

## INFORMATION FOR COMPETITORS

[File: SISSAC Implement Specs for 2016 combo v1]

### SISSAC Equipment Specifications 2016 v2 (changes made at the 2015 AGM are in italics)

#### HURDLES

AGE GROUP	DIST	FL'TS	TO 1 <sup>ST</sup> 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
<i>Jnr &amp; Snr Boys</i>	<i>300m</i>	7	50.00	35m	840mm	40m
U19 Girls	100m	10	13.00	8.50	762mm	10.50
U16 Girls	80m	8	12.00	8.00	762mm	12.00
U15 Girls	80m	8	12.00	8.00	762mm	12.00
U14 Girls	80m	8	12.00	8.00	762mm	12.00
<i>Jnr &amp; Snr Girls</i>	<i>300m</i>	7	50.00	35m	762mm	40m

**STEEPLE CHASE:** Open Boys 2,000m, hurdle height 914mm; Open Girls 2,000m, hurdle height 762mm.

#### FIELD EVENT IMPLEMENTS

AGE GROUP	HAMMER	SHOT	DISCUS	JAVELIN	HIGH JUMP (starting height )
U19 Boys	5.00kg	5.00kg	1.5kg	700g	1.45m
U16 Boys	5.00kg	5.00kg	1.25kg	700g	1.40m
U15 Boys	4.00kg	5.00kg	1.25kg	700g	1.30m
U14 Boys	4.00kg	4.00kg	1.00kg	600g	1.20m
U19 Girls	3.00kg	3.00kg	1.00kg	500g	1.20m
U16 Girls	3.00kg	3.00kg	1.00kg	500g	1.15m
U15 Girls	3.00kg	3.00kg	1.00kg	500g	1.10m
U14 Girls	3.00kg	3.00kg	1.00kg	500g	1.05m

**AGE GROUPINGS FOR BOTH BOYS & GIRLS ARE TAKEN AS AT 1<sup>ST</sup> JANUARY in the year of competition.**

Athletes may be entered in a maximum of 4 events, including the 4 x 100m Relay, but excluding the 4 x 400m relay.

New events for 2016: 300m hurdles – junior (U16 & younger) and senior (16 and over), Javelin Throw for Para Athletes.

#### **FIELD EVENT IMPLEMENT SPECIFICATIONS for ParaAthletes – see page 2**

#### TRACK ALLOCATIONS

<i>300 hds, 4 x 400 relay</i>		ALL other events	ENTRY INTO TRACK FINALS (up to 400m inc.)
Aoraki	1	Aoraki 3	8 competitors Straight in to finals
Canterbury	2	Canterbury 5	
Otago/Southland	2	Otago/Southland 5	9 – 16 competitors 2 heats – first 3 in each heat plus next 2 fastest
Tasman	1	Tasman 2	
West Coast	1	West Coast 1	If a round is cancelled, the final will be held at FINALS time.
Host Region	1		
Max: 8 competitors		Max: 16 competitors	<b>FIELD Events:</b> all get three attempts, top 8 get 3 more.

**These specifications have been up-dated to include decisions made at the 2011, 2012, 2013, 2014 and 2015 AGMs.**

**Personal Implements:** we prefer athletes to use the implements supplied by the organisers. However, if an athlete wishes to use a personal implement it **MUST** be handed in to the equipment room for checking by 1pm on Friday (for HT), 5pm Friday for Saturday events, and 5pm Saturday for Sunday events. The implement (if compliant) will be added to the pool of implements available for use by any of the competitors.

**Pole Vault:** competitors **MUST** bring their own poles – none will be provided by the organisers.

**No implements will be provided for practice.**

[Mt 28/1/2016]

## PARA ATHLETICS IMPLEMENT WEIGHTS for SISSAC 2016 v2

**SENIOR BOYS & GIRLS – FIELD** [Age: 16 years and over as at 31 December in the year of competition]

Impairment Group	Classification	Boys			Girls		
		Discus	Javelin	Shotput	Discus	Javelin	Shotput
<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** [Age: Under 16 as at 31 December in the year of competition]

Impairment Group	Classification	Boys			Girls		
		Discus	Javelin	Shotput	Discus	Javelin	Shotput
<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

N.B. Weights are different from IPC weights to align with NZ Secondary School weights.

Events available for ParaAthletes	Track	Field	Reminder:
ParaAthletes may enter a maximum of <u>four</u> of these events.	100m	Discus	Para Athletes must have a Provisional or National Classification to compete in the SISSAC.
	200m	<i>Javelin</i>	
	400m	Long Jump	
		Shot Put	

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) or the NZSSAC web site <http://nzssaa.org.nz/>. Please ensure that these forms are submitted to Paralympics New Zealand on time.

**N.B. a metre board/mat is NOT used for Long Jump.**

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