

Section “E”

Event and Equipment Specifications

1. Event Specifications

TRACK	CENTRE ONLY	CENTRE & ZONE ONLY	CENTRE, ZONE & REGION	CENTRE, ZONE, REGION & STATE								
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17	
50 metres	✓	✓										
70 metres	✓	✓	✓	✓	✓							
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres	No	No	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack Start	300m	500m	700m									
800 metres	No	No	No	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m	No	No	No	No	No	✓	✓	✓	✓	✓	✓	✓
3000m	No	No	No	No	No	No	No	✓	✓	✓	✓	✓
Walk	No	No	No	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m
Hurdles	No	No	60m	60m	60m	60m	60m	80m	80 G 90 B	90 G 100 B	100 G 110 B	
200m Hurdles	No	No	No	No	No	No	No	✓	✓	No	No	
300m Hurdles	No	No	No	No	No	No	No	No	No	✓	✓	
Relay Jnr												
4 x 100m	No	No	No	✓	✓	✓	✓	No	No	No	No	
Relay Snr												
4 x 100m	No	No	No	No	No	No	No	✓	✓	✓	✓	
FIELD	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17	
High Jump	No	No	No	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	No	No	No	No	No	✓	✓	✓	✓	✓	✓	✓
Discus Boys	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1.5kg	
Discus Girls	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1kg	
Shot Put Boys	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	4kg Red	5kg Green	
Shot Put Girls	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	3kg White	3kg White	
Javelin Boys	No	No	No	No	No	400gm	400gm	600gm	600gm	700gm	700gm	
Javelin Girls	No	No	No	No	No	400gm	400gm	400gm	400gm	500gm	500gm	
Total # Events		8 events	9 events	11 events	11 events	13 events	13 events	15 events	15 events	15 events	15 events	

2. Hurdle Specifications

Age group	Distance	Run in	Separation	Run out	Flights	Height
Under 8 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 8 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 9 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 9 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 10 Boy	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 10 Girl	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 11 Boy	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 11 Girl	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 12 Boy	60 metre	12 metre	7 metre	13 metre	6	68 cm.
Under 12 Girl	60 metre	12 metre	7 metre	13 metre	6	68 cm.
Under 13 Boy	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 13 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 14 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 14 Boy	90 metre	13 metre	8 metre	13 metre	9	76 cm.
Under 15 Girl	90 metre	13 metre	8 metre	13 metre	9	76 cm.
Under 15 Boy	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm.
Under 17 Girl	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm.
Under 17 Boy	110 metre	13.72 metre	9.14 metre	14.02 metre	10	76 cm.
Under 17 Boy (C)	100 metre	13.72 metre	9.14 metre	13.16 metre	9	76 cm.
Under 13 Boy	200 metre	20 metre	35 metre	40 metre	5	68 cm.
Under 13 Girl	200 metre	20 metre	35 metre	40 metre	5	68 cm.
Under 14 Boy	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 14 Girl	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 15 Boy	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 15 Girl	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 17 Boy	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 17 Girl	300 metre	50 metre	35 metre	40 metre	7	76 cm.

(C) Alternate hurdle specifications for Centre use only where 110 metre tracks are not possible.

Please note: From the 2019/2020 season, the U11 and U12 standard event will be the 80m Hurdles, replacing the 60m Hurdles.

3. Field Equipment Specifications

Shot put	500gm 1 Kilogram 1.5 Kilogram 2 Kilogram 3 Kilogram 4 Kilogram 5 Kilogram	Weight		Diameter		Colour
		<i>Minimum</i>	<i>Maximum</i>	<i>Minimum</i>	<i>Maximum</i>	
		<i>No specs as not competition</i>				Pink
		1 Kg	1.025 Kg	76mm	86mm	Blue
		1.5 Kg	1.525 Kg	76mm	86mm	Yellow
		2 Kg	2.025 Kg	76mm	90mm	Orange
		3 Kg	3.025 Kg	85mm	110mm	White
		4 Kg	4.025 Kg	95mm	110mm	Red
		5 Kg	5.025 Kg	100mm	120mm	Green
Discus	350 gm 500 gm 750 gm 1 Kilogram 1.5 Kilogram	Weight		Diameter		Material
		<i>Minimum</i>	<i>Maximum</i>	<i>Minimum</i>	<i>Maximum</i>	
		350 gm	375gm	119mm	121mm	Compound
		500 gm	525 gm	134mm	136mm	Compound
		750 gm	775 gm	154mm	156mm	Plastic & metal
		1 Kg	1.025 Kg	180mm	182mm	Plastic & metal
1.5 Kg	1 525 Kg	200mm	202mm	Plastic & metal		
Javelin	400 gm 500gm 600 gm 700 gm	Weight		Length		
		<i>Minimum</i>	<i>Maximum</i>	<i>Minimum</i>	<i>Maximum</i>	
		400 gm	425 gm	1.85 M	1.95 M	
		500gm	525gm	2.00 M	2.10 M	
		600 gm	625 gm	2.20 M	2.30 M	
700 gm	725 gm	2.30 M	2.40 M			
Batons		Circumference		Length		Weight
		<i>Minimum</i>	<i>Maximum</i>	<i>Minimum</i>	<i>Maximum</i>	<i>Min-Max</i>
		95mm	105mm	280mm	300mm	50gm-80gm
High Jump	Bar	Diameter		Length		
		<i>Minimum</i>	<i>Maximum</i>			
		29mm	31mm	4m (=/-20mm)		2 D shaped end sections