

## FIELD EVENT SPECIFICATIONS

### STARTING HEIGHTS FOR HIGH JUMP

	Bantam (A) <u>9-10</u>	Midget (B) <u>11-12</u>	Youth (C) <u>13-14</u>	Intermediate (D) <u>15-16</u>	Young Men/Women (E) <u>17-18</u>
Boys	3'0"	3'6"	4'0"	5'0"	5'6"
Girls	3'0"	3'4"	3'8"	4'2"	4'6"

### THROWING IMPLEMENT WEIGHTS

#### Shot Put

	Sub Bantam (SA) <u>under 8</u>	Bantam (A) <u>9-10</u>	Midget (B) <u>11-12</u>	Youth (C) <u>13-14</u>	Intermediate (D) <u>15-16</u>	Young Men/Women (E) <u>17-18</u>
Boys	2kilo	6 lbs	6 lbs	4 kilo	12 lbs	12 lbs
Girls	2 kilo	6 lbs	6 lbs	6 lbs	4 kilo	4 kilo

#### Discus

	Bantam (A) <u>under 10</u>	Midget (B) <u>11-12</u>	Youth (C) <u>13-14</u>	Intermediate (D) <u>15-16</u>	Young Men/Women (E) <u>17-18</u>
Boys	N/A	1 kilo	1 kilo	1.6 kilo	1.6 kilo
Girls	N/A	1 kilo	1 kilo	1 kilo	1 kilo

#### Mini Javelin/Javelin

	Bantam (A) <u>under 10</u>	Midget (B) <u>11-12</u>	Youth (C) <u>13-14</u>	Intermediate (D) <u>15-16</u>	Young Men/Women (E) <u>17-18</u>
Boys	300 gram	300 gram	600 gram	800 gram	800 gram
Girls	300 gram	300 gram	600 gram	600 gram	600 gram

#### Hammer

	Bantam (A) <u>under 10</u>	Midget (B) <u>11-12</u>	Youth (C) <u>13-14</u>	Intermediate (D) <u>15-16</u>	Young Men/Women (E) <u>17-18</u>
Boys	N/A	N/A	N/A	12 lbs	12 lbs
Girls	N/A	N/A	N/A	4 kilo	4 kilo

### HURDLE SETTINGS

	Race Distance	Hurdle Height	Number of Hurdles	Starting Line to First Hurdle	Between Hurdles	Last Hurdle to Finish Line
(B) Girls - Boys 11-12	80 M	30"	8	12 M	7½ M	15½ M
(C) Girls 13-14	100 M	30"	10	13 M	8 M	15 M
(C) Boys 13-14	100 M	33"	10	13 M	8½ M	10½ M
(D-E) Girls 15-Up	100 M	33"	10	13 M	8½ M	10½ M
(D-E) Boys 15-Up	110 M	39"	10	13.72 M	9.14 M	14.02 M
(C) Girls - Boys 13-14	200 M	30"	5	20 M	35 M	40 M
(D-E) Girls 15-Up	400 M	30"	10	45 M	35 M	40 M
(D-E) Boys 15-Up	400 M	36"	10	45 M	35 M	40 M