



SPECIFICATIONS

Shot:

Age Group	U13 Girls	U15/U17 Women	U13 Boys	U20/Snr Wmn/ U15 Men	U17 Men	U20 Men	Snr Men
Weight	2.72kg	3.00kg	3.25kg	4.00kg	5.00kg	6.00kg	7.26kg
Min Diam.	85mm	85mm	90mm	95mm	100mm	105mm	110mm
Max Diam.	95mm	110mm	105mm	110mm	120mm	125mm	130mm

Hammer:

Age Group	U13/15/U17 Girls U13 Boys	U20/Snr Women/ U15 Men	U17 Men	U20 Men	Snr Men
Weight	3.00kg	4.00kg	5.00kg	6.00kg	7.26kg
Min Diam.	85mm	95mm	100mm	105mm	110mm
Max Diam.	100mm	110mm	120mm	125mm	130mm
Max Length	119.5cm	119.5cm	120.0cm	121.5cm	121.5cm



SPECIFICATIONS

Javelin (other specifications must also be checked):

Age Group	U13 Girls U13 Boys	U15/U17 Women	Snr/U20Wmn /U15 Men	U17 Men	U20 Men Snr Men
Weight	400gm	500gm	600gm	700gm	800gm
Min Length	170cm	200cm	220cm	230cm	260cm
Max Length	195cm	210cm	230cm	240cm	270cm
Dist from tip to CG	70-85cm	78-88cm	80-92cm	86-100cm	90-106cm

Discus (other specifications must also be checked):

Age Group	U13 Girls	Other women U13 Boys	U15 Men	U17 Men	U20 Men	Snr Men
Weight	0.75kg	1.00kg	1.25kg	1.50kg	1.75kg	2.00kg
Min Diameter	145mm	180mm	180mm	200mm	210mm	219mm
Max Diameter	170mm	182mm	182mm	202mm	212mm	221mm

Club:(other specifications must also be checked):

Weight: 397gm



SPECIFICATIONS

Sprint Hurdles (Men):

Age Group	Distance	No. of Hurdles	Height	Toppling weight	Track Colour	Dist to H1	Dist. Between	Dist to Finish
Senior	110m	10	106.7cm	3.6kg	Blue	13.72m	9.14m	14.02m
Under 20	110m	10	99.1cm	3.6kg	Blue	13.72m	9.14m	14.02m
Under 17	100m	10	91.4cm	2.7kg	Yellow	13.00m	8.50m	10.50m
Under 15	80m	8	84.0cm	2.7kg	Black	12.00m	8.00m	12.00m
Under 13	75m	8	76.2cm	2.7kg	Orange	11.50m	7.50m	11.00m

Sprint Hurdles (Women)

Age Group	Distance	No. of Hurdles	Height	Toppling weight	Track Colour	Dist to H1	Dist. Between	Dist to Finish
Snr/U20	100m	10	84.0cm	3.6kg	Yellow	13.00m	8.50m	10.50m
Under 17	80m	8	76.2cm	2.7kg	Black	12.00m	8.00m	12.00m
Under 15	75m	8	76.2cm	2.7kg	Orange	11.50m	7.50m	11.00m
Under 13	70m	8	68.5cm	2.70kg	Pink	11.00m	7.00m	10.00m