

Throwing Implement, Hurdles and Steeplechase Specifications - 2016

<u>Throws</u>	<u>Discus</u>	<u>Shot Put</u>	<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

<u>Hurdles</u>	<u>Distance</u>	<u>Height</u>		<u>Distance</u>	<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

<u>Steeplechase</u>	<u>Distance</u>	<u>Height</u>
Open Girls (NZSS)	2000 m	762 mm
Open Boys (NZSS)	2000 m	914 mm

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