

NZSSAA Guideline Performances and Specifications

Performance Target Guidelines

These performances are to be regarded as a guide to entry rather than a requirement for entry:

For schools wishing to enter more than three competitors in an event (*except for 100m/400m where 4 athletes can be entered if the school is entering the 4x100m and 4x400m relays*) they become standards which must have been achieved.

Notes:

- ✓ For an athlete to be seeded to a “A” race they require a verifiable performance on ANZ Rankings
- ✓ Applications for up to six athletes maybe made for 3km races through oe@nzssaa.org.nz

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
2000 m Walk		12:00.00 min		14:00.00 min
3000 m Walk	16:00.00 min		19:00.00	

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

STARTING HEIGHTS

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

Para Athlete Implement Weights (no standards set)

Under 20

Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
F11-13	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F20	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F31							397gr
F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	
F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F35	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	

F36	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F37	1.00kg	1.00kg	600gr	600gr	5.00kg	3.00kg	
F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	
F40,F41	1.00kg	750gr	600gr	400gr	4.00kg	3.00kg	
F42	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F43,F44	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F45,F46	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F51	1.00kg	1.00kg					397gr
F52	1.00kg	1.00kg	600gr	600gr	2.00kg	2.00kg	
F53	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	
F54	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F55	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F56	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F57	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F61,F63	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F62,F64	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	

Under 17

F11-13	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F20	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F31							397gr
F32	750gr	750gr			1.00kg	1.00kg	397gr
F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	
F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F37	750gr	750gr	500gr	500gr	4.00kg	2.00kg	
F38	1.00kg	750gr	600gr	500gr	4.00kg	2.00kg	
F40,F41	1.00kg	750gr	500gr	400gr	3.00kg	2.00kg	
F42,	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F43,F44	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F45,F46	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F51	750gr	750gr					397gr
F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	
F53	750gr	750gr	500gr	500gr	2.00kg	2.00kg	
F54	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F55	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F56	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F57	1.00kg	750gr	500gr	500gr	3.00kg	2.00kg	
F61,F63	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F62,F64	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	