

Combined Events Championships

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