

10-12 YEARS FIELD EVENT IMPLEMENT WEIGHTS & STARTING HEIGHTS

AGE GROUP	DISCUS	SHOT PUT	HIGH JUMP STARTING HEIGHTS
10yr Girls	500g	2kg	1.00m
10yr Boys	500g	2kg	1.10m
11yr Girls	750g	2kg	1.10m
11yr Boys	750g	2kg	1.20m
12yr Girls	750g	3kg	1.20m
12yr Boys	750g	3kg	1.30m

13 -19 YEARS HURDLES HEIGHTS & DISTANCES

AGE	TOTAL DISTANCE	No. of HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE TO FINISH
13yr Girls	80m	9	76.2cm	12.00m	7.00m	12.00m
14yr Girls	90m	9	76.2cm	13.00m	8.00m	13.00m
15yr Girls	90m	9	76.2cm	13.00m	8.00m	13.00m
13yr Boys	90m	9	76.2cm	13.00m	8.00m	13.00m
16yr Girls	100m	10	76.2cm	13.00m	8.50m	10.50m
17yr Girls	100m	10	76.2cm	13.00m	8.50m	10.50m
18-19yr Girls	100m	10	84cm	13.00m	8.50m	10.50m
14yr Boys	100m	10	84cm	13.00m	8.50m	10.50m
15yr Boys	100m	10	84cm	13.00m	8.50m	10.50m
16yr Boys	110m	10	91.4cm	13.72m	9.14m	14.02m
17yr Boys	110m	10	91.4cm	13.72m	9.14m	14.02m
18-19yr Boys	110m	10	99.1cm	13.72m	9.14m	14.02m

13-19 YEARS FIELD EVENT IMPLEMENT WEIGHTS & STARTING HEIGHTS

AGE GROUP	JAVELIN	DISCUS	SHOT PUT	HIGH JUMP STARTING HEIGHTS
13yr Girls	400g	1.0kg	3kg	1.31m
13yr Boys	600g	1.0kg	3kg	1.42m
14yr Girls	500g	1.0kg	3kg	1.34m
14yr Boys	700g	1.0kg	4kg	1.52m
15yr Girls	500g	1.0kg	3kg	1.34m
15yr Boys	700g	1.0kg	4kg	1.58m
16yr Girls	500g	1.0kg	3kg	1.34m
16yr Boys	700g	1.5kg	5kg	1.64m
17yr Girls	500g	1.0kg	3kg	1.34m
17yr Boys	700g	1.5kg	5kg	1.64m
18-19yr Girls	600g	1.0kg	4kg	1.34m
18-19yr Boys	800g	1.75kg	6kg	1.64m

Note: High Jump - Bar lifts will be 8cm, 5cm, 3cm (after that - at the discretion of the officials).

The starting height has been set exactly 16cm below state qualifying which means if athletes clear the third height, they will have jumped the state qualifying height exactly.