

INFORMATION TO COMPETITORS Specifications

SPIKES Spikes for the track are to be no longer than 6mm . For the high jump and javelin they can be up to 9mm

HURDLES

AGE GROUP	DIST	FL'TS	TO 1 ST HURDLE	SPACINGS	HEIGHT	TO FINISH LINE
U19 Boys	110m	10	13.72	9.14m	914mm	14.02
U16 Boys	100m	10	13.00	8.50	840mm	10.50
U15 Boys	80m	8	12.00	8.00	840mm	12.00
U14 Boys	80m	8	12.00	8.00	762mm	12.00
U19 Girls	100m	10	13.00	8.5	762mm	10.5
U16 Girls	80m	8	12.00	8.00	762mm	12.00
U15 Girls	80m	8	12.00	8.00	762mm	12.00
U14 Girls	70m	8	11.00	7.00	762mm	10.00
Open Girls	300m	7	50.00	35m	762mm	40m
Open Boys	300m	7	50.00	35m	840mm	40m

FIELD EVENT IMPLEMENTS

AGE GROUP	HAMMER	SHOT	DISCUS	JAVELIN	HIGH JUMP (starting height approx)
Open Boys	5.00kg				
Open Girls	4.00kg				
Senior Boys		5.00kg	1.5kg	700g	1.45m
U16 Boys		5.00kg	1.25kg	700g	1.40m
U15 Boys		5.00kg	1.25kg	700g	1.30m
U14 Boys		4.00kg	1.00kg	600g	1.20m
Senior Girls		4.00kg	1.00kg	600g	1.20m
U16 Girls		3.25kg	1.00kg	600g	1.15m
U15 Girls		3.25kg	1.00kg	600g	1.10m
U14 Girls		3.25kg	1.00kg	600g	1.05m

AGE GROUPING FOR BOTH BOYS& GIRLS ARE TAKEN AS AT 1ST JANUARY 2005

TRACK ALLOCATIONS

8 Competitors

Aoraki	1
Canterbury	2
Otago/Southland	2
Tasman	1
West Coast	1
Host Region	1

16 Competitors

Aoraki	3
Canterbury	5
Otago/Southland	5
Tasman	2
West Coast	1

ENTRY INTO TRACK FINALS (up to 400m)

8 competitors
9-16 competitors

Straight into finals
2 heats – first 3 in each heat and 2 fastest losers