

Senior - Over 16 as at 1 January of year of competition  
 Junior - Under 16 as at 1 January of year of competition

**Hurdles**

	Distance	Number of Hurdles	Height	Distance to first hurdle	Distance between hurdles	Distance to finish line
Senior Boys (U19)	110m	10	914mm	13.72m	9.14m	14.02m
Junior Boys (U16)	100m	10	840mm	13.00m	8.50m	10.50m
Open Boys	300m	7	840mm	50.00m	35.00m	40.00m
Senior Girls (U19)	100m	10	762mm	13.00m	8.50m	10.50m
Junior Girls (U16)	80m	8	762mm	12.00m	8.00m	12.00m
Open Girls	300m	7	762mm	50.00m	35.00m	40.00m

*Note: A force at least equal to the weight of 3.6kg applied horizontally to the centre of the top edge of the top bar is required to tilt it.*

**Steeplechase**

	Distance	Height	Hurdle Jumps	Water Jumps
Open Boys	2000m	0.914m	18	5
Open Girls	2000m	0.762m	18	5

*Note: There shall be 5 jumps in each lap after the finish line has been passed for the first time, with the water jump as the forth. The jumps should be evenly distributed, so that the distance between the jumps shall be approximately one fifth (1/5) of the nominal length of the lap. (Adjustment to the hurdle spacing may be necessary to ensure that safe distances from a hurdle / start line and to the next hurdle are maintained before and after the finish line respectively.)*

*In the 3000m event, the distance from the start to the beginning of the first lap shall not include any jumps. The hurdles being removed until the athletes have entered the first lap.*

*In the 2000m event, the first jump is at the third hurdle of a normal lap. The previous hurdles shall be removed until the athletes have passed them for the first time. If the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.*

**Implement Weights**
**Discus**

	Weight (minimum)
Senior Boys (U19)	1.50kg
Junior Boys (U16)	1.25kg
Senior Girls (U19)	1.00kg
Junior Girls (U16)	1.00kg

**Javelin**

	Weight (minimum)
Senior Boys (U19)	700g
Junior Boys (U16)	700g
Senior Girls (U19)	500g
Junior Girls (U16)	500g

**Hammer**

	Weight (minimum)
Senior Boys (U19)	5.00kg
Junior Boys (U16)	4.00kg
Senior Girls (U19)	3.00kg
Junior Girls (U16)	3.00kg

**Shot Put**

	Weight (minimum)
Senior Boys (U19)	5.00kg
Junior Boys (U16)	5.00kg
Senior Girls (U19)	3.00kg
Junior Girls (U16)	3.00kg