

TECHNICAL MANUAL

CAPE BRETON, NS
9-11 AUGUST 2019

NATIONAL YOUTH TRACK & FIELD CHAMPIONSHIPS

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WWW.LEGIONNATIONALS.CA



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1.0 WELCOME TO CAPE BRETON 2019

On behalf of the Royal Canadian Legion, welcome to Cape Breton, Nova Scotia, and to the 2019 Royal Canadian Legion National Youth Track and Field Championships.

The 2019 Royal Canadian Legion National Youth Track and Field Championships (Legion Nationals) are hosted by the Royal Canadian Legion Branch #08-008 Cape Breton, Nova Scotia/Nunavut Command and the Cape Breton Regional Municipality. The Championships will take place at Cape Breton University. The facility at Cape Breton University was resurfaced in 2018.

For more information on Cape Breton, NS, visit www.cbisland.com

For more information on the event, go to www.LegionNationals.ca

2.0 CHAMPIONSHIP CONTACTS

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Legion Technical Advisor
Serge Thibaudeau
Officials Coordinator, Athletics Canada
Through ltahacheng@legion.ca

Registration:
www.LegionNationals.ca

3.0 ARRIVAL IN CAPE BRETON

3.1 Airports

The JA Douglas McCurdy Sydney Airport (YQY) offers service to and from Toronto and Halifax via WestJet and Air Canada. Visit <http://www.sydneyairport.ca/> for additional information.

The Halifax Stanfield International Airport (YHZ) operates 24 hours a day, seven days a week. Sydney is located 400 km from Halifax on the Trans-Canada Highway/NS-104 E or a 1 hour flight. Visit <https://halifaxstanfield.ca/> for additional information.

Approximate Air Travel Time to Halifax or Sydney from Toronto is 2 hours.

3.2 Transportation of Sport Equipment

Clubs are responsible for the transportation of their own equipment. Below we have outlined some basic information for assisting in the transportation of sporting equipment, such as pole vault poles.

Travel with your equipment on your air carrier and transport to stadium on your own. You will be able to store equipment at the stadium.

Ship your poles directly to the Cape Breton University (your poles must arrive between July 29th and August 8th – no weekend deliveries) – using the following address and business hours:

Cape Breton University	Monday – Friday
ATTN: Legion Nationals Track and Field Office	8:30 am – 4 pm
1250 Grand Lake Road	
Sydney, Nova Scotia	
B1P 6L2	

If you require a solution for the shipment of your equipment, please contact GSL Global Sports Logistics (www.bmciltld.com):

Joerg Hess
Director of Operations
Email: joerg@bmciltld.com

Ms. Mackenzie Sheffield
Athletics OPS
Email: mackenzie@bmciltld.com

4.0 ACCOMMODATIONS

When booking hotels, please mention the Royal Canadian Legion National Youth Track & Field Championships.

A special rate and a block of rooms have been reserved in each of the hotels listed below. Please see the date at which the rooms will no longer be reserved for the Championships. Reserve early to ensure availability. **To be able to get the special rate, you have to reserve by phone and not online.**



Cambridge Suites Hotel
SYDNEY

Cambridge Suites Sydney - Host Hotel

380 Esplanade, Sydney, N.S B1P 1B1

1-800-565-9466

Rate: \$175/night + taxes, including breakfast

www.cambridgesuitessydney.com

The hotel will hold the block until July 1st, 2019.



Holiday Inn Sydney Waterfront

300 Esplanade, Sydney, N.S B1P 1A7

1-877-660-8550

Rate: \$179/night + taxes

www.holidayinnsydneywaterfront.ca

The hotel will hold the block until July 7th, 2019.



Travelodge Sydney

480 Kings Road, Sydney, N.S. B1S 1A8

1-800-578-7878; direct: 902-539-6750

Rate: \$149.00/night + taxes, including breakfast

www.travelodge.ca/property/travelodge-sydney

The hotel will hold the block until July 7th, 2019.



Hampton Inn by Hilton Sydney

60 Maillard St., Membertou, N.S. B1S 3W3

1-855-564-8282; direct: 902-564-6555

Rate: \$169.00/night + taxes, including breakfast

www.dpmurphyhotelsandresorts.com/hotels/hampton-inn-by-hilton-sydney/

The hotel will hold the block until July 7th, 2019.



Comfort Inn

368 Kings Road, Sydney, N.S. B1S 1A8

Direct: 902-562-0200 please quote group account number 3358409 when booking

Rate: from \$179.00/night + taxes, including breakfast

www.choicehotels.com/nova-scotia/sydney/comfort-inn-hotels/cn251

The hotel will hold the block until July 1st, 2019.



Hearthstone Inn Sydney

560 Kings Road, Sydney, N.S. B1S 1B9

1-800-422-8025; direct: 902-539-8101

Rate: \$139.00/night + taxes, including breakfast

www.hearthstonehospitality.ca

The hotel will hold the block until July 7th, 2019.



Hotel North

39 Forrest Street, North Sydney, N.S. B2A 3B1

1-800-561-8585

Rate: \$129.00/night + taxes, including parking

<https://www.hotelnorth.ca/north-sydney/>

The hotel will hold the block until July 7th, 2019.



Harbourview Inn & Suites

100 Kings Road, Sydney, N.S. B1S 1A1

Direct: 902-567-3311

Rate: \$114.95/night + taxes

<http://www.themartinarmshotel.com>

The hotel will hold the block until July 8th, 2019.

5.0 TRANSPORTATION

5.1 Airport

Clubs will be responsible for their own transportation to/from the airport.

5.2 Stadium

The LAC will have a shuttle service between the meet hotels and the stadium. There will be a regular shuttle service between Cambridge Suites Sydney, Holiday Inn Sydney Waterfront, Travelodge Sydney, Hampton Inn by Hilton Sydney, Comfort Inn, Hearthstone Inn Sydney, Hotel North, Harbourview Inn & Suites and Cape Breton University. The tentative shuttle schedule will be available at Registration and at the Technical Meeting.

5.3 Parking

There are university parking lots located adjacent to stadium that will be available during the Championships. There is no charge to park at the stadium or university during the Championships.

6.0 COMPETITION INFORMATION

6.1 Competition Venue

The Championships will take place at Cape Breton University. There will be bleacher seating for approximately 800 spectators.

Key Facts:

- Lanes – 8 straight corridors and 8 around
- Surface – Beynon
- LJ/TJ runways – Beynon
- PV runways – Beynon
- SP circles – Concrete
- DT/HT circle and cage – Concrete
- JT runways – Beynon
- Spike lengths – 5 - 7 mm for all events except for Javelin and HJ, where 9 mm will be permitted.

General maps of the venue can be found at Appendix A. A detailed map will be available prior to the event on www.LegionNationals.ca.

During the competition, all warm up activities will take place at Cape Breton University. An area of the track will be available for warm-ups in spikes when the track schedule allows for it. Hurdle warmups will be allowed on the track prior to start of the session.

On Thursday, 8 August, the track and field event sites will be open for practice from 9:00am until 12:00pm, 1:00 pm until 5:00 pm and 6:00 pm until 8:00 pm and any equipment required from the equipment room must be signed out with appropriate identification which will be retained by the meet management team until the equipment is returned. An exact practice schedule will be published at a later date.

Coaches are reminded that tents may only be placed or removed in designated areas and with the approval of the Legion management team.

6.2 Entry Rules

6.2.1 Entry Qualification Process

The following Entry Procedures to the Legion National Youth Championships will apply to athletes who meet the set criteria.

a) U18 – Athletes, born in 2002/2003 who have achieved the qualifying entry standards found in Appendix B; or

b) U16 – Athletes born in 2004 or later, who have achieved the qualifying entry standards found in Appendix B.

6.2.2 Eligibility of Entry Performances

Athlete performances will be pulled directly from the Athletics Canada ranking system (some exceptions apply). Only 2019 performances listed in the Athletics Canada ranking system will be eligible for entry standard into the Championships (**Note – This does not apply to first year U16 athletes as they would not necessarily have performances ranked). If you have any questions regarding the ranking system, please contact results@athletics.ca.

The achievement of all performances must be recognized on the official AC performance ranking lists. These results must have been achieved at competitions listed on the AC or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/AC rules. Wind readings and implement certification must always be recorded on results to guarantee their validity. In addition, the signature and contact details of the certified AC Official and or international equivalent may be required. It is the responsibility of the athlete to submit these results to AC (results@athletics.ca) prior to the entry deadline.

Only Electronic Timing will be accepted for performances in races up to and including 400 metres. For throwing events, only metric implements must be used to qualify. Imperial to metric conversions will not be accepted. Indoor performances are not permitted. Performances achieved in mixed events (between male and female participants), for track events (under 5000m) held completely in the stadium, will not be accepted (IAAF Rule 147). Results from regional high school meets will not be accepted unless sanctioned or recognized by an Athletics Canada member branch.

No further changes to performances will be allowed after the entry deadline. Field Event athletes in the OPEN ENTRY Category for the Top 18 positions will then be finalized.

Any “challenge” to the performances and athletes entered on the Championship Athlete Start Lists must be directed to ltahacheng@legion.ca. The name and contact information of the individual making the “challenge” must be provided so they can be contacted directly.

6.2.3 Athletes Born in 2004 and later –

All Under 16 Age Category are REQUIRED to compete in their own age classification and may NOT move up to compete in the Under 18 Age Category in any or all individual events. This rule does not apply to the relay events. Age composition is exempted at the U18 level to allow Clubs to field relay teams if so needed.

6.2.4 Combined Events –

Athletes that compete in the combined events will be permitted to compete in an individual event on their off day and may participate in relay events.

6.2.5 Legion Registered Athletes –

All athletes belonging to a Legion provincial team cannot register independently in any event as an open category athlete.

6.2.6 Relay Registration –

Relay registration can be done without submitting the names of the competitors. Names are due at the Technical Information Centre (TIC)/Registration two hours before the scheduled race.

6.3 Entry Standards

The entry standards can be found at Appendix B.

6.4 Entry System

Registration will open on Monday, June 3, 2019, at www.LegionNationals.ca. All entries and confirmation are the responsibility of the athlete (including carded athletes). Entries are not completed until payment is received. Entries can be completed by the club and should be done for each athlete. All coaches must register as well. The FINAL entry deadline is **Wednesday, July 31, 2019 (11:59pm EST)**. NO entries will be accepted after this date, no exceptions. All entries are non-refundable.

Note: Entries for Provincial Legion Teams will be completed by a designated person from each province. Those athletes competing in the Championships as part of a Provincial Legion Team DO NOT need to complete their individual entries.

Qualifying performances will be pulled from the Athletics Canada ranking system (some exceptions apply). The Qualifying period is January 1, 2019 to July 31, 2019. If entry performances cannot be found, the athlete may be refused entry.

6.4.1 Entry Fees and Deadlines

Entries and Fees Received:	First Event	Second Event	Additional Events	Relays	Coach Entries
By July 31, 2019*	\$60.00	\$50.00	\$15.00	\$50.00	\$20.00

* must be entered online and payment completed by 11:59pm EST

Visa, MasterCard, and American Express are the only acceptable methods for payment.

6.4.2 Confirmation of Entry

Entries will be posted on the Royal Canadian Legion's web site at: www.LegionNationals.ca.

6.5 Schedule

The competition schedule will be available online at www.LegionNationals.ca.

Please note that changes may occur based on the final number of entries. The final schedule will be available after the Technical Meeting on August 8 and distributed at the TIC/Registration.

6.6 Technical Meeting (Legion Teams & Open)

6.6.1 Time and Venue

Date: Thursday, August 8th, 2019

Time: 5:00pm AST

Location: Cape Breton University – Multi-Purpose Room

6.6.2 Written Questions

All questions concerning the conduct of the competition must be submitted using the form provided to coaches/clubs upon arrival at Registration. This form must be returned to Registration by Thursday, August 8 at 3:00pm (AST). If you are unable to complete the form by this time, questions can be emailed to the Meet Director, Jonathan Doucette, through the Legion at ltahacheng@legion.ca by Thursday, August 8 at 3:00pm (AST).

6.6.3 Qualifying Heights, Distances and Progressions

The Technical Delegate, after the closing date for the final entries, will decide the qualification procedure for the track events.

For Championship Finals, qualification procedure for the track events will follow IAAF Rule 166.

The following are the proposed starting heights and progressions for the high jump and the pole vault for the Finals.

	U16 Female	U16 Male	U18 Female	U18 Male
High Jump	1.35m by 5cm to 1.55m then by 3cm	1.50m by 5cm to 1.80m then by 3cm	1.45m by 5cm to 1.65m then by 3cm	1.75m by 5cm to 1.95m then by 3cm
Pole Vault	2.40m by 10 cm	3.10m by 10cm	2.60m by 10cm	3.30m by 10cm

Starting heights and progressions for the Combined Events will be decided on, after entries are closed, by the Technical Delegate and the Combined Events Referee. These will be announced at the Technical Meeting.

6.7 Equipment

Implements will be made available by the Organizing Committee. Personal implements will also be allowed, and must be checked-in prior to the event.

The location of the equipment and implement weigh-in station is to be confirmed. Beginning on Thursday, 8 August, this information will be available at Registration. Implements are to be checked in, for morning events, the night before and for afternoon events, three (3) hours prior to the start of the event, at which time they will become property of the competition for the duration of the meet.

Pole vaulters must use their personal poles. Poles and javelins may be stored at the stadium. Ensure that you have a recorded receipt for all items and a count of poles in shipping bags.

6.8 Bib Numbers

Each athlete will receive two bibs; one with their name and one with a number. All athletes must wear the name bib on their chest, and the number bib on their back, except in all jumping events where only one bib may be worn either on the chest or back.

Bib numbers will be distributed during the registration process. Hip numbers will be provided at the Call Room.

6.9 Technical Information Centre (TIC) / Registration

The Technical Information Centre is located at the Competition Site, Cape Breton University, 1250 Grand Lake Rd., Sydney, Nova Scotia. Athletes and Coaches must pick up their registration packages in person. Registration will take place at:

Legion Coaches/Athletes	Packages will be provided to the head coach upon arrival at the residences. Remaining packages will be available at the Stadium (TIC)
Open Entry Coaches/Athletes	Thursday, August 8 th – Sunday, August 11 th @ TIC Thursday: 9 am – 8 pm Friday: 7 am – 5 pm Saturday: 7 am – 5 pm Sunday: 7 am – 12 pm

7.0 COMPETITION PROCEDURES

7.1 Warm-up

An area of the track will be made available one hour until 30 minutes before the start of competition and for one hour at the end of the day following competition for warm-up with spikes. There will also be a separate area for warm-up without spikes.

Warm-up for the throwing events will be at the competition site. Athletes will be marshalled to the area 30 minutes prior to the start of the event for warm-up time.

7.2 Call Room (CR)

Marshalling will take place in the "Call Room" (CR) located in the large tent adjacent to the finish line. All athletes must check through the CR for all events during the meet and are asked to report:

EVENT	CALL ROOM OPENS (MINUTES)	CALL ROOM CLOSES (MINUTES)	ENTRY TO STADIUM
Track Events	30	20	10
High Jump	60	50	40
Pole Vault	80	70	60
Other Field Events	50	40	30
Relays	35	25	10

Athletes are asked to cooperate with the check-in and inspection process to avoid group or individual delays. An athlete will be denied entrance to the competition area if he or she is late or has improper spike footwear. We suggest that athletes have their competitive footwear examined in advance and establish a level of confidence in their footwear before reporting to the CR. *Combined Events: athletes only need to check in for their first event of the day.

An athlete shall be excluded from further participation in the Competition on the day in question, including relays, in cases where:

- After final confirmation of the athlete's entry is given, he fails to participate without provision of a valid reason; or
- The athlete qualifies in a preliminary round for further Competition and then does not compete in the subsequent round without provision of a valid reason.

Once in the CR, athletes will be identified by their bib number. Call Room officials will check the following in accordance with Legion rules:

- Bib numbers

- Shoes and spikes (max 7mm with the exception of 9mm for High Jump and Javelin)
- Uniforms
- Bags (identification on and content of)
- Personal belongings: video and audio players, cameras, phones, radio transmitters, and electronic devices in general (except watches) are not admitted.

****The CR is not responsible for personal belongings if they go missing. These items should not be brought into the CR****

NOTE: relays will be run as combined competition consisting of Legion and Open teams and will all start in lanes with no more than 8 Teams in any timed final.

NOTE: Combined Events: athletes need to check in prior to the day's first event and need to have all of their equipment with them as they will remain with their group throughout the day.

7.3 Protests and Appeals

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official posting of the results of the event in accordance with the procedures listed below.

Official results will be displayed in the Technical Information Centre and the Officials Results Posting Board at the stadium.

Procedures:

- A protest shall be identified to the Competition (Meet) Director, or designate, at the Technical Information Centre or wherever this person can be found within 30 minutes of the time of the posted results. (NOTE: there will be someone at the Technical Information Centre at all times who is able to locate the Competition Director, or designate.)
- The Competition Director, or designate, will explain the process to the athlete/coach/interested person and provide a National Championships Protest Form.
- The Competition Director, or designate, will take the athlete/coach/interested person to meet with the appropriate Referee (the one who made the decision).
- If the Referee agrees with the protest, the results sheet will be adjusted and results reposted. (NOTE: this provides a 30-minute opportunity for other athletes or interested persons to appeal this decision from the time of posting of the revised result.)
- If the Referee denies the protest, the athlete/coach/interested person can appeal the decision to the Jury by completing the National Championships Protest Form which will be taken to the Jury.
- Upon completion of the National Championships Protest Form (NOTE: the Competition Director, or designate, accompanies the protest group and advises them of this option and accepts the completed form and protest fee - \$50), the Competition Director, or designate, will make a copy of the

completed National Championships Protest Form and will take one copy to the Jury who will then adjudicate upon the issue by reviewing any and all available relevant information.

- G. The Jury will then prepare their response, including all relevant information, on the National Championships Protest Form and will return the form to the Competition Director, or designate, who will advise both the protest group and Meet Secretary or Results Manager of the results of the protest.
- H. The Jury of Appeal will remain at the competition site for at least 30 minutes after completion of the final event or until the Competition Director, or designate advises them that no further protests have been received and they may leave.

7.4 Spike Length

7mm spikes are the maximum length allowed with the exception of High Jump and Javelin which allows for 9mm spikes. Xmas Tree and Needle spikes are not allowed.

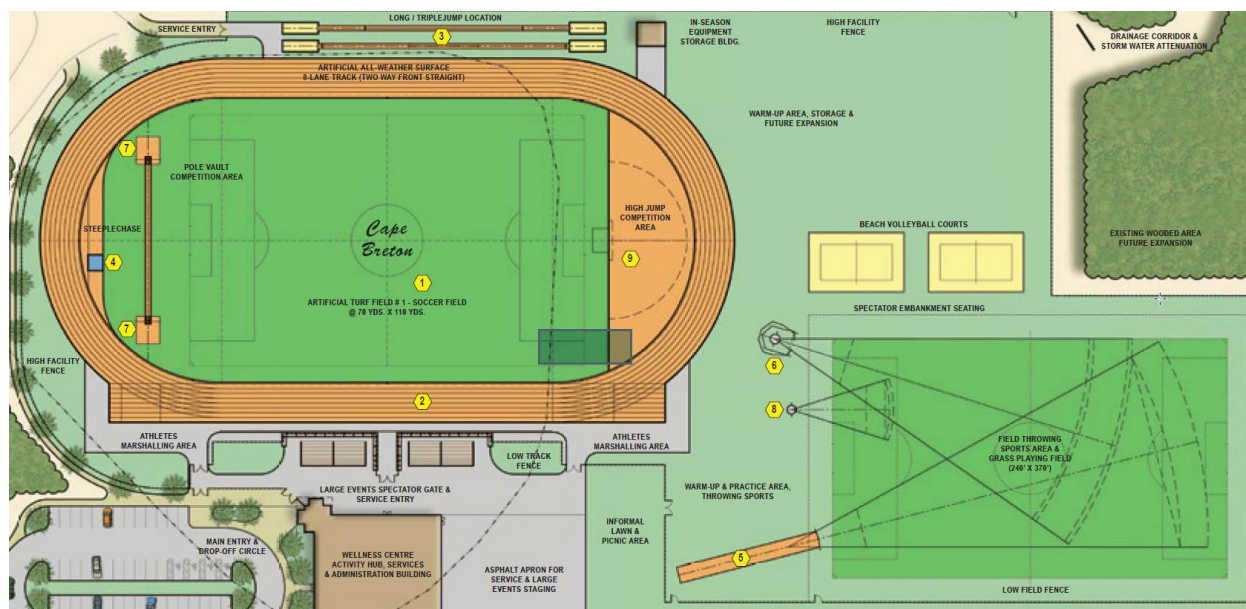
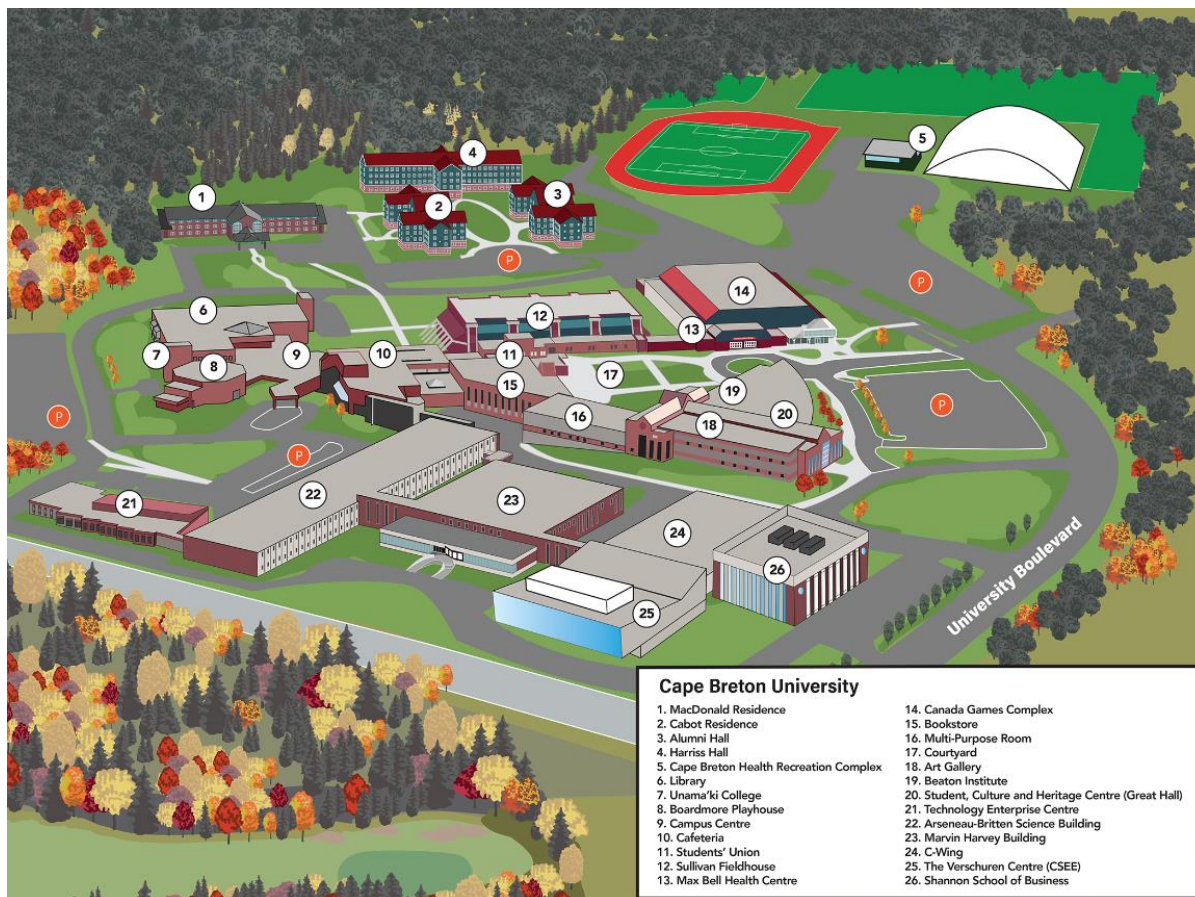
8.0 MEDICAL SERVICES

A medical team will provide the necessary healthcare for the participants of these National Championships. The LAC will provide the following health care and sports medicine services.

- A. On-site training/emergency equipment – All athletes must travel with their own training supplies (i.e. tape, ProWrap, etc.) or the athletes could be charged for the required supplies. Emergency supplies and trained personnel will be on site. Ice baths will NOT be available.
- B. On-site support – Physiotherapists, massage therapists and first aid will be available. For non-urgent cases, athletes will be directed to the nearest clinic. Transportation is the responsibility of the athlete. Please note there may be a private fee charged by any of the walk-in clinics. For urgent cases, athletes will be taken by ambulance to the nearest hospital.

NOTE: Athletes must be accompanied by a coach or chaperone for any medical/physio/massage or other treatments.

APPENDIX A: VENUE MAPS



APPENDIX B: QUALIFYING STANDARDS

Performances must have been achieved outdoors between January 1, 2019 and July 31, 2019

TRACK EVENTS				
EVENT	U16 MALE	U16 FEMALE	U18 MALE	U18 FEMALE
100m	11.95	13.15	11.50	13.00
200m	24.45	26.65	23.15	26.00
300m-U16	40.00	43.50		
400m-U18			51.40	60.00
800m	2:08.65	2:24.00	1:58.00	2:20.00
1200m-U16	3:30.00	3:56.00		
1500m-U18			4:08.00	4:55.00
2000m-U16	6:22.00	7:10.00		
3000m-U18			9:06.00	10:50.00
80m Hurdles-U16		13.45		
100m Hurdles-U16/U18	16.25			15.67 @ 0.762m / 30"
110m Hurdles-U18			16.00 @0.914m / 36"	
200m Hurdles-U16	28.50 @ 0.762m / 30"	31.00 @ 0.762m / 30"		
400m Hurdles-U18			1:03.44 @ 0.838m / 33"	1:08.14 @ 0.762m / 30"
Steeple Ch. 1500m-U16 2000m-U18	5:05.00 @ 0.762m / 30" - no water jump **5:20.00 with water jump	5:55.00 @ 0.762m / 30" - no water jump **6:10.00 with water jump	6:45.00 @ 0.838m / 33"	7:50.00 @ 0.762m / 30"
Walks 1500m-U16 3000m-U18	no standard	no standard	no standard	no standard

RELAY EVENTS

4x100m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
4x400m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
Medley Relay (400-200-200- 800)	no standard - relay athletes must represent one Club	no standard - relay athletes must represent one Club	no standard - relay athletes must represent one Club	no standard - relay athletes must represent one Club

FIELD EVENTS

EVENT	U16 MALE	U16 FEMALE	U18 MALE	U18 FEMALE
Pole Vault	3.30 * see information on height progress chart below	2.60 * see information on height progress chart below	3.50 * see information on height progress chart below	2.80 * see information on height progression chart below
High Jump	1.65 * see information height progression chart below	1.45 * see information height progression chart below	1.85 * see information on height progression chart below	1.55 * see information on height progress chart below
Long Jump	5.65	4.90	6.35	5.10
Triple Jump	11.65	10.10	12.50	10.50
Shot Put	12.50 - 4kg	10.05 - 3kg	13.00 - 5kg or 12lb	12.05 - 3kg OR 10.50 - 4kg
Discus	40.00 - 1kg	29.00	40.00 - 1.5kg or 1.6kg	33.00
Hammer	35.00 - 4kg	30.00 - 3kg	38.00	37.95 - 3kg OR 33.00 - 4kg
Javelin	40.00 - 600g	32.85 - 500g OR 30.00 - 600g	44.00 - 700g or 800g	37.25 - 500g OR 34.00 - 600g

**** NOTE** – Entries for ALL Field Events made via the Open Entry Process are “LIMITED” to an athlete maximum field size of 18 athletes. If the Championship registration exceeds 18 in any field event, then the best 18 ranked athletes (with performance validation) will be accepted.

Wind readings in the horizontal jumps are required with standard achievement performances and must be +2.0 mps or less. See Entry Technical Information.

COMBINED EVENTS

Pentathlon (U16) / Heptathlon (U18) / Decathlon (U18)	No Standard	No Standard	No Standard	No Standard
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**** NOTE** - Entries in the Combined Events made via the Open Entry Process will be "LIMITED" to an athlete field size of 10 athletes in each event (+ Legion Branch Entries). If the Championship registration exceeds 10, then the best 10 ranked athletes will be accepted in each event. Preference will be given to those athletes that have achieved a score in an actual Pentathlon, Heptathlon or Decathlon.

Athletes may also petition an entry based on using a "potential score". The "potential score" is achieved by scoring the Pentathlon / Heptathlon / Decathlon individual event bests performed by the athlete in the actual championship year. All the individual events must be validated directly to the Entry Committee and not via the Online Entry Process. Athletes wishing to enter the Combined Events using the "potential score" method must contact ltahacheng@legion.ca (refer to the Technical Package) by Friday, July 12, 12:00pm EST.

Standard Achievement Window

All Championship Meet Entry Standards must be achieved in 2019 (January 1, 2019) to the close of the Championship Entry Deadline (July 31, 2019). All events requiring a wind reading for performance validation must have this accompany results being used for Championship entry standard. Legal wind measurement will be enforced for standard achievement (+2.0mps or less and any negative readings). No Indoor performances will be accepted.

Events requiring wind measurement:

100m, 200m, all straightaway Hurdle Events, 200m Hurdles, Long Jump, Triple Jump

Event Technical Information

Vertical Jump Opening Height & Height Progressions for the Championships

(Please consider these opening heights when entering the vertical height events)

EVENT	U16 - FEMALE	U16 - MALE	U18 - FEMALE	U18 - MALE
Pole Vault	2m40 by 10cm	3m10 by 10cm	2m60 by 10cm	3m30 by 10cm
High Jump	1m35 by 5cm to 1m55 then by 3cm	1m50 by 5cm to 1m80 then by 3cm	1m50 by 5cm to 1m65 then by 3cm	1m80 by 5cm to 1m95 then by 3cm

Hurdle Specifications

80mH - Female Only U16 12m to H₁; 8m between / Height = 30" / 0.762m
 100mH - Female U18 13m to H₁; 8.50m between / Height = 30" / 0.762m
 100mH - Male U16 13m to H₁; 8.50m between / Height = 33" / 0.838m
 110mH - Male U18 13.72m to H₁; 9.14m between / Height = 36" / 0.914m
 200mH - Female U16 Start @ 200m lines & use 400mH markings / Height = 30" / 0.762m, 20m to H₁
 200mH - Male U16 Start @ 200m lines & use 400mH markings / Height = 30" / 0.762m, 20m to H₁
 400mH - Female U18 Start @ 400m lines; 45m to H₁ then use 400mH markings / Ht = 30" / 0.762m
 400mH - Male U18 Start @ 400m lines; 45m to H₁ then use 400mH markings / Ht = 33" / 0.838m
 1500m SC - F&M U16 Start @ 1500m line; No Water Jump; Height (F&M) = 30" / 0.762m
 2000m SC - F&M U18 Water Jump In; Height F = 30" / 0.762m; M = 33" / 0.838m

Throwing Implement Specifications

EVENT	U16 - FEMALE	U16 - MALE	U18 - FEMALE	U18 - MALE
Shot Put	3kg	4kg	3kg	5kg
Discus	1kg	1kg	1kg	1.5kg
Hammer	3kg	4kg	3kg	5kg
Javelin	500g	600g	500g	700g