



**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
<b>INCREMENTS FOR HIGH JUMP MEN AND WOMEN: 1<sup>st</sup> two rises 5 cm then 3 cm rises. The Referee may vary these increments</b>	
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
<b>INCREMENTS FOR HIGH JUMP MEN AND WOMEN: 1<sup>st</sup> two rises 5 cm then 3 cm rises. The Referee may vary these increments</b>	
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
<b>INCREMENTS FOR POLE VAULT MEN AND WOMEN: 10 cm until last two competitors, then 5 cm rises</b>	
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
<b>INCREMENTS FOR POLE VAULT MEN AND WOMEN: 10 cm until last two competitors, then 5 cm rises</b>	
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					