

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 |
| 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> | F42-47 | 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 |
| | F58 | 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 |
| 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> | F42-47 | 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 |
| | F58 | 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. 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 |
|--------------------------------|----------------|--------------------------|---------------|---------|
| | | VISUAL IMPAIRMENT | T11-13 | 19sec |
| INTELLECTUAL IMPAIRMENT | T20 | 17sec | 40sec | 1min20 |
| PHYSICAL IMPAIRMENT | | | | |
| <i>Cerebral Palsy</i> | T35-38 | 20sec | 45sec | 1min40 |
| <i>Short Stature</i> | T40 | 21sec | 50sec | 1min50 |
| <i>Amputee & Others</i> | T41-46 | 20sec | 45sec | 1min40 |
| <i>Wheelchair</i> | T33-34 | 40sec | 1min10 | 2mins20 |
| | T51-54 | 40sec | 1min10 | 2mins20 |

SENIOR & JUNIOR BOYS - FIELD

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

SENIOR & JUNIOR GIRLS - TRACK

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

SENIOR & JUNIOR GIRLS - FIELD

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

Hurdle Heights and Distances

| Event | Height (mm) | No. | To 1 st (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 |