

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	5.00kg
	Jnr	600g	1.00kg	4.00kg	4.00kg
Girls	Snr	600g	1.00kg	4.00kg	4.00kg
	Int	500g	1.00kg	3.00kg	3.00kg
	Jnr	500g	1.00kg	3.00kg	3.00kg

AWD

	Shot Put		Discus		Javelin	
	Male	Female	Male	Female	Male	Female
Wheelchair (AWDWC)	3kg	2kg	750g	750g	400g	400g
Cerebral Palsy (AWDCP)	3kg	2kg	750g	750g	600g	400g
Amputee / others (AWDAMP/OTHER)	4kg	4kg	1kg	1kg	700g	500g
Vision Impairment (AWDVI)	4kg	4kg	1kg	1kg	700g	500g
Intellectual (AWDID)	4kg	4kg	1kg	1kg	700g	500g

Hurdle Heights/Distances:

Boys	Distance	Height (mm)	Colour mark	Number of hurdles	Distance to first hurdle	Distance between hurdles	Run off distance
Snr	110m	914	Red	10	13.72m	9.14m	14.02m
Int	100m	840	Yellow	10	13.00m	8.50m	10.50m
Jnr	80m	762	White	8	12.00m	8.00m	12.00m
Open	300m	840	Green	7	50.00m	35.00m	40.00m

Girls	Distance	Height (mm)	Colour mark	Number of hurdles	Distance to 1st hurdle	Distance between hurdles	Run off distance
Snr	100m	762	Yellow	10	13.00m	8.50m	10.50m
Int	80m	762	White	8	12.00m	8.00m	12.00m
Jnr	70m	762	Black	8	11.00m	7.00m	10.00m
Open	300m	762	Green	7	50.00m	35.00m	40.00m