

Information for Competitors

SISSAC Equipment Specifications 2024

These specifications have been updated to include decisions made at the 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2023AGMs.

(Pole vault standards were added following the 2017 AGM & progression into track finals has changed following a remit).

Age groupings for both Boys & Girls are taken as at 1st January 2024. The Age groupings for Para Athletes at Under 16 and Under 21 taken from 31 December 2024

Hurdles

AGE GROUP	DIST	FL'TS	TO 1st HURDLE	SPACINGS	HEIGHT	TO FINISH LINE
U19 Boys	110m	10	13.72	9.14m	914mm	14.02
U16 Boys	100m	10	13.00	8.50	840mm	10.50
U15 Boys	80m	8	12.00	8.00	840mm	12.00
U14 Boys	80m	8	12.00	8.00	762mm	12.00
Snr Boys	300m	7	50.00	35m	840mm	40m
Jnr Boys	200m	5	20.00	35m	762mm	40m
U19 Girls	100m	10	13.00	8.50	762mm	10.50
U16 Girls	80m	8	12.00	8.00	762mm	12.00
U15 Girls	80m	8	12.00	8.00	762mm	12.00
U14 Girls	80m	8	12.00	8.00	762mm	12.00
Snr Girls	300m	7	50.00	35m	762mm	40m
Jnr Girls	200m	5	20.00	35m	762mm	40m

Steeple Chase

Open Boys 2,000m, hurdle height 838mm

Open Girls 2,000m, hurdle height 762mm.

Field Event Implements

AGE GROUP	HAMMER	SHOT	DISCUS	JAVELIN	HIGH JUMP	POLE VAULT	
					Starting Height	Standard	Starting Height
U19 Boys	5.00kg	5.00kg	1.5kg	700g	1.55m	3.10m	2.80m
U16 Boys	5.00kg	5.00kg	1.25kg	700g	1.50m	2.50m	2.05m
U15 Boys	4.00kg	5.00kg	1.25kg	700g	1.40m		
U14 Boys	4.00kg	4.00kg	1.00kg	600g	1.30m		
U19 Girls	3.00kg	3.00kg	1.00kg	500g	1.30m	2.65m	2.05m
U16 Girls	3.00kg	3.00kg	1.00kg	500g	1.25m	2.35m	1.90m
U15 Girls	3.00kg	3.00kg	1.00kg	500g	1.20m		
U14 Girls	3.00kg	3.00kg	1.00kg	500g	1.15m		

Personal Implements: we prefer athletes to use the implements supplied by the organisers. However, if an athlete wishes to use a personal implement it MUST be handed in to the equipment room for checking by 1pm Friday for Friday events, and 5pm Friday for Saturday events. The implement (if compliant) will be added to the pool of implements available for use by any of the competitors.

No implements will be provided for practice.

Pole Vault: Competitors MUST bring their own poles – none will be provided by the organisers. Height adjustments will be 15cm.

Relays

4x 400m Relays contested in 4 grades U16 Boys, U19 Boys, U16 Girls, U19 Girls

Under 14, Under 15 & U16 Boys & Girls are eligible to compete in either U16 or U19 4x400m

Relays (not both)

Entry Allocations and Progressions

300 HDLS, 4 X 400	ALL OTHER EVENTS	ENTRY INTO TRACK FINALS (up to 400m incl.)	
Aoraki 1	Aoraki 3	8 competitors	Straight into finals
Canterbury /West Coast 3	Canterbury/West Coast 5	9 – 16 competitors	The 8 fastest times progress from heats to finals in the 100m, 200m, 400m, Sprint hurdles and 4x100m relays.
Otago 1	Otago 3		
Southland 1	Southland 3		
Tasman 1	Tasman 2		
Host Region 1			
		Note: There will be 3 heats for 100m if required.	
		If a round is cancelled, the final will be held at FINALS time.	
Max: 8 competitors	Max: 16 competitors	FIELD Events: all get three attempts, top 8 get 3 more.	

