

<b>300/400m</b>	<b>Senior, U20 &amp; U18</b>	400m
	<b>U16 &amp; U14</b>	300m
	<b>U12</b>	x

All other standard track distances remain, although shorter distances may be considered for U12 and U14, eg. 75m, 150m, 600m in some competitions.

<b>Sprint Hurdles</b>	<b>Age Group</b>	<b>Event</b>	<b>Hurdle Height</b>	<b>Number of Hurdles Per Race</b>	<b>Colour Marking on the Track</b>	<b>Distance to First Hurdle</b>	<b>Distance Between Hurdles</b>	<b>Distance from Last Hurdle to Finish Line</b>	<b>Weight for Hurdles</b>
<b>Outdoors Male</b>	<b>Senior Men</b>	110H	106.7cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	91.4cm	10	Green	45m	35m	40m	3.6kg
	<b>U20 Men</b>	110H	99.1cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	91.4cm	10	Green	45m	35m	40m	3.6kg
	<b>U18 Men</b>	110H	91.4cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	84.0cm	10	Green	45m	35m	40m	3.6kg
	<b>U16 Boys</b>	100H	84.0cm	10	Yellow	13m	8.5m	10.5m	2.7kg
		300mH	76.2cm	7	Green	45m	35m	40m	2.7kg
	<b>U14 Boys</b>	80H	76.2cm	8	Black	12m	8m	12m	2.7kg
		200mH	76.2cm	5	Green	20m	35m	40m	2.7kg
	<b>U12 Boys</b>	75H	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg
<b>Outdoors Female</b>	<b>Senior &amp; U20 Women</b>	100H	84.0cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400H	76.2cm	10	Green	45m	35m	40m	3.6kg
	<b>U18 Women</b>	100H	76.2cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400H	76.2cm	10	Green	45m	35m	40m	3.6kg
	<b>U16 Girls</b>	80H	76.2cm	8	Black	12m	8m	12m	2.7kg
		300H	76.2cm	7	Green	45m	35m	40m	2.7kg
	<b>U14 Girls</b>	75H	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg
		200H	68.5cm	5	Green	20m	35m	40m	2.7kg
	<b>U12 Girls</b>	70H	68.5cm	7	Pink	11m	7m	10m	2.7kg
<b>Indoors Male</b>	<b>Senior Men</b>	60H	106.7cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
		60H	99.1cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
	<b>U18 Men</b>	60H	91.4cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
		60H	84.0cm	5	Yellow	13m	8.5m	13	2.7kg
	<b>U14 Boys</b>	60H	76.2cm	5	Black	12m	8m	16m	2.7kg
		60H	68.5cm	5	Orange	11.5m	7.5m	18.5m	2.7kg
<b>Indoors Female</b>	<b>Senior &amp; U20 Women</b>	60H	84.0cm	5	Yellow	13m	8.5m	13m	3.6kg
		60H	76.2cm	5	Yellow	13m	8.5m	13m	3.6kg
	<b>U16 Girls</b>	60H	76.2cm	5	Black	12m	8m	16m	2.7kg
		60H	68.5cm	5	Orange	11.5m	7.5m	18.5m	2.7kg
	<b>U12 Girls</b>	60H	68.5cm	5	Pink	11m	7m	21m	2.7kg
		60H	68.5cm	5	Pink	11m	7m	21m	2.7kg
<b>Unisex</b>	<b>U10</b>	60H	45-60cm*	5	No Marking	10m	6.5m	24m	N/a

\*Adapted hurdles, such as Sportshall Hurdles can be used. Focus should be on fun and progressive introduction

	<b>Age Group</b>	<b>Event</b>	<b>Hurdle Height</b>	<b>Number of Barriers</b>	<b>Number of Water Barriers</b>
<b>Steeplechase</b>	<b>Senior &amp; U20 Men</b>	3000m	91.4cm	28	7
		2000m	83.8cm	18	5
		1500m	76.2cm	13	3
		1200m*	76.2cm	10	3
	<b>Senior &amp; U20 Women</b>	3000m	76.2cm	28	7
		2000m	76.2cm	18	5
		1500m	76.2cm	13	3
		1200m*	76.2cm	10	3

\* Potential new event long term

Event	Age Group	Implement Weight	Min Diameter	Max Diameter
SHOT PUT	Senior Men	7.26kg	110mm	130mm
	U20 Men	6.00kg	105mm	125mm
	U18 Men	5.00kg	100mm	120mm
	U16 Boys	4.00kg	95mm	110mm
	U14 Boys	3.00kg	85mm	110mm
	U12 Boys	2-2.72kg	80mm	110mm
	Senior & U20 Women	4.00kg	95mm	110mm
	U18 Women	3.00kg	85mm	110mm
	U16 Girls	3.00kg	85mm	110mm
	U14 Girls	2.72kg	85mm	110mm
	U12 Girls	2-2.72kg	85mm	110mm

Event	Age Group	Implement Weight	Outer diameter of metal rim		Diameter of metal plates		Thickness of centre		Thickness of Rim at 6mm from edge	
			Min	Max	Min	Max	Min	Max	Min	Max
DISCUS	Senior Men	2.00kg	219mm	221mm	50mm	57mm	41mm	43mm	12mm	13mm
	U20 Men	1.75kg	210mm	212mm	50mm	57mm	41mm	43mm	12mm	13mm
	U18 Men	1.50kg	200mm	202mm	50mm	57mm	38mm	40mm	12mm	13mm
	U16 Boys	1.25kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U14 Boys	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U12 Boys	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
	Senior & U20 Women	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U18 Women	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U16 Girls	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U14 Girls	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
	U12 Girls	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm

Event	Age Group	Implement Weight	Hammer Cable Length	Min Diameter	Max Diameter
HAMMER	Senior Men	7.26kg	121.5cm	110mm	130mm
	U20 Men	6kg	121.5cm	105mm	125mm
	U18 Men	5kg	120cm	100mm	120mm
	U16 Boys	4kg	119.5cm	95mm	110mm
	U14 Boys	3kg	119.5cm	85mm	100mm
	U12 Boys	2kg	119.5cm	80mm	90mm
	Senior & U20 Women	4kg	119.5cm	95mm	110mm
	U18 Women	3kg	119.5cm	85mm	100mm
	U16 Girls	3kg	119.5cm	85mm	100mm
	U14 Girls	2kg	119.5cm	80mm	90mm
	U12 Girls	2kg	119.5cm	80mm	90mm

Event	Age Group	Implement Weight	Length of Javelin		Length of metal head		Distance from tip of metal head to CoG		Diameter of thickest point		Whipcord Width	
			Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
JAVELIN	Senior Men	800grams	2600mm	2700mm	250mm	330mm	900mm	1060mm	25mm	30mm	150mm	160mm
	U20 Men	800grams	2600mm	2700mm	250mm	330mm	900mm	1060mm	25mm	30mm	150mm	160mm
	U18 Men	700grams	2400mm	2500mm	250mm	330mm	850mm	990mm	23mm	28mm	150mm	160mm
	U16 Boys	600grams	2200mm	2300mm	250mm	330mm	800mm	920mm	20mm	25mm	140mm	150mm
	U14 Boys	500grams	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U12 Boys	400grams	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm
	Senior & U20 Women	600grams	2200mm	2300mm	250mm	330mm	800mm	920mm	20mm	25mm	140mm	150mm
	U18 Women	500grams	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U16 Girls	500grams	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U14 Girls	400grams	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm
	U12 Girls	400grams	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm