



**SPECIFICATIONS FOR HURDLING EVENTS**

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Event	Distance (m)	No.	Height (m)	Start to 1 <sup>st</sup> Hurdle (m)	Distance Between
<b><u>OUTDOOR</u></b>					
Bantam Girls'	80	8	0.762	12.00	7.50
Midget Girls'	80	8	0.762	12.00	8.00
Youth Girls'	100	10	0.762	13.00	8.50
Junior Women's	100	10	0.840	13.00	8.50
Senior Women's	100	10	0.840	13.00	8.50
Bantam Girls'	200	5	0.762	20.00	35.00
Midget Girls'	200*	5	0.762	20.00	35.00
Youth Girls'	400	10	0.762	50.00	35.00
Junior Women's	400	10	0.762	45.00	35.00
Senior Women's	400	10	0.762	45.00	35.00
Bantam Boys'	80	8	0.762	12.00	7.50
Midget Boys'	100	10	0.840	13.00	8.50
Youth Boys'	110	10	0.914	13.72	9.14
Junior Men's	110	10	0.990	13.72	9.14
Senior Men's	110	10	1.067	13.72	9.14
Bantam Boys'	200	5	0.762	20.00	35.00
Midget Boys'	200*	5	0.762	20.00	35.00
Youth Boys'	400	10	0.840	45.00	35.00
Junior Men's	400	10	0.914	45.00	35.00
Senior Men's	400	10	0.914	45.00	35.00

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**SPECIFICATIONS FOR THROWING IMPLEMENTS (2016)**

	<u>MEN</u>					<u>WOMEN</u>				
	<u>BAN</u>	<u>MID</u>	<u>YOU</u>	<u>JUN</u>	<u>SEN</u>	<u>BAN</u>	<u>MID</u>	<u>YOU</u>	<u>JUN</u>	<u>SEN</u>
Shot Put	3.00	4.00	5.00	6.00	7.26	3.00	3.00	3.00	4.00	4.00
Discus	0.75	1.00	1.50	1.75	2.00	0.75	1.00	1.00	1.00	1.00
Javelin	400g	600g	700g	800g	800g	400g	500g	500g	600g	600g
Hammer		4.00	5.00	6.00	7.26		3.00	3.00	4.00	4.00
Indoor Weight		7.26	9.08	11.34	15.88		5.45	7.26	9.08	9.08

Weight in kilograms except where noted otherwise

**Note: More Precise Conversions for Implement Certification Purposes:**

- 3 lbs. 9 oz. = 1.616 kg
- 12 pounds = 5.443 kg
- 16 pounds = 7.257 kg
- 20 pounds = 9.072 kg
- 25 pounds = 11.340 kg
- 35 pounds = 15.876 kg

## SPECIFICATIONS FOR STEEPLECHASE EVENTS (2015)

### **Midget Boys, Midget Girls**

1500m            12 hurdles

3 complete laps with all obstacles, preceded by a distance of approximately 300m without obstacles.

Obstacles are 76cm in height.

No Water jump. Start at flat 1500m start line and run regular 400m oval.

### **Youth Boys and Youth Girls**

2000m            18 hurdles and 5 water jumps.

First obstacle in the race is the hurdle near the 200m start area and the second is the water jump immediately following.

Obstacles are 91cm in height for boys, 76cm for girls.

Water jump is 3.66m in length.

### **Junior Women and Senior Women**

3000m            28 hurdles and 7 water jumps.

First obstacle in the race is the hurdle just beyond the finish line.

Obstacles are 76cm in height.

Water jump is 3.66m in length.

### **Junior Men and Senior Men**

3000m            28 hurdles and 7 water jumps.

First obstacle in the race is the hurdle just beyond the finish line.

Obstacles are 91cm in height .

Water jump is 3.66m in length.

**Indoor 2000m** 10 laps on 200m track.

19 steeplechase hurdles.  
Hurdles placed near ends of straightaways.  
First and last hurdles in the race are at end of backstretch.  
Hurdle heights as for outdoors.

## SCORING OF THE HURDLES AND THROWING EVENTS IN AGE CLASS COMBINED EVENTS COMPETITIONS (2015)

**Indoor:** Hurdles and Shot Put – use current IAAF Tables, regardless of specifications.

**Outdoor:** Bantam Boys' 80m Hurdles --- use current IAAF Women's Tables for 80m Hurdles  
Midget Boys' 100m Hurdles --- use current IAAF Men's Tables for 110m Hurdles  
Youth Boys' 110m Hurdles --- use current IAAF Men's Tables for 110m Hurdles

Bantam Girls' 80m Hurdles } --- use current IAAF Women's Tables for  
Midget Girls' 80m Hurdles } 80m Hurdles

Youth Girls 100m Hurdles --- use current IAAF Women's Tables for 100m Hurdles

All throwing events, Boys and Girls --- use current IAAF Men's and Women's Tables, regardless of implement mass.