 | 45 | 35 | 40 | 10 |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | 400 | 84 | 45 | 35 | 40 | 10 |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | 400 | 84 | 45 | 35 | 40 | 10 |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | 300 | 84 | 50 | 35 | 40 | 7 |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | 300 | 84 | 13 | 8,5 | 10,5 | 10 |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | 200 | 68 | 16 | 19 | 13 | 10 |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | 150 | 68 | 23 | 19 | 13 | 7 |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | | | | | | |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | | | | | | |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | | | | | | |
| Sub – Veteran: 30 – 39 Veteran: 40 - 49 | 400 | 91,4 | 45 | 35 | 40 | 10 |
| Master: 50 - 59 | 400 | 84 | 45 | 35 | 40 | 10 |
| Grand Master: 60 - 69 | 300 | 76,2 | 50 | 35 | 40 | 7 |
| Grand Master: 70 - 79 | 300 | 68,6 | 50 | 35 | 40 | 7 |

| AGE CATEGORIES | DISTANCE IN METER | HEIGHT IN CM | DISTANCE OF START TO FIRST HURDLE | DISTANCE BETWEEN HURDLES | DISTANCE FROM LAST HURDLE TO FINISH LINE | HURDLE QUANTITY |
|--|-------------------|--------------|-----------------------------------|--------------------------|--|-----------------|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | 400 | 76,2 | 45 | 35 | 40 | 10 |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | 400 | 76,2 | 45 | 35 | 40 | 10 |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | 400 | 76,2 | 45 | 35 | 40 | 10 |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | 400 | 76,2 | 45 | 35 | 40 | 10 |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | 300 | 76,2 | 50 | 35 | 40 | 7 |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | 300 | 76,2 | 50 | 35 | 40 | 7 |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | 200 | 68 | 16 | 19 | 13 | 10 |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | 150 | 68 | 23 | 19 | 13 | 7 |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | | | | | | |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | | | | | | |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | | | | | | |
| Sub - Veteran: 30 – 39 | 400 | 76,2 | 45 | 35 | 40 | 10 |
| Veteran: 40 - 49 | 300 | 76,2 | 50 | 35 | 40 | 7 |
| Master: 50 – 59 | 300 | 68,6 | 50 | 35 | 40 | 7 |

2020 TECHNICAL STANDARDS FOR JUMPING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

LONG JUMP PROGRESSION OF AGE GROUPS

| AGE CATEGORIES | Prov. Qualifying Distance For Finals In Brackets |
|--|--|
| | |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | X (7,60 m) |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | X (6,20 m) |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | X |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | X (5,80) |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | X |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | X (5,40) |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | X |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | X |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | X |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | |
| Veteran to Grand Master: 30 to 60+ | X |

TRIPLE JUMP PROGRESSION OF AGE GROUPS

| AGE CATEGORIES | Prov. Qualifying Distance For Finals In Brackets | | |
|--|--|------------|------------|
| | 9m | 11m | 13m |
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | X (14,60m) |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | | | X (13,80m) |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | | X (12,60m) | |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | | X | |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | X (*) | | |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | | | |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | | | |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | | | |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | | | |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | | | |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | | | |
| Veteran to Grand Master: 30 to 60+ | | X | |

LONG JUMP PROGRESSION OF AGE GROUPS

| AGE CATEGORIES | Prov. Qualifying Distance For Finals In Brackets |
|---|--|
| | |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | X (5,20 m) |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | X (5,00 m) |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | X (4,60) |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | X (4,20) |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | X |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | X |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | X |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | |
| Veteran to Grand Master: 30 to 60+ | X |

TRIPLE JUMP PROGRESSION OF AGE GROUPS

| AGE CATEGORIES | Prov. Qualifying Distance For Finals In Brackets | | |
|--|--|------------|-----|
| | 9m | 11m | 13m |
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | X (12,60m) | |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | X (*) | X (11,10m) | |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | X (10,10m) | | |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | | | |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | | | |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | | | |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | | | |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | | | |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | | | |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | | | |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | | | |
| Veteran to Grand Master: 30 to 60+ | X | | |

(*) SA + PROVINCIAL HIGH SCHOOLS CHAMPS ONLY

2020 TECHNICAL STANDARDS FOR JUMPING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

HIGH JUMP PROGRESSION OF AGE GROUPS

| AGE CATEGORIES | STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS |
|---|--|
| INCREMENTS FOR HIGH JUMP MEN AND WOMEN: 1st two rises 5 cm then 3 cm rises. The Referee may vary these increments | |
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | X (1,90 M) |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | X (1,75 M) |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | X (1,65 M) |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | X |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | X (1,45) |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | X |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | X (1,35) |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | X |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | X |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | X |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | X |
| Veteran to Grand Master: 30 to 60+ | X |

| AGE CATEGORIES | STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS |
|---|--|
| INCREMENTS FOR HIGH JUMP MEN AND WOMEN: 1st two rises 5 cm then 3 cm rises. The Referee may vary these increments | |
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | X (1,45 m) |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | X (1,35 m) |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | X (1,35 m) |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | X |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | X (1,15) |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | X |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | X (1,20) |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | X |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | X |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | X |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | X |
| Veteran to Grand Master: 30 to 60+ | X |

POLE VAULT PROGRESSION OF AGE GROUPS

| AGE CATEGORIES | STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS |
|---|--|
| INCREMENTS FOR POLE VAULT MEN AND WOMEN: 10 cm until last two competitors, then 5 cm rises | |
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | X (4,50 M) |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | X (3,70 M) |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | X (3,20m) |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | X |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | X (2,70) |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | X |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | X (1,70) |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | X |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | X |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | X |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | X |
| Veteran to Grand Master: 30 to 60+ | X |

| AGE CATEGORIES | STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS |
|---|--|
| INCREMENTS FOR POLE VAULT MEN AND WOMEN: 10 cm until last two competitors, then 5 cm rises | |
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | X (3,00 m) |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | X (3,00m) |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | X (2,40m) |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | X |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | X (1,70) |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | X |
| Primary Youth Girls: 13 Years (Disparity Rule 11, 12, 13 Years) | X (1,50) |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | X |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | X |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | X |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | X |
| Veteran to Grand Master: 30 to 60+ | X |

**2020 TECHNICAL STANDARDS FOR THROWING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION OF WEIGHTS AND AGE GROUPS**

| AGE CATEGORIES | SHOT PUT | HAMMER THROW | DISCUS THROW | JAVELIN THROW |
|--|-----------------------|-----------------------|-------------------------|---------------------------------|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | 7.26kg - Painted red | 7.26kg - Painted red | 2 kg – Painted red | 800 g – No colour specification |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | 6 kg – Painted blue | 6 kg – Painted blue | 1.75 kg – Painted blue | 800 g – No colour specification |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | 5 kg – Painted green | 5 kg – Painted green | 1.5 kg – Painted green | 700 g – No colour specification |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | 5 kg – Painted green | 5 kg – Painted green | 1.5 kg - Painted green | 700 g – No colour specification |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | 4 kg – Painted yellow | 4 kg – Painted yellow | 1 kg – Painted yellow | 600 g – No colour specification |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | 4 kg – Painted yellow | 4 kg – Painted yellow | 1 kg – Painted yellow | 600 g – No colour specification |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | 4 kg – Painted yellow | | 1 kg – Painted yellow | 600 g – No colour specification |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | 3 kg – Painted orange | | 0.75 kg – Painted white | 500 g – No colour specification |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | 2 kg – Painted white | | | |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | 2 kg – Painted white | | | |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | | | | |
| Veteran: 30 – 49 | 7.26kg - Painted red | 7.26kg - Painted red | 2 kg – Painted red | 800 g – No colour specification |
| Master: 50 – 59 | 6 kg – Painted blue | 6 kg – Painted blue | 1.5 kg – Painted green | 700 g – No colour specification |
| Grand Master: 60 – 69 | 5 kg – Painted green | 5 kg – Painted green | 1 kg – Painted yellow | 600 g – No colour specification |
| Grand Master: 70 – 79 | 4 kg – Painted yellow | 4 kg – Painted yellow | 1 kg – Painted yellow | 500 g – No colour specification |
| 80+ | 4 kg – Painted yellow | 4 kg – Painted yellow | 1 kg – Painted yellow | 400 g – No colour specification |

| AGE CATEGORIES | SHOT PUT | HAMMER THROW | DISCUS THROW | JAVELIN THROW |
|--|-----------------------|-----------------------|-------------------------|---------------------------------|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | 4 kg – Painted yellow | 4 kg – Painted yellow | 1 kg – Painted yellow | 600 g – No colour specification |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | 4 kg – Painted yellow | 4 kg – Painted yellow | 1 kg – Painted yellow | 600 g – No colour specification |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | 3 kg – Painted orange | 3 kg – Painted orange | 1 kg – Painted yellow | 500 g – No colour specification |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | 3 kg – Painted orange | 3 kg – Painted orange | 1 kg – Painted yellow | 500 g – No colour specification |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | 3 kg – Painted orange | 3 kg – Painted orange | 1 kg – Painted yellow | 500 g – No colour specification |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | 3 kg – Painted orange | 3 kg – Painted orange | 1 kg – Painted yellow | 500 g – No colour specification |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | 3 kg – Painted orange | | 0.75 kg – Painted white | 500 g – No colour specification |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | 3 kg – Painted orange | | 0.75 kg – Painted white | 500 g – No colour specification |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | 2 kg – Painted white | | | |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | 2 kg – Painted white | | | |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | | | | |
| Veteran: 30 – 49 | 4 kg – Painted yellow | 4 kg – Painted yellow | 1 kg – Painted yellow | 600 g – No colour specification |
| Master: 50 - 59 | 3 kg – Painted orange | 3 kg – Painted orange | 1 kg – Painted yellow | 500 g – No colour specification |
| Grand Master: 60+ | 3 kg – Painted orange | 3 kg – Painted orange | 1 kg – Painted yellow | 400 g – No colour specification |

**2020 TECHNICAL STANDARDS FOR COMBINED EVENTS ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION OF AGE GROUPS AND EVENTS**

| AGE CATEGORIES | DECATHLON Day 1: 100m, LJ, SP (7,26kg), HJ, 400m, Day 2: 110mH (1,06m), DT(2kg), PV, JT (800gm), 1500m | DECATHLON Day 1: 100m, LJ, SP (6kg), HJ, 400m, Day 2: 110mH (99.0m), DT(1,75kg), PV, JT (800gm), 1500m | DECATHLON Day 1: 100m, LJ, SP (5kg), HJ, 400m, Day 2: 110mH (91.4m), DT(1,50kg), PV, JT (700gm) 1500m | PENTATHLON Day 1: 100mH (84cm), HJ, SP (4kg), LJ, 800m | PENTATHLON Day 1: 80mH (76,2 cm), LJ, HJ, SP (3kg), 800m |
|--|---|---|--|--|--|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | X | | | | |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | | X | | | |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | | | X | | |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | | | X | | |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | | | | X | |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | | | | X | |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | | | | | X |

| AGE CATEGORIES | HEPTATHLON Day 1: 100mH (84 cm), HJ, SP (4kg), 200m Day 2: LJ, JT (600gm), 800m | HEPTATHLON Day 1: 100mH (76,2 cm), HJ, SP (3kg), 200m Day 2: LJ, JT (500gm), 800m | PENTATHLON Day 1: 90mH (76,2 cm), HJ, SP (3kg), LJ, 800m | PENTATHLON Day 1: 80mH (76,2 cm), LJ, HJ, SP (2kg), 800m |
|--|--|--|--|--|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | X | | | |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | X | | | |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | | X | | |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | | X | | |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | | | X | |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | | | X | |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | | | | X |

2020 TECHNICAL STANDARDS FOR ROAD RACES ACCORDING TO THE VARIOUS AGE GROUPS
ROAD RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

| AGE CATEGORIES | 5 km ROAD RACE | 10 km ROAD RACE | 15 km ROAD RACE | 20 km+ ROAD RACE | 30 km+ ROAD RACE | 40km+ ROAD RACE |
|--|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Minimum age of participation for men and women | 9 years and older | 15 years and older | 15 years and older | 16 years and older | 19 years and older | 20 years and older |

ROAD RELAY RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

| AGE CATEGORIES | 15KM ROAD RELAY | 21.1km RELAY | MARATHON RELAY |
|--|-------------------|--------------------------|--------------------------------------|
| Athletes per team | 5 | 4 | 6 |
| Distances per athlete | 5 X 3 km | 5 km; 5 km; 5 km; 6.1 km | 5km; 10 km; 5 km; 10km; 5km; 7.195km |
| Minimum age of participation for men and women | 9 years and older | 9 years and older | 15 years and older |

CUT-OFF TIMES OF ROAD RACES BASED ON THE STARTING TIME OF THE MEN'S RACE (NOT APPLICABLE FOR RELAYS)

| RACE DISTANCE | CLUB RACES | | PROVINCIAL RACES | |
|----------------|----------------|----------------|------------------|----------------|
| | ½ WAY MARK | FULL DISTANCE | ½ WAY MARK | FULL DISTANCE |
| Up to 15 km | No cut of time | No cut of time | No cut of time | No cut of time |
| 20 km + | 2 hours | 4 hours | 1½ hours | 3 hours |
| 30 km + | 2½ hours | 5 hours | 2 hours | 4 hours |
| Marathon | 3 hours | 6 hours | 2½ hours | 5 hours |
| Ultra-Marathon | 1 hour/10km | 1½ hours/10km | 1 hour/10km | 1½ hours/10km |

Staggered starts based on gender

| DISTANCE | MEN | WOMEN | JUNIORS | MASTERS |
|-------------|-----|------------------------------|---|------------------------------|
| Up to 15 km | 0 | 5 minutes before men's race | 5 minutes before men's race | 5 minutes before men's race |
| 20 km | 0 | 10 minutes before men's race | 10 minutes before men's race | 10 minutes before men's race |
| 30 km | 0 | 15 minutes before men's race | Not allowed to compete over this distance | 15 minutes before men's race |
| 40 km | 0 | 15 minutes before men's race | Not allowed to compete over this distance | 15 minutes before men's race |

Staggered starts based on distances

| DISTANCE | TIME DIFFERENCE |
|---------------------------|---------------------------------|
| 42.195 km | Official starting time |
| Fun runs (6km or shorter) | 15 minutes after official start |
| 15 km or shorter | 20 minutes after official start |
| 20 km or shorter | 30 minutes after official start |

START OF PRIZE GIVINGS AND OTHER CEREMONIAL DUTIES BASED ON FINISHING TIME OF MEN'S RUNNING EVENT

| RACE DISTANCE | PROVINCIAL RACES | CLUB RACES |
|----------------------|--|---|
| | (Running Events + Walking Events) | (Running Events + Walking Events) |
| Up to 15 km | 1 hour after the winner finished the race | 1½ hour after the winner finished the race |
| 20 km+ | 2 hours after the winner finished the race | 2½ hours after the winner finished the race |
| Marathon – 42.195 km | 3 hours after the winner finished the race | 4 hours after the winner finished the race |

**2020 TECHNICAL STANDARDS FOR CROSS COUNTRY RACES ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION OF DISTANCES AND AGE GROUPS**

| AGE CATEGORIES | 1 km | 2 km | 3 km | 4 km | 5 km | 6 km | 8 km | 10km | 12 km |
|--|------|------|------|------|------|------|------|------|-------|
| Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | | X | | | | X | |
| Senior Men 21 Years | | | | X | | | | | |
| Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years) | | | | | | | X | | |
| Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years) | | | | | | X | | | |
| Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years) | | | | | | X | | | |
| Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years) | | | | X | | | | | |
| Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years) | | | | X | | | | | |
| Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years) | | | | X | | | | | |
| Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years) | | | X | | | | | | |
| Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years) | | | X | | | | | | |
| Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years) | | X | | | | | | | |
| Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years) | | X | | | | | | | |
| Sub Primary Youth Boys: 8 Years (Disparity Rule 7, 8 Years) | X | | | | | | | | |
| Masters: 35 – 39 | | | | | | | X | | |
| Masters: 40 – 44, 45 – 49, 50 – 54, 55 - 59 | | | | | | | X | | |
| Masters: 60 – 64, 65 – 69, 70+ | | | | | | X | | | |

| AGE CATEGORIES | 1 km | 2 km | 3 km | 4 km | 5 km | 6 km | 8 km | 10km | 12 km |
|--|------|------|------|------|------|------|------|------|-------|
| Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate) | | | | X | | | | X | |
| Senior Women 21 Years | | | | X | | | | | |
| Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years) | | | | | | X | | | |
| Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years) | | | | X | | | | | |
| Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years) | | | | X | | | | | |
| Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years) | | | | X | | | | | |
| Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years) | | | | X | | | | | |
| Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years) | | | X | | | | | | |
| Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years) | | | X | | | | | | |
| Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years) | | | X | | | | | | |
| Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years) | | X | | | | | | | |
| Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years) | | X | | | | | | | |
| Sub Primary Youth Girls: 8 Years (Disparity Rule 7, 8 Years) | X | | | | | | | | |
| Masters: 30 – 34, : 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70+ | | | | X | | | | | |