Throwing Implement, Hurdles and Steeplechase Specifications - 2017

<u>Throws</u>	<u>Discus</u>	Shot Put	<u>Javelin</u>	<u>Hammer</u>	
Junior Girls (NZSS)	1 kg	3 kg	500 g	3 kg	
Senior Girls (NZSS)	1 kg	4 kg	600 g	4 kg	
Junior Boys (NZSS)	1.25 kg	5 kg	700 g	4 kg	
Senior Boys (NZSS)	1.5 kg	5 kg	700 g	5 kg	
U18 Women	1 kg	3 kg	500 g	3 kg	
U20 Women	1 kg	4 kg	600 g	4 kg	
Senior Women	1 kg	4 kg	600 g	4 kg	
U18 Men	1.5 kg	5 kg	700 g	5 kg	
U20 Men	1.75 kg	6 kg	800 g	6 kg	
Senior Men	2 kg	7.26 kg	800 g	7.26 kg	
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<u>Hurdles</u>	Distance	<u>Height</u>		Distance	<u>Height</u>
Junior Girls (NZSS)	80 m	762 mm			
Senior Girls (NZSS)	100 m	762 mm		300 m	762 mm
Junior Boys (NZSS)	100 m	840 mm			
Senior Boys (NZSS)	110 m	914 mm		300 m	840 mm
U18 Women	100 m	762 mm		300 m	762 mm
U20 Women	100 m	840 mm		400 m	762 mm
Senior Women	100 m	840 mm		400 m	762 mm
U18 Men	110 m	914 mm		300 m	840 mm
U20 Men	110 m	990 mm		400 m	914 mm
Senior Men	110 m	1067 mm		400 m	914 mm
Steeplechase	Distance	<u>Height</u>			
Open Girls (NZSS)	2000 m	762 mm			
Open Boys (NZSS)	2000 m	914 mm			
Open Boys (N200)	2000 111	314111111			
U18 Women	2000 m	762 mm			
U20 Women	3000 m	762 mm			
Senior Women	3000 m	762 mm			
U18 Men	2000 m	914 mm			
U20 Men	3000 m	914 mm			
Senior Men	3000 m	914 mm			
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