

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	840	Yellow	10	13.00m	8.50m	10.50m
Jnr	80m	762	Green	8	12.00m	8.00m	12.00m
Int/Jnr	300m	762	Green	7	50.00m	35.00m	40.00m
Senior	300m	840	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	70m	762	Black	8	11.00m	7.00m	10.00m
Int/Jnr	300m	762	Green	7	50.00m	35.00m	40.00m
Senior	300m	762	Green	7	50.00m	35.00m	40.00m

2000m Steeplechase

Intermediate Girls/ Senior Girls/ Intermediate Boys: 762 mm

Senior Boys: 914mm

Implement weights for Para Athletes

SENIOR BOYS & GIRLS - FIELD Over 16 years as at 1 January 2019

Impairment Group	Classification	Boys			Girls		
		Discus	Javelin	Shot Put	Discus	Javelin	Shot Put
VISUAL IMPAIRMENT	F11-13	1.50kg	700g	5.00kg	1.00kg	500g	3.00kg
INTELLECTUAL IMPAIRMENT	F20	1.50kg	700g	5.00kg	1.00kg	500g	3.00kg
PHYSICAL IMPAIRMENT							
<i>Cerebral Palsy</i>	F35-36	1.00kg	600g	4.00kg	1.00kg	500g	3.00kg
	F37	1.00kg	600g	5.00kg	1.00kg	500g	3.00kg
	F38	1.50kg	700g	5.00kg	1.00kg	500g	3.00kg
<i>Short Stature</i>	F40-41	1.00kg	600g	4.00kg	750g	400g	3.00kg
<i>Amputee & Others</i>	F42-46	1.50kg	700g	5.00kg	1.00kg	500g	3.00kg
<i>Wheelchair</i>	F33	1.00kg	600g	3.00kg	1.00kg	500g	3.00kg
	F34	1.00kg	600g	4.00kg	1.00kg	500g	3.00kg
	F52	1.00kg	600g	2.00kg	1.00kg	500g	2.00kg
	F53	1.00kg	600g	3.00kg	1.00kg	500g	3.00kg

	F54-56	1.00kg	600g	4.00kg	1.00kg	500g	3.00kg
	F57	1.00kg	600g	4.00kg	1.00kg	500g	3.00kg
<i>Prosthetic</i>	F61-64	1.00kg	700g	5.00kg	1.00kg	500g	3.00kg

JUNIOR BOYS & GIRLS - FIELD Under 16 years as at 1 January 2019

Impairment Group	Classification	Boys			Girls		
		Discus	Javelin	Shot Put	Discus	Javelin	Shot Put
VISUAL IMPAIRMENT	F11-13	1.00kg	700g	4.00kg	1.00kg	500g	3.00kg
INTELLECTUAL IMPAIRMENT	F20	1.00kg	700g	4.00kg	1.00kg	500g	3.00kg
PHYSICAL IMPAIRMENT							
<i>Cerebral Palsy</i>	F35-36	750g	500g	3.00kg	750g	500g	2.00kg
	F37	750g	500g	3.00kg	750g	500g	2.00kg
	F38	750g	600g	3.00kg	750g	500g	2.00kg
<i>Short Stature</i>	F40-41	1.00kg	400g	3.00kg	750g	400g	2.00kg
<i>Amputee & Others</i>	F42-46	1.00kg	600g	4.00kg	1.00kg	400g	3.00kg
<i>Wheelchair</i>	F33	750g	500g	2.00kg	750g	500g	2.00kg
	F34	750g	500g	3.00kg	750g	500g	2.00kg
	F52	750g	400g	2.00kg	750g	400g	2.00kg
	F53	750g	400g	2.00kg	750g	400g	2.00kg
	F54-56	750g	400g	2.00kg	750g	400g	2.00kg
	F57	1.00kg	500g	2.00kg	750g	400g	2.00kg
<i>Prosthetic</i>	F61-64	1.00kg	700g	5.00kg	1.00kg	500g	3.00kg