

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	838	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	838	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: 838mm