

## EVENT SPECIFICATIONS – HURDLES & THROWS

### Straight Track Hurdles Specifications

Age Group	Distance	Rope Mark Colour	Specifications	# Flights	Height
U8 U9	60m	Blue	12m run in/13m run out 7m separation	6	45 cm (lowest)
U10	60m	Blue	12m run in/13m run out 7m separation	6	60 cm (1 click up)
U11	80m	Red	12m run in/12m run out 7m separation	9	60 cm (1 click up)
U12	80m	Red	12m run in/12m run out 7m separation	9	68 cm (2 clicks up)
U13 U14G	80m	Red	12m run in/12m run out 7m separation	9	76 cm (highest)
U14B U15G	90m	Green	13m run in/13m run out 8m separation	9	76 cm (highest)
U15B U17G	100m	Yellow	13m run in/10.5m run out 8.5 m separation	10	76 cm (highest)
U17B	100m	White	13.72m run in/13.16 run out 9.14m separation	10	76 cm (highest)

### Circular Track Hurdles Specifications<sup>^</sup>

Age Group	Distance	Specifications	# Flights	Height
U13	200m	20m run in/40m run out/35m separation	5	68 cm (1 click down from highest)
U14	200m	20m run in/40m run out/35m separation	5	76 cm (highest)
U15+	300m	50m run in/40m run out/35m separation	7	76 cm (highest)

<sup>^</sup>At setup, place hurdles on the pink marks in a staggered formation in the outside six lanes at the following track locations (paced back from the circular finish): 40m, 75, 110m, 145m, 180m, 215m, 250m.

## Throws Specifications

Age Group	Shot Put Weight	Shot Put Colour	Discus Weight	Javelin Weight
U6	500 g	Pink	350 g	-----
U7	1 kg	Blue	350 g	-----
U8	1.5 kg	Yellow	500 g	-----
U9	2 kg	Orange	500 g	-----
U10	2 kg	Orange	500 g	-----
U11	2 kg	Orange	500 g	400 g
U12	2 kg	Orange	750 g	400 g
U13G	3 kg	White	750 g	400 g
U13B	3 kg	White	1 kg	600 g
U14G	3 kg	White	1 kg	400 g
U14B	3 kg	White	1 kg	600 g
U15G	3 kg	White	1 kg	500 g
U15B	4 kg	Red	1 kg	700 g
U17G	3 kg	White	1 kg	500 g
U17B	5 kg	Green	1.5 kg	700 g