

## 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 | 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 <sup>st</sup> hurdle | Distance between hurdles | Run off distance |
|------|----------|-------------|-------------|-------------------|------------------------------------|--------------------------|------------------|
| Snr  | 110m     | 914         | Blue        | 10                | 13.72m                             | 9.14m                    | 14.02m           |
| Int  | 100m     | 840         | Yellow      | 10                | 13.00m                             | 8.50m                    | 10.50m           |
| Jnr  | 80m      | 762         | Green       | 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 1 <sup>st</sup> 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   | 70m      | 762         | Black       | 8                 | 11.00m                             | 7.00m                    | 10.00m           |
| Open  | 300m     | 762         | Green       | 7                 | 50.00m                             | 35.00m                   | 40.00m           |

### Para Athletes

#### SENIOR BOYS & GIRLS - FIELD

Over 16 years as at 1 January 2016

| Impairment Group               | Classification | Boys   |         |          | Girls  |         |          |
|--------------------------------|----------------|--------|---------|----------|--------|---------|----------|
|                                |                | Discus | Javelin | Shot Put | Discus | Javelin | Shot Put |
| <b>VISUAL IMPAIRMENT</b>       | <b>F11-13</b>  | 1.50kg | 700g    | 5.00kg   | 1.00kg | 500g    | 3.00kg   |
| <b>INTELLECTUAL IMPAIRMENT</b> | <b>F20</b>     | 1.50kg | 700g    | 5.00kg   | 1.00kg | 500g    | 3.00kg   |
| <b>PHYSICAL IMPAIRMENT</b>     |                |        |         |          |        |         |          |
| <i>Cerebral Palsy</i>          | <b>F35-36</b>  | 1.00kg | 600g    | 4.00kg   | 1.00kg | 500g    | 3.00kg   |
|                                | <b>F37</b>     | 1.00kg | 600g    | 5.00kg   | 1.00kg | 500g    | 3.00kg   |
|                                | <b>F38</b>     | 1.50kg | 700g    | 5.00kg   | 1.00kg | 500g    | 3.00kg   |
| <i>Short Stature</i>           | <b>F40-41</b>  | 1.00kg | 600g    | 4.00kg   | 750g   | 400g    | 3.00kg   |
| <i>Amputee &amp; Others</i>    | <b>F42-47</b>  | 1.50kg | 700g    | 5.00kg   | 1.00kg | 500g    | 3.00kg   |
| <i>Wheelchair</i>              | <b>F33</b>     | 1.00kg | 600g    | 3.00kg   | 1.00kg | 500g    | 3.00kg   |
|                                | <b>F34</b>     | 1.00kg | 600g    | 4.00kg   | 1.00kg | 500g    | 3.00kg   |
|                                | <b>F52</b>     | 1.00kg | 600g    | 2.00kg   | 1.00kg | 500g    | 2.00kg   |
|                                | <b>F53</b>     | 1.00kg | 600g    | 3.00kg   | 1.00kg | 500g    | 3.00kg   |
|                                | <b>F54-56</b>  | 1.00kg | 600g    | 4.00kg   | 1.00kg | 500g    | 3.00kg   |
|                                | <b>F57</b>     | 1.00kg | 600g    | 4.00kg   | 1.00kg | 500g    | 3.00kg   |
|                                | <b>F58</b>     | 1.00kg | 600g    | 5.00kg   | 1.00kg | 500g    | 3.00kg   |

**JUNIOR BOYS & GIRLS - FIELD**

**Under 16 years as at 1 January 2016**

| Impairment Group               | Classification | Boys   |         |          | Girls  |         |          |
|--------------------------------|----------------|--------|---------|----------|--------|---------|----------|
|                                |                | Discus | Javelin | Shot Put | Discus | Javelin | Shot Put |
| <b>VISUAL IMPAIRMENT</b>       | <b>F11-13</b>  | 1.00kg | 700g    | 4.00kg   | 1.00kg | 500g    | 3.00kg   |
| <b>INTELLECTUAL IMPAIRMENT</b> | <b>F20</b>     | 1.00kg | 700g    | 4.00kg   | 1.00kg | 500g    | 3.00kg   |
|                                |                |        |         |          |        |         |          |
| <b>PHYSICAL IMPAIRMENT</b>     |                |        |         |          |        |         |          |
| <i>Cerebral Palsy</i>          | <b>F35-36</b>  | 750g   | 500g    | 3.00kg   | 750g   | 500g    | 2.00kg   |
|                                | <b>F37</b>     | 750g   | 500g    | 3.00kg   | 750g   | 500g    | 2.00kg   |
|                                | <b>F38</b>     | 750g   | 600g    | 3.00kg   | 750g   | 500g    | 2.00kg   |
| <i>Short Stature</i>           | <b>F40-41</b>  | 1.00kg | 400g    | 3.00kg   | 750g   | 400g    | 2.00kg   |
| <i>Amputee &amp; Others</i>    | <b>F42-47</b>  | 1.00kg | 600g    | 4.00kg   | 1.00kg | 400g    | 3.00kg   |
| <i>Wheelchair</i>              | <b>F33</b>     | 750g   | 500g    | 2.00kg   | 750g   | 500g    | 2.00kg   |
|                                | <b>F34</b>     | 750g   | 500g    | 3.00kg   | 750g   | 500g    | 2.00kg   |
|                                | <b>F52</b>     | 750g   | 400g    | 2.00kg   | 750g   | 400g    | 2.00kg   |
|                                | <b>F53</b>     | 750g   | 400g    | 2.00kg   | 750g   | 400g    | 2.00kg   |
|                                | <b>F54-56</b>  | 750g   | 400g    | 2.00kg   | 750g   | 400g    | 2.00kg   |
|                                | <b>F57</b>     | 1.00kg | 500g    | 2.00kg   | 750g   | 400g    | 2.00kg   |
|                                | <b>F58</b>     | 1.00kg | 500g    | 3.00kg   | 750g   | 400g    | 3.00kg   |