

Senior Track & Field

Hurdle Heights & Implement Weights

WU14	
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

MU14	
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

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

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

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

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

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

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

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

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

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

MM30, MM35	
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

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

MM40, MM45	
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

MW50 MW55	
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

MM50, MM55	
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

MW60 MW65	
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

MM60, MM65	
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

MW70 MW75	
80m Hurdles (11m/6m/27m)	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

MM70, MM75	
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

MW80+	
80m Hurdles (11m/6m/27m)	0.686m
200m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	2kg
Discus	750g
Javelin	400g
Hammer	2kg
Weight	4kg

MM80+	
80m Hurdles (11m/6m/27m)	0.686m
200m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	400g
Hammer	3kg
Weight	5.45kg