

## Combined Events Championships

Women			Men		
	Day 1	Day 2		Day 1	Day 2
<b>U14</b> Heptathlon	80m Hurdles (0.686m) High Jump Shot Put (3kg) 200m	Long Jump Javelin (500g) 800m	<b>U14</b> Octathlon	100m Long Jump Shot Put (4kg) 400m	80m Hurdles (0.762m) High Jump Javelin (600g) 1000m
<b>U16</b> Heptathlon	80m Hurdles (0.762m) High Jump Shot Put (3kg) 200m	Long Jump Javelin (500g) 800m	<b>U16</b> Octathlon	100m Long Jump Shot Put (5kg) 400m	100m Hurdles (0.838m) High Jump Javelin (700g) 1000m
<b>U18</b> Heptathlon	100m Hurdles (0.732m) High Jump Shot Put (3kg) 200m	Long Jump Javelin (500g) 800m	<b>U18</b> Decathlon	100m Long Jump Shot Put (5kg) High Jump 400m	110m Hurdles (0.914m) Discus (1.5kg) Pole Vault Javelin (700g) 1500m
<b>U20</b> Heptathlon	100m Hurdles (0.838m) High Jump Shot Put (4kg) 200m	Long Jump Javelin (600g) 800m	<b>U20</b> Decathlon	100m Long Jump Shot Put (6kg) High Jump 400m	110m Hurdles (0.991m) Discus (1.75kg) Pole Vault Javelin (800g) 1500m
<b>Senior</b> Heptathlon	100m Hurdles (0.838m) High Jump Shot Put (4kg) 200m	Long Jump Javelin (600g) 800m	<b>Senior</b> Decathlon	100m Long Jump Shot Put (7.26kg) High Jump 400m	110m Hurdles (1.067m) Discus (2kg) Pole Vault Javelin (800g) 1500m
<b>Masters</b> Pentathlon	100m Shot Put Long Jump Javelin 800m		<b>Masters</b> Pentathlon	200m Long Jump Javelin Discus 1500m	
	* specifications as per 5-year age grades			* specifications as per 5-year age grades	
<b>Throws</b> Pentathlon		Hammer Shot Put Discus Javelin Weight Throw	<b>Throws</b> Pentathlon		Hammer Shot Put Discus Javelin Weight Throw
	* specifications as per 5-year age grades			* specifications as per 5-year age grades	