

## Senior Track & Field

### Hurdle Heights & Implement Weights

<b>WU14</b>	
80m Hurdles (12m/7.5m/15.5m)	0.762m
200m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg

<b>MU14</b>	
80m Hurdles (12m/7.5m/15.5m)	0.762m
200m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg

<b>WU16</b>	
80m Hurdles	0.762m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg

<b>MU16</b>	
100m Hurdles	0.838m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	5kg
Discus	1.25kg
Javelin	700g
Hammer	4kg

<b>WU18</b>	
100m Hurdles	0.762m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg

<b>MU18</b>	
110m Hurdles	0.914m
300m Hurdles	0.838m
2000m Steeplechase	0.838m
Shot Put	5kg
Discus	1.5kg
Javelin	700g
Hammer	5kg

<b>WU20</b>	
100m Hurdles	0.838m
400m Hurdles	0.762m
3000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg

<b>MU20</b>	
110m Hurdles	0.991m
400m Hurdles	0.914m
3000m Steeplechase	0.914m
Shot Put	6kg
Discus	1.75kg
Javelin	800g
Hammer	6kg

<b>SW</b>	
100m Hurdles	0.838m
400m Hurdles	0.762m
3000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg

<b>SM</b>	
110m Hurdles	1.067m
400m Hurdles	0.914m
3000m Steeplechase	0.914m
Shot Put	7.26kg
Discus	2kg
Javelin	800g
Hammer	7.26kg

<b>MW30 MW35</b>	
100m Hurdles	0.838m
400m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg
Weight	9.08kg

<b>MM30, MM35</b>	
110m Hurdles	0.991m
400m Hurdles	0.914m
3000m Steeplechase	0.914m
Shot Put	7.26kg
Discus	2kg
Javelin	800g
Hammer	7.26kg
Weight	15.88kg

<b>MW40 MW45</b>	
80m Hurdles	0.762m
400m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg
Weight	9.08kg

<b>MM40, MM45</b>	
110m Hurdles	0.991m
400m Hurdles	0.914m
3000m Steeplechase	0.914m
Shot Put	7.26kg
Discus	2kg
Javelin	800g
Hammer	7.26kg
Weight	15.88kg

<b>MW50 MW55</b>	
80m Hurdles (12m/7m/19m)	0.762m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg
Weight	7.26kg

<b>MM50, MM55</b>	
100m Hurdles	0.914m
400m Hurdles	0.838m
3000m Steeplechase	0.914m
Shot Put	6kg
Discus	1.5kg
Javelin	700g
Hammer	6kg
Weight	11.34kg

<b>MW60 MW65</b>	
80m Hurdles (12m/7m/19m)	0.686m
300m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg
Weight	5.45kg

<b>MM60, MM65</b>	
100m Hurdles (12m/8m/16m)	0.838m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	5kg
Discus	1kg
Javelin	600g
Hammer	5kg
Weight	9.08kg

<b>MW70 MW75</b>	
80m Hurdles (12m/7m/19m)	0.686m
200m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	3kg/2kg
Discus	1kg/750g
Javelin	500g/400g
Hammer	3kg/2kg
Weight	5.45kg/4kg

<b>MM70, MM75</b>	
80m Hurdles (12m/7m/19m)	0.762m
300m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	500g
Hammer	4kg
Weight	7.26kg

<b>MW80+</b>	
80m Hurdles (12m/7m/19m)	0.686m
200m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	2kg
Discus	750g
Javelin	400g
Hammer	2kg
Weight	4kg

<b>MM80+</b>	
80m Hurdles (12m/7m/19m)	0.686m
200m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	400g
Hammer	3kg
Weight	5.45kg