

Senior Heptathlon and Decathlon Events and Specifications

Senior Women	Senior Men
Day 1	Day 1
100mH (2'9)	100m
High Jump	Long Jump
Shot Putt (4k)	Shot Putt (7.26k)
200m	High Jump
	400m
Day 2	Day 2
Long Jump	110mH (3'6)
Javelin (600g)	Discus (2k)
800m	Pole Vault
	Javelin (800g)
	1500m

Master 35 – 49 Pentathlon and Master 50+ Quadrathlon Events Specifications

Master Women 35 – 39 Pentathlon	Master Women 40 – 49 Pentathlon	Master Women 50+ Quadrathlon	Master Men 35 – 49 Pentathlon	Master Men 50 + Quadrathlon
100mH (2'9)	80mH (2'6)	100m	110mH (3'3)	100m
Long Jump	Long Jump	Shot Putt (3k)	Long Jump	Shot Putt (6k)
Shot Putt (4k)	Shot Putt (4k)	Long Jump	Shot Putt (7.26k)	Long Jump
High Jump	High Jump	800m	High Jump	1500m
800m	800m		1500m	