

HURDLES – Specifications					
Girls	Distance	Height	Boys	Distance	Height
12 Years	80m	76.2cm	12 Years	80m	76.2cm
13 Years	90m	76.2cm	13 Years	90m	76.2cm
14 Years	90m	76.2cm	14 Years	100m	84cm
15 Years	90m	76.2cm	15 Years	100m	84cm
16 Years	100m	76.2cm	16 Years	110m	91.4cm
17 Years	100m	76.2cm	17 Years	110m	91.4cm
18-19 Years	100m	84.0cm	18-19 Years	110m	99.1cm

Girls	Javelin	Shot Put	Discus	Boys	Javelin	Shot Put	Discus
12 years	400g	3kg	750g	12 years	600g	3kg	750g
13 years	400g	3kg	1kg	13 years	600g	3kg	1kg
14 years	500g	3kg	1kg	14 years	700g	4kg	1kg
15 years	500g	3kg	1kg	15 years	700g	4kg	1kg
16 years	500g	3kg	1kg	16 years	700g	5kg	1.5kg
17 years	500g	3kg	1kg	17 years	700g	5kg	1.5kg
18-19 years	600g	4kg	1kg	18-19 years	800g	6kg	1.75kg

Girls	Starting Heights	Boys	Starting Heights
	High Jump		High Jump
12 years	1.20m	12 years	1.30m
13 years	1.25m	13 years	1.35m
14 years	1.30m	14 years	1.35m
15 years	1.30m	15 years	1.50m
16 years	1.45m	16 years	1.60m
17 years	1.50m	17 years	1.70m
18-19 years	1.50m	18-19 years	1.70m