

NZSSAA Standards and Specifications

For schools wishing to enter more than one competitor in an event and as a guide to entry:

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	

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	0.838
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

Implement weights for Para Athletes

Boys					Girls			
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

NZSSAA Para Athlete Standards

Boys

Class	Age	100m	200m	400m	Shot	Discus	Javelin/Club*	Long Jump	High Jump
T/F11	Senior	16.80	34.50	1:17.0	6.85	20.70	24.30	3.70	
	Junior	19.90	40.75	1:31.0	5.30	16.10	18.90	3.35	
T/F12	Senior	16.40	33.20	1:15.0	7.45	23.60	28.90	4.10	
	Junior	19.40	39.20	1:28.0	5.80	18.30	22.50	3.70	
T/F13	Senior	16.10	32.40	1:13.0	7.40	24.10	29.50	4.20	
	Junior	19.10	38.30	1:26.0	5.75	18.70	19.80	3.80	
T/F20	Senior	16.40	33.00	1:13.0	7.55	18.30	25.50	4.20	
	Junior	19.40	39.00	1:26.0	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	5.55	13.20	12.10		
	Junior	30.00	54.50	1:46.0	4.30	10.30	9.40		
T/F34	Senior	22.70	41.10	1:17.0	5.40	19.40	17.20		
	Junior	26.90	48.60	1:31.0	4.20	15.10	13.30		
T/F35	Senior	18.80	38.00	1:28.0	7.30	24.30	25.20	3.30	
	Junior	22.30	44.90	1:43.0	5.70	18.90	19.60	3.00	
T/F36	Senior	18.30	37.40	1:23.0	6.90	18.90	19.70	2.95	
	Junior	21.60	44.20	1:37.0	5.35	14.70	15.30	2.70	
T/F37	Senior	17.60	34.80	1:18.0	7.85	26.90	26.00	3.45	
	Junior	20.80	41.10	1:32.0	6.10	20.90	20.20	3.15	
T/F38	Senior	16.50	33.60	1:16.0	7.00	23.80	23.10	3.55	
	Junior	19.60	39.70	1:30.0	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	6.35	28.30	25.70	4.35	
	Junior	19.30	37.60	1:23.0	4.95	22.00	20.00	3.95	
T/F44	Senior	16.40	32.80	1:17.0	8.25	28.80	27.00	4.35	1.30
	Junior	19.30	38.70	1:31.0	6.40	22.40	21.00	3.95	1.10
T/F45-47	Senior	16.20	32.60	1:14.0	7.05	23.60	28.70	4.15	1.40
	Junior	19.10	38.50	1:27.0	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	5.20	9.60	13.60		
	Junior	30.00	54.60	1:41.0	4.10	7.50	10.60		
T/F53	Senior	21.80	38.90	1:13.0	3.90	11.90	10.90		
	Junior	25.80	46.00	1:26.0	3.05	9.30	8.50		
T/F54	Senior	21.00	36.00	1:07.0	5.10	15.10	13.40		
	Junior	24.80	44.00	1:20.0	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	6.35	28.30	25.70	4.35	
	Junior	19.30	37.60	1:23.0	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	8.25	28.80	26.90	4.35	1.30
	Junior	19.30	38.70	1:31.0	6.40	22.40	20.90	3.95	1.10

Girls

Class	Age	100m	200m	400m	Shot	Discus	Javelin/Club*	Long Jump	High Jump
T/F11	Senior	18.40	37.60	1:27.0	5.75	18.15	17.35	2.85	
	Junior	21.70	44.50	1:42.0	4.00	14.15	13.50	2.60	
T/F12	Senior	17.60	35.50	1:20.0	6.75	21.30	19.20	3.60	
	Junior	20.80	41.90	1:35.0	5.25	16.55	14.95	3.30	
T/F13	Senior	18.20	37.30	1:24.0	6.75	20.10	20.05	3.20	
	Junior	21.50	44.10	1:39.0	5.25	15.60	15.60	2.90	
T/F20	Senior	18.40	38.50	1:27.0	6.25	19.00	17.90	3.35	
	Junior	21.70	45.50	1:42.0	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	3.90	9.45	9.80		
	Junior	30.50	55.50	1:47.0	3.05	7.35	7.65		
T/F35	Senior	20.90	43.50	1:55.0	6.25	14.10	11.50	1.80	
	Junior	24.70	51.40	2:16.0	4.85	11.00	8.95	1.30	
T/F36	Senior	21.30	44.00	1:44.0	5.15	12.60	13.30	2.25	
	Junior	25.20	52.00	2:02.0	4.00	9.80	10.30	2.05	
T/F37	Senior	20.20	41.90	1:34.0	6.25	16.90	17.00	2.70	
	Junior	23.90	49.50	1:50.0	4.85	13.15	13.25	2.45	
T/F38	Senior	19.40	39.90	1:34.0	5.65	14.45	14.75	3.00	
	Junior	22.90	47.20	1:50.0	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	4.35	14.50	12.55	3.00	
	Junior	24.60	46.70	1:51.0	3.40	11.25	9.75	2.70	
T/F44	Senior	19.90	40.80	1:32.0	5.90	20.00	18.20	3.00	1.20
	Junior	23.50	48.20	1:48.0	4.60	15.55	14.15	2.70	1.00
T/F45-47	Senior	18.40	37.70	1:26.0	5.60	18.95	19.35	3.30	1.30
	Junior	21.80	44.50	1:42.0	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	2.75	6.85	6.05		
	Junior	34.00	60.40	1:58.0	2.15	5.35	4.70		
T/F53	Senior	25.00	44.60	1:24.0	2.65	6.50	5.30		
	Junior	29.50	52.60	1:40.0	2.05	5.05	4.15		
T/F54	Senior	23.70	42.40	1:20.0	3.05	8.95	9.10		
	Junior	28.00	50.10	1:35.0	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	4.35	14.50	12.55	3.00	
	Junior	24.60	46.70	1:51.0	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	5.90	20.00	18.20	3.00	1.20
	Junior	23.40	48.50	1:48.0	4.60	15.55	14.15	2.70	1.00