



BC High School Track & Field - 2017 Technical Specifications

<u>Girls</u>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1kg	600 g
Junior	3 kg	3 kg	1 kg	500g
Grade 8	3 kg	3 kg	1 kg	500g
<u>Boys</u>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	6 kg	6 kg	1.75 kg	800 g
Junior	5 kg	5 kg	1.5 kg	700 g
Grade 8	4 kg	4 kg	1 kg	600 g

Hurdle Specifications

BOYS	Distance	Height	# Hurdles	S>1st H	H<>H	H>F
Grade 8	100m	33" (0.84m)	10	13.0m	8.50m	10.50m
Junior	100m	36" (0.914m)	10	13.0m	8.50m	10.50m
Senior	110m	36" (0.914m)	10	13.72m	9.14m	14.02m
Grade 8	200m	30" (0.762m)	5	20.0m	35.0m	40.0m
Junior	300m	33" (0.84m)	7	50.0m	35.0m	40.0m
Senior	400m	33" (0.84m)	10	45.0m	35.0m	40.0m
GIRLS						
Grade 8	80m	30" (0.762m)	8	12.0m	8.0m	12.0m
Junior	80m	30" (0.762m)	8	12.0m	8.0m	12.0m
Senior	100m	33" (0.84m)	10	13.0m	8.50m	10.50m
Grade 8	200m	30" (0.762m)	5	20.0m	35.0m	40.0m
Junior	300m	30" (0.762m)	7	50.0m	35.0m	40.0m
Senior	400m	30" (0.762m)	10	45.0m	35.0m	40.0m



BC High School Track & Field Commission

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Steeplechase

BOYS	Distance	Height	# Barriers	# Water Jumps	Total
➤ Junior	1500m	30" (0.762m)	13	3	16
➤ Senior	2000m	33" (0.84m)	18	5	23
GIRLS					
➤ Junior	1500m	30" (0.762m)	13	3	16
➤ Senior	1500m	30" (0.762m)	13	3	16

Suggested hurdle order (competition planning):

- Senior Boys 110m @ 36"
- Junior Boys 100m @ 36"
- Senior Girls 100m @ 33"
- Grade 8 Boys 100m @ 33"
- Junior Girls 80m @ 30"
- Grade 8 Girls 80m @ 30"



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