

North Island Secondary School Implement Weights for Para Athlete Classes

Men					Women			
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

Visual Impairment (VI)

Intellectual Impairment(II)

Cerebral Palsy and Neurological Impairments(CP)

Short Stature(SS)

Amputees and Other Impairments (AO)

Wheelchair and throwing frame user (WC)

Athletes who compete using prosthetic lower limbs (PL)

NZSSAA Para Athlete Standards

BOYS											
Class	Age	100m	200m	400m	800m	1500m	Shot	Discus	Javelin/Club*	Long Jump	High Jump
T/F11	Senior	16.80	34.50	1:17.0	3:03.0	6:07.0	6.85	20.70	24.30	3.70	
	Junior	19.90	40.75	1:31.0	3:36.0	7:14.0	5.30	16.10	18.90	3.35	
T/F12	Senior	16.40	33.20	1:15.0	2:50.0	5:52.0	7.45	23.60	28.90	4.10	
	Junior	19.40	39.20	1:28.0	3:20.0	6:55.0	5.80	18.30	22.50	3.70	
T/F13	Senior	16.10	32.40	1:13.0	2:50.0	5:52.0	7.40	24.10	29.50	4.20	
	Junior	19.10	38.30	1:26.0	3:20.0	6:55.0	5.75	18.70	19.80	3.80	
T/F20	Senior	16.40	33.00	1:13.0	2:55.0	5:47.0	7.55	18.30	25.50	4.20	
	Junior	19.40	39.00	1:26.0	3:26.0	6:50.0	5.85	14.20	19.80	3.80	
T/F31	Senior								13.80 (club)		
	Junior								10.70 (club)		
T/F32	Senior	35.80	1:12.0				4.65	7.90	16.70 (club)		
	Junior	42.30	1:25.0				3.60	6.10	13.70 (club)		
T/F33	Senior	25.40	46.10	1:30.0	2:54.0		5.55	13.20	12.10		
	Junior	30.00	54.50	1:46.0	3:27.0		4.30	10.30	9.40		
T/F34	Senior	22.70	41.10	1:17.0	2:35.0		5.40	19.40	17.20		
	Junior	26.90	48.60	1:31.0	3:03.0		4.20	15.10	13.30		
T/F35	Senior	18.80	38.00	1:28.0	3:50.0		7.30	24.30	25.20	3.30	
	Junior	22.30	44.90	1:43.0	4:32.0		5.70	18.90	19.60	3.00	
T/F36	Senior	18.30	37.40	1:23.0	3:09.0	7:00.0	6.90	18.90	19.70	2.95	
	Junior	21.60	44.20	1:37.0	3:43.0	8:17.0	5.35	14.70	15.30	2.70	
T/F37	Senior	17.60	34.80	1:18.0	3:01.0	6:09.0	7.85	26.90	26.00	3.45	
	Junior	20.80	41.10	1:32.0	3:33.0	7:16.0	6.10	20.90	20.20	3.15	
T/F38	Senior	16.50	33.60	1:16.0	3:01.0	6:07.0	7.00	23.80	23.10	3.55	
	Junior	19.60	39.70	1:30.0	3:35.0	7:13.0	5.45	18.50	17.90	3.20	
T/F40	Senior	24.60					4.90	11.60	15.80	2.65	
	Junior	29.10					3.80	9.00	12.30	2.40	
T/F41	Senior	21.60					6.30	19.90	19.60	2.65	
	Junior	25.50					4.90	15.50	15.20	2.40	
T/F42	Senior	18.70	35.50	1:21.0			7.25	24.30	25.80	3.55	1.30
	Junior	22.10	41.90	1:36.0			5.65	18.90	20.00	3.25	1.10
T/F43	Senior	16.30	31.80	1:10.0	3:15.0		6.35	28.30	25.70	4.35	
	Junior	19.30	37.60	1:23.0	3:52.0		4.95	22.00	20.00	3.95	
T/F44	Senior	16.40	32.80	1:17.0	3:09.0		8.25	28.80	27.00	4.35	1.30
	Junior	19.30	38.70	1:31.0	3:43.0		6.40	22.40	21.00	3.95	1.10
T/F45-47	Senior	16.20	32.60	1:14.0	2:52.0	5:55.0	7.05	23.60	28.70	4.15	1.40
	Junior	19.10	38.50	1:27.0	3:23.0	6:59.0	5.45	18.40	22.40	3.75	1.10
T/F51	Senior	30.60	57.70	1:59.0				10.40	14.80 (club)		
	Junior	36.20	1:08.0	2:21.0				8.10	11.50 (club)		
T/F52	Senior	25.40	46.20	1:25.0	2:52.0	5:16.0	5.20	9.60	13.60		
	Junior	30.00	54.60	1:41.0	3:23.0	6:13.0	4.10	7.50	10.60		
T/F53	Senior	21.80	38.90	1:13.0	2:26.0	4:29.0	3.90	11.90	10.90		
	Junior	25.80	46.00	1:26.0	2:52.0	5:18.0	3.05	9.30	8.50		
T/F54	Senior	21.00	36.00	1:07.0	2:18.0	4:29.0	5.10	15.10	13.40		
	Junior	24.80	44.00	1:20.0	2:44.0	5:18.0	3.95	11.70	10.40		
F55	Senior						5.55	17.90	15.80		
	Junior						4.30	13.90	12.30		
F56	Senior						6.05	20.40	19.00		
	Junior						4.70	15.90	14.70		
F57	Senior						6.70	21.40	21.80		
	Junior						5.20	16.60	17.00		

T/F61	Senior	18.70	35.50	1:21.0			7.25	24.30	25.80	3.55	
	Junior	22.10	41.90	1:36.0			5.65	18.90	20.00	3.25	
T/F62	Senior	16.30	31.80	1:10.0	3:15.0		6.35	28.30	25.70	4.35	
	Junior	19.30	37.60	1:23.0	3:52.0		4.95	22.00	20.00	3.95	
T/F63	Senior	18.70	35.50	1:21.0			7.25	24.30	25.80	3.55	1.30
	Junior	22.10	41.90	1:36.0			5.65	18.90	20.00	3.25	1.10
T/F64	Senior	16.40	32.80	1:17.0	3:15.0		8.25	28.80	26.90	4.35	1.30
	Junior	19.30	38.70	1:31.0	3:52.0		6.40	22.40	20.90	3.95	1.10

GIRLS

Class	Age	100m	200m	400m	800m	1500m	Shot	Discus	Javelin/Club*	Long Jump	High Jump
T/F11	Senior	18.40	37.60	1:27.0	3:32.0	7:10.0	5.75	18.15	17.35	2.85	
	Junior	21.70	44.50	1:42.0	4:10.0	8:27.0	4.00	14.15	13.50	2.60	
T/F12	Senior	17.60	35.50	1:20.0	3:13.0	6:39.0	6.75	21.30	19.20	3.60	
	Junior	20.80	41.90	1:35.0	3:48.0	7:52.0	5.25	16.55	14.95	3.30	
T/F13	Senior	18.20	37.30	1:24.0	3:10.0	6:18.0	6.75	20.10	20.05	3.20	
	Junior	21.50	44.10	1:39.0	3:44.0	7:26.0	5.25	15.60	15.60	2.90	
T/F20	Senior	18.40	38.50	1:27.0	3:17.0	6:46.0	6.25	19.00	17.90	3.35	
	Junior	21.70	45.50	1:42.0	3:53.0	7:59.0	4.85	14.75	13.90	3.05	
T/F31	Senior								5.05 (club)		
	Junior								3.95 (club)		
T/F32	Senior	42.70	1:27.0				2.95	5.00	12.10 (club)		
	Junior	49.20	1:50.0				2.25	3.90	9.40 (club)		
T/F33	Senior	30.60	53.90				2.85	5.15	5.40		
	Junior	36.20	63.70				2.20	4.00	4.20		
T/F34	Senior	25.90	47.00	1:31.0	3:00.0		3.90	9.45	9.80		
	Junior	30.50	55.50	1:47.0	3:33.0		3.05	7.35	7.65		
T/F35	Senior	20.90	43.50	1:55.0	4:58.0		6.25	14.10	11.50	1.80	
	Junior	24.70	51.40	2:16.0	5:52.0		4.85	11.00	8.95	1.30	
T/F36	Senior	21.30	44.00	1:44.0	4:59.0	9:54.0	5.15	12.60	13.30	2.25	
	Junior	25.20	52.00	2:02.0	5:53.0	11:42.0	4.00	9.80	10.30	2.05	
T/F37	Senior	20.20	41.90	1:34.0	4:09.0	8:44.0	6.25	16.90	17.00	2.70	
	Junior	23.90	49.50	1:50.0	4:55.0	10:19.0	4.85	13.15	13.25	2.45	
T/F38	Senior	19.40	39.90	1:34.0	4:00.0	8:26.0	5.65	14.45	14.75	3.00	
	Junior	22.90	47.20	1:50.0	4:44.0	9:58.0	4.40	11.25	11.50	2.70	
T/F40	Senior	30.90	62.50				3.75	10.50	9.15	1.80	
	Junior	36.50	1:13.0				2.90	8.15	7.10	1.40	
T/F41	Senior	27.30	62.30				4.65	15.00	12.90	2.00	
	Junior	32.20	1:13.0				3.65	11.65	10.05	1.50	
T/F42	Senior	22.50	48.90				4.50	14.90	14.15	2.45	1.20
	Junior	26.60	57.70				3.50	11.60	11.00	2.20	1.00
T/F43	Senior	21.30	39.50	1:34.0	4:04.0		4.35	14.50	12.55	3.00	
	Junior	24.60	46.70	1:51.0	4:48.0		3.40	11.25	9.75	2.70	
T/F44	Senior	19.90	40.80	1:32.0	4:04.0		5.90	20.00	18.20	3.00	1.20
	Junior	23.50	48.20	1:48.0	4:48.0		4.60	15.55	14.15	2.70	1.00
T/F45-47	Senior	18.40	37.70	1:26.0	3:24.0	7:27.0	5.60	18.95	19.35	3.30	1.30
	Junior	21.80	44.50	1:42.0	4:01.0	8:48.0	4.35	14.70	15.05	3.00	1.00
T/F51	Senior	38.00	1:08.0	2:45.0				5.85	10.25 (club)		
	Junior	44.90	1:20.0	3:16.0				4.55	7.95 (club)		
T/F52	Senior	28.80	51.10	1:40.0	3:16.0	6:49.0	2.75	6.85	6.05		
	Junior	34.00	60.40	1:58.0	3:51.0	8:03.0	2.15	5.35	4.70		
T/F53	Senior	25.00	44.60	1:24.0	2:46.0	5:10.0	2.65	6.50	5.30		
	Junior	29.50	52.60	1:40.0	3:16.0	6:06.0	2.05	5.05	4.15		

T/F54	Senior	23.70	42.40	1:20.0	2:39.0	5:10.0	3.05	8.95	9.10		
	Junior	28.00	50.10	1:35.0	3:07.0	6:06.0	2.35	6.95	7.05		
F55	Senior						4.05	12.50	10.45		
	Junior						3.15	9.70	8.10		
F56	Senior						4.20	11.10	10.80		
	Junior						3.30	8.60	8.40		
F57	Senior						4.90	15.60	11.55		
	Junior						3.80	12.10	9.00		
T/F61	Senior	22.50	48.90				4.50	14.90	14.15	2.45	
	Junior	26.60	57.70				3.50	11.60	11.00	2.20	
T/F62	Senior	21.30	39.50	1:34.0	4:04.0		4.35	14.50	12.55	3.00	
	Junior	24.60	46.70	1:51.0	4:48.0		3.40	11.25	9.75	2.70	
T/F63	Senior	22.50	48.90				4.50	14.90	14.15	2.45	1.20
	Junior	26.60	57.70				3.50	11.60	11.00	2.20	1.00
T/F64	Senior	19.80	41.00	1:32.0	3:39.0		5.90	20.00	18.20	3.00	1.20
	Junior	23.40	48.50	1:48.0	4:19.0		4.60	15.55	14.15	2.70	1.00