

North Island Secondary Schools Implement Weights and Hurdle Heights/Distances

Implement Weights:

		Javelin	Discus	Shot	Hammer
Boys	Snr	700g	1.50kg	5.00kg	5.00kg
	Int	700g	1.25kg	5.00kg	4.00kg
	Jnr	600g	1.00kg	4.00kg	4.00kg
Girls	Snr	500g	1.00kg	3.00kg	3.00kg
	Int	500g	1.00kg	3.00kg	3.00kg
	Jnr	500g	1.00kg	3.00kg	3.00kg

Hurdle Heights/Distances:

Boys	Distance	Height (mm)	Colour mark	Number of hurdles	Distance to 1 st hurdle	Distance between hurdles	Run off distance
Snr	110m	914	Blue	10	13.72m	9.14m	14.02m
Int	100m	838	Yellow	10	13.00m	8.50m	10.50m
Jnr	80m	762	Orange	8	12.00m	7.50m	15.50m
Jnr	200m	762	Green	5	20.00m	35.00m	40.00m
Int	300m	762	Green	7	50.00m	35.00m	40.00m
Senior	300m	838	Green	7	50.00m	35.00m	40.00m

Girls	Distance	Height (mm)	Colour mark	Number of hurdles	Distance to 1 st hurdle	Distance between hurdles	Run off distance
Snr	100m	762	Yellow	10	13.00m	8.50m	10.50m
Int	80m	762	Green	8	12.00m	8.00m	12.00m
Jnr	80m	686	Orange	8	12.00m	7.50m	15.50m
Jnr	200m	686	Green	5	20.00m	35.00m	40.00m
Int	300m	762	Green	7	50.00m	35.00m	40.00m
Senior	300m	762	Green	7	50.00m	35.00m	40.00m

2000m Steeplechase

Under 16 Girls/ Senior Girls/ Under 16 Boys: 762 mm Senior Boys: 838mm

NI Secondary Schools High Jump: Suggested Starting Heights and Lifts

Junior Boys: SH 1.45. 3 x 5cm lifts to 1.60 then 2 x 4cm to 1.68 then 3cm

Intermediate Boys: SH 1.60. 3 x 5cm to 1.75 then 3 x 4cm to 1.87 then 3cm

Senior Boys: SH 1.65. 3 x 5cm to 1.80 then 2 x 4cm to 1.88, then 3cm

Junior Girls: SH 1.35. 3 x 5cm to 1.50, 3x 4cm to 1.62, then 3 cm

Intermediate Girls: SH 1.40. 3 x 5cm to 1.55, 3 x 4cm to 1.67 then 3cm

Senior Girls: SH 1.40. 3 x 5cm to 1.55, 3 x 4cm to 1.67 then 3cm

NISSAA Implement Weights for Para Athlete Classes

Boys					Girls			
Discus	Javelin	Shot Put	Club		Club	Shot Put	Javelin	Discus
JB 1.25kg	700g	5.00kg		F11-13		3.00kg	500g	1.00kg
SB 1.50kg	700g	5.00kg		F11-13				
JB 1.25kg	700g	5.00kg		F20		3.00kg	500g	1.00kg
SB 1.50kg	700g	5.00kg		F20				
NE	NE	NE	397g	F31	397g	NE	NE	NE
750g	NE	1.00kg	397g	F32	397g	1.00kg	NE	750g
750g	500g	2.00kg	NE	F33	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F34	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F35	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F36	NE	2.00kg	500g	750g
750g	500g	4.00kg	NE	F37	NE	2.00kg	500g	750g
1.00kg	600g	4.00kg	NE	F38	NE	2.00kg	500g	750g
1.00kg	500g	3.00kg		F40,41		2.00kg	400g	750g
1.00kg	700g	5.00kg		F42		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F43,44		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F45,46		3.00kg	500g	1.00kg
750g	NE	NE		F51		NE	NE	750g
750g	500g	2.00kg		F52		2.00kg	500g	750g
750g	500g	2.00kg		F53		2.00kg	500g	750g
750g	500g	3.00kg		F54		2.00kg	500g	750g
750g	500g	3.00kg		F55		2.00kg	500g	750g
750g	500g	3.00kg		F56		2.00kg	500g	750g
1.00kg	500g	3.00kg		F57		2.00kg	500g	750g
1.00kg	700g	5.00kg		F61,63		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F62,64		3.00kg	500g	1.00kg

T11 – T13 and F11 – F13

T20 and F20

T32 – T38 and F31 – F38

T40/41 and F40/41

T42 – T47 and F42 – F46

T51 – T54 and F51 – F57

T61 – T64 and F61-64

T71 – T72

Visual Impairment (VI)

Intellectual Impairment (II)

Cerebral Palsy and Neurological Impairments (PI)

Short Stature (PI)

Amputees and Other Impairments (PI)

Wheelchair and throwing frame user (PI)

Athletes who compete using prosthetic lower limbs (PI)

Frame running for coordination impairments (PI)