

Multi Events

NOTE: In order to promote a larger participation in combined events (triathlon, pentathlon, heptathlon and decathlon), it is strongly suggested that the Multi-Events Championships be held on a date other than that of the Track and Field Championships.

(1) Order of Events

*It is recommended that the order of events in the Multi-Events remain as listed in this handbook.

TRIATHLON	
9 years & 10 years DIVISION	
BOYS	GIRLS
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
400m Dash	200m Dash

PENTATHLON	
11 years & 12 years DIVISION	
BOYS	GIRLS
80m Hurdles (8-30")	80m Hurdles (8-30")
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500 m Run	800 m Run

PENTATHLON	
13 years & 14 years DIVISION	
BOYS	GIRLS
100m Hurdles (10-33")	100m Hurdles (10-30")
Shot Put (4 kg)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500 m Run	800 m Run

HEPTATHLON	
15-16 years GIRLS & 17-18 years WOMEN DIVISION	
DAY 1	DAY 2
100m Hurdles (10-33")	Long Jump
High Jump	Javelin (600g)
Shot Put (4 kg)	800m Run
200m Dash	

***The Heptathlon shall consist of seven (7) events, which shall be held on two (2) consecutive days in the order above.**

DECATHLON	
15-16 years BOYS & 17-18 years MEN DIVISION	
DAY 1	DAY 2
100m Dash	110m Hurdles (10-39")
Long Jump	Discus (1.6 kg)
Shot Put (12 lbs.)	Pole Vault
High Jump	Javelin (800g)
400m Dash	1500m Run
<p>*The Decathlon shall consist of ten (10) events, which shall be held on two (2) consecutive days in the order above. The hurdle distance will be the same as in individual track events.</p>	

(2) Rules and Regulations

- a) The following competitive rules of the USATF for Multi-Events (combined) shall apply.
- i. In the long jump, shot put, discus throw and the javelin throw, each competitor shall be allowed three (3) trials only.
 - ii. In running events and hurdles, a competitor shall be disqualified on their second false start.

(3) Scoring Tables

Scoring of Combined (multi-event) events shall be in accordance with the current IAAF tables, the same as is in USATF Youth Athletics. Boys hurdle races shorter than 110 meters are scored from the men's 110 Meter Hurdles tables. Girls hurdle races shorter than 100 meters are scored from the women's 100 Meter Hurdles tables. Times for the 12 Year Old Boys' 80 Meter Hurdles shall be multiplied by 1.13 prior to entering the tables; for the 12 Year Old Girls' 80 Meter Hurdles, multiply by 1.07.

(4) Points

Points shall be awarded for each event. The winner shall be the competitor who has scored the highest number of points in all events awarded on the basis of the scoring tables. In case of a tie, the winner shall be the competitor scoring the greatest number of points in a majority of events. If the tie still continues, the winner shall be the competitor scoring the greatest number of points in any one of the ten events. This procedure shall apply to ties for any place in the competition.

(5) Timing

In running events, each competitor shall be either hand timed by three (3) watches, or fully automatic timed (FAT). If the meet is being hand timed by three watches, it is recommended that alternate lanes be used. (2 - 4 - 6 - 8). If by FAT, all eight lanes may be used.

(6) Failing to Start or Take a Trial

A competitor failing to start or take a trial in any event of the competition shall be considered to have abandoned the competition and shall not be allowed to participate in any following events. He/she shall therefore not be included in the final placing or scoring.