

**2026 ESAA COMBINED EVENTS CHAMPIONSHIPS – ESAA AGE GROUPS WITH ADAPTED HURDLES
HEIGHTS AND DISTANCES TO COMPLY WITH ENGLAND ATHLETICS SPECIFICATIONS**

JUNIOR BOYS' PENTATHLON U15

	HURDLES	SHOT	LONG J	HIGH J	800m
Year 8 (U-14 on 1 Sept 2026)	80m H @ 76cm	4.00kg	✓	✓	✓
Year 9 (U-15 on 1 Sept 2026)	100m H @ 84cm	4.00kg	✓	✓	✓

INTERMEDIATE BOYS' OCTATHLON U17

	LONG J	DISCUS	JAVELIN	400m	HURDLES	HIGH J	SHOT	1500m
Year 10 (U-16 on 1 Sept 2026)	✓	1.5kg	700g	✓	100m H @ 84cm	✓	5.00kg	✓
Year 11 (U-17 on 1 Sept 2026)	✓	1.5kg	700g	✓	110m H @ 91cm	✓	5.00kg	✓

SENIOR BOYS' DECATHLON U19

	100m	LONG J	SHOT	HIGH J	400m	HURDLES	DISCUS	POLE V	JAVELIN	1500m
Year 12 (U-18 on 1 Sept 2026)	✓	✓	6.00kg	✓	✓	110m H @ 91cm	1.75kg	✓	800g	✓
Year 13 (U-19 on 1 Sept 2026)	✓	✓	6.00kg	✓	✓	110m H @ 99cm	1.75kg	✓	800g	✓

JUNIOR GIRLS' PENTATHLON U15

	HURDLES	SHOT	HIGH J	LONG J	800m
Year 8 (U-14 on 1 Sept 2026)	75m H @ 68cm	3.00kg	✓	✓	✓
Year 9 (U-15 on 1 Sept 2026)	80m H @ 76cm	3.00kg	✓	✓	✓

INTERMEDIATE GIRLS' HEPTATHLON U17

	HURDLES	HIGH J	SHOT	200m	LONG J	JAVELIN	800m
Year 10 (U-16 on 1 Sept 2026)	80m H @ 76cm	✓	3.00kg	✓	✓	500g	✓
Year 11 (U-17 on 1 Sept 2026)	100m H @ 76cm	✓	3.00kg	✓	✓	500g	✓

SENIOR GIRLS' HEPTATHLON U20

	HURDLES	HIGH J	SHOT	200m	LONG J	JAVELIN	800m
Year 12 (U-18 on 1 Sept 2026)	100m H @ 76cm	✓	4.00kg	✓	✓	600g	✓
Year 13 (U-19 on 1 Sept 2026)	100m H @ 84cm	✓	4.00kg	✓	✓	600g	✓