

## NZSSAA Standards

For schools wishing to enter more than one competitor in an event:

The implement weights for throwing events are in blue.

Event	Senior Boys	Junior Boys	Senior Girls	Junior Girls
100 m	11.4 s	11.9 s	13.0 s	13.2 s
200 m	23.4 s	24.3 s	26.8 s	27.0 s
400 m	53.0 s	55.5 s	62.0 s	63.0 s
800 m	2:03.00 min	2:08.00 min	2:28.00 min	2:30.00 min
1500 m	4:14.00 min	4:30.00 min	5:10.00 min	5:30.00 min
3000 m	9:18.00 min	9:40.00 min	11:00.00 min	11:30.00 min
2000m Steeplechase	6:25.00 min	7:30.00 min	8:25.00 min	8:45.00 min
Short Hurdles	17.5 s – 110 m	16.5 s – 100 m	17.5 s – 100 m	15.0 s – 80 m
300m Hurdles	46.2 s	49.2 s	49.2 s	53.00 s
High Jump	1.75 m	1.60 m	1.50 m	1.45 m
Long Jump	6.10 m	5.60 m	4.90 m	4.85 m
Triple Jump	12.30 m	11.50 m	9.85 m	9.50 m
Pole Vault	NS (see starting height)	NS (see starting height)	NS (see starting height)	NS (see starting height)
Shot Put	13.20 m 5 Kg	11.80 m 5 Kg	11.00 m 3 Kg	10.50 m 3 Kg
Discus	36.00 m 1.5 Kg	35.00 m 1.25 Kg	28.00 m 1 Kg	26.00 m 1 Kg
Javelin	43.00 m 700 g	38.00 m 700 g	27.00 m 500 g	25.00 m 500 g
Hammer	30.00 m 5 Kg	30.00 4 Kg	30.00 3 Kg	27.00 3 Kg

Event	Open Boys	Open Girls
2000 m Walk		14:00.00 min
3000 m Walk	18:25.00 min	

## Implement weights for Para Athletes

### SENIOR BOYS & GIRLS - FIELD

16 years and over as at 31 December of the year of competition

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 31 December of the year of competition

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

Students can be assessed and a provisional classification can be allocated to you simply by completing the relevant forms primary to your disability. Forms can be downloaded on [www.paralympics.org.nz](http://www.paralympics.org.nz). Please ensure that these forms are submitted to Paralympics New Zealand.

## Standards for Para Athletes

There are no standards for High Jump or Long Jump.

### SENIOR & JUNIOR BOYS - TRACK

Impairment Group	Classification	100m	200m	400m
		<b>VISUAL IMPAIRMENT</b>	<b>T11-13</b>	19sec
<b>INTELLECTUAL IMPAIRMENT</b>	<b>T20</b>	17sec	40sec	1min20
<b>PHYSICAL IMPAIRMENT</b>				
<i>Cerebral Palsy</i>	<b>T35-38</b>	20sec	45sec	1min40
<i>Short Stature</i>	<b>T40</b>	21sec	50sec	1min50
<i>Amputee &amp; Others</i>	<b>T41-46</b>	20sec	45sec	1min40
<i>Wheelchair</i>	<b>T33-34</b>	40sec	1min10	2mins20
	<b>T51-54</b>	40sec	1min10	2mins20

### SENIOR & JUNIOR BOYS - FIELD

Impairment Group	Classification	Shot Put	Discus	Javelin
		<b>VISUAL IMPAIRMENT</b>	<b>F11-13</b>	3.5m
<b>INTELLECTUAL IMPAIRMENT</b>	<b>F20</b>	4m	10m	12m
<b>PHYSICAL IMPAIRMENT</b>				
<i>Cerebral Palsy</i>	<b>F35-38</b>	3.5m	10m	9m
<i>Short Stature</i>	<b>F40</b>	2.5m	7.5m	6m
<i>Amputee &amp; Others</i>	<b>F41-46</b>	3.5m	10m	9m
<i>Wheelchair</i>	<b>F33-34</b>	2.5m	7.5m	6m
	<b>F52-58</b>	2.5m	7.5m	6m

### SENIOR & JUNIOR GIRLS - TRACK

Impairment Group	Classification	100m	200m	400m
		<b>VISUAL IMPAIRMENT</b>	<b>T11-13</b>	23sec
<b>INTELLECTUAL IMPAIRMENT</b>	<b>T20</b>	20sec	45sec	1min40
<b>PHYSICAL IMPAIRMENT</b>				
<i>Cerebral Palsy</i>	<b>T35-38</b>	23sec	1min	2mins
<i>Short Stature</i>	<b>T40</b>	25sec	1min	2mins
<i>Amputee &amp; Others</i>	<b>T41-46</b>	23sec	1min	2mins
<i>Wheelchair</i>	<b>T33-34</b>	50sec	1min30	3mins
	<b>T51-54</b>	50sec	1min30	3mins

### SENIOR & JUNIOR GIRLS - FIELD

Impairment Group	Classification	Shot Put	Discus	Javelin
		<b>VISUAL IMPAIRMENT</b>	<b>F11-13</b>	3.5m
<b>INTELLECTUAL IMPAIRMENT</b>	<b>F20</b>	4m	10m	12m
<b>PHYSICAL IMPAIRMENT</b>				
<i>Cerebral Palsy</i>	<b>F35-38</b>	3.5m	10m	9m
<i>Short Stature</i>	<b>F40</b>	2.5m	7.5m	6m
<i>Amputee &amp; Others</i>	<b>F41-46</b>	3.5m	10m	9m
<i>Wheelchair</i>	<b>F33-34</b>	2.5m	7.5m	6m
	<b>F52-58</b>	2.5m	7.5m	6m

## Hurdle Heights and Distances

Event	Height (mm)	No.	To 1 <sup>st</sup> (m)	Between (m)	To Finish (m)
Boys Senior 110m	0.914	10	13.72	9.14	14.02
Boys Junior 100m	0.838	10	13.00	8.50	10.50
Boys Senior 300m	0.838	7	50.00	35.00	40.00
Boys Junior 300m	0.762	7	50.00	35.00	40.00
Girls Senior 100m	0.762	10	13.00	8.50	10.50
Girls Junior 80m	0.762	8	12.00	8.00	12.00
Girls Senior 300m	0.762	7	50.00	35.00	40.00
Girls Junior 300m	0.762	7	50.00	35.00	40.00

## Steeplechase

Event	Distance (m)	Height (mm)
Boys Senior	2000	0.914
Boys Junior	2000	0.762
Girls Senior	2000	0.762
Girls Junior	2000	0.762

## High Jump

Senior Boys: Start at **1.70 m** with **5 cm** rises to **1.90 m** thereafter **3 cm** rises

Junior Boys: Start at **1.55 m** with **5 cm** rises to **1.80 m** thereafter **3 cm** rises

Senior Girls: Start at **1.45 m** with **5 cm** rises to **1.60 m** thereafter **3 cm** rises

Junior Girls: Start at **1.40 m** with **5 cm** rises to **1.55 m** thereafter **3 cm** rises

Para athletes Height and rises to be agreed with officials

## Pole Vault

Senior Boys: Start at **2.85 m** goes up in **15 cm** rises until **3.15 m** thereafter **10 cm** rises

Junior Boys: Start at **2.40 m** goes up in **15 cm** rises until **3.15 m** thereafter **10 cm** rises

Senior Girls: Start at **2.35 m** goes up in **15 cm** rises until **2.80 m** thereafter **10 cm** rises

Junior Girls: Start at **2.05 m** goes up in **15 cm** rises until **2.80 m** thereafter **10 cm** rises

## Implements

Event	Javelin (g)	Discus (kg)	Shot Put(kg)	Hammer (kg)
Boys Senior	700	1.50	5.00	5.00
Boys Junior	700	1.25	5.00	4.00
Girls Senior	500	1.00	3.00	3.00
Girls Junior	500	1.00	3.00	3.00