

300/400m	Senior, U20 & U18	400m
	U16 & U14	300m
	U12	x

# MALE

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

Sprint Hurdles	Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line	Weight for Hurdles
Outdoors Male	Senior Men	110H	106.7cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	91.4cm	10	Green	45m	35m	40m	3.6kg
	U20 Men	110H	99.1cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	91.4cm	10	Green	45m	35m	40m	3.6kg
	U18 Men	110H	91.4cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	84.0cm	10	Green	45m	35m	40m	3.6kg
	U16 Boys	100H	84.0cm	10	Yellow	13m	8.5m	10.5m	2.7kg
		300mH	76.2cm	7	Green	50m	35m	40m	2.7kg
	U14 Boys	80H	76.2cm	8	Black	12m	8m	12m	2.7kg
		200mH	76.2cm	5	Green	20m	35m	40m	2.7kg
	U12 Boys	75H	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg
	Unisex	U10	60H	45-60cm*	5	No Marking	10m	6.5m	24m

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

Steeplechase	Age Group	Event	Hurdle Height	Number of Barriers	Number of Water Barriers
Men	Senior & U20 Men	3000m	91.4cm	28	7
	U18 Men	2000m	83.8cm	18	5
	U16 Boys	1500m	76.2cm	13	3
	U14 Boys	1200m*	76.2cm	10	3

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\* Potential new event long term

300/400m	Senior, U20 & U18	400m
	U16 & U14	300m
	U12	x

# FEMALE

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

Sprint Hurdles	Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line	Weight for Hurdles
Outdoors Female	Senior & U20 Women	100H	84.0cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400H	76.2cm	10	Green	45m	35m	40m	3.6kg
	U18 Women	100H	76.2cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400H	76.2cm	10	Green	45m	35m	40m	3.6kg
	U16 Girls	80H	76.2cm	8	Black	12m	8m	12m	2.7kg
		300H	76.2cm	7	Green	50m	35m	40m	2.7kg
	U14 Girls	75H	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg
		200H	68.5cm	5	Green	20m	35m	40m	2.7kg
	U12 Girls	70H	68.5cm	8	Pink	11m	7m	10m	2.7kg
	Unisex	U10	60H	45-60cm*	5	No Marking	10m	6.5m	24m

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

Steeplechase	Age Group	Event	Hurdle Height	Number of Barriers	Number of Water Barriers
Women	Senior & U20 Women	3000m	76.2cm	28	7
	U18 Women	2000m	76.2cm	18	5
	U16 Girls	1500m	76.2cm	13	3
	U14 Girls	1200m*	76.2cm	10	3

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\* Potential new event long term

Event	Age Group	Implement Weight	Min Diameter	Max Diameter
<b>SHOT PUT</b>	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

# MALE

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
<b>DISCUS</b>	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

Event	Age Group	Implement Weight	Hammer Cable Length	Min Diameter	Max Diameter
<b>HAMMER</b>	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

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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
<b>JAVELIN</b>	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

Event	Age Group	Implement Weight	Min Diameter	Max Diameter
<b>SHOT PUT</b>	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

# FEMALE

Event	Age Group	Implement Weight	Outer diameter of		Diameter of metal		Thickness of		Thickness	
			Min	Max	Min	Max	Min	Max	Min	Max
<b>DISCUS</b>	Senior & U20 Women	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U18 Women	1.00kg	180mm	182mm	50mm	50m	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
<b>HAMMER</b>	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

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Event	Age Group	Implement Weight	Length of Javelin		Length of metal		Distance from		Diameter of		Whipcord	
			Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
<b>JAVELIN</b>	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

# MALE

## Indoor Hurdles

Sprint Hurdles	Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line	Weight for Hurdles
Indoors Male	Senior Men	60H	106.7cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
	U20 Men	60H	99.1cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
	U18 Men	60H	91.4cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
	U16 Boys	60H	84.0cm	5	Yellow	13m	8.5m	13m	2.7kg
	U14 Boys	60H	76.2cm	5	Black	12m	8m	16m	2.7kg
	U12 Boys	60H	68.5cm	5	Orange	11.5m	7.5m	18.5m	2.7kg
Unisex	U10	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

# FEMALE

Indoors Female	Senior & U20 Women	60H	84.0cm	5	Yellow	13m	8.5m	13m	3.6kg
	U18 Women	60H	76.2cm	5	Yellow	13m	8.5m	13m	3.6kg
	U16 Girls	60H	76.2cm	5	Black	12m	8m	16m	2.7kg
	U14 Girls	60H	68.5cm	5	Orange	11.5m	7.5m	18.5m	2.7kg
	U12 Girls	60H	68.5cm	5	Pink	11m	7m	21m	2.7kg
Unisex	U10	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