

**INFORMATION TO COMPETITORS - SPECIFICATIONS**

***HURDLES***

<b><u>AGE GROUP</u></b>	<b><u>DIST</u></b>	<b><u>FL'TS</u></b>	<b><u>TO 1<sup>ST</sup> HURDLE</u></b>	<b><u>SPACING</u></b>	<b><u>HEIGHT</u></b>	<b><u>TO FINISH LINE</u></b>
Open U16 & U19G	300m	7	50.00	35m	0.762m	40m
Open U16 & U19B	300m	7	50.00	35m	0.84m	40m
Under 19 Boys	110m	10	13.72	9.14m	0.914m	14.02
Under 16 Boys	100m	10	13.002	8.50m	0.84m	10.50
Under 15 Boys	80m	8	12.00	8.00m	0.84m	12.00
Under 14 Boys	80m	8	12.00	8.00m	0.762m	12.00
Under 19 Girls	100m	10	13.00	8.50m	0.762m	10.50
Under 16 Girls	80m	8	12.00	8.00m	0.762m	12.00
Under 15 Girls	80m	8	12.00	8.00m	0.762m	12.00
Under 14 Girls	80m	8	12.00	8.00m	0.762m	12.00

***FIELD EVENT IMPLEMENTS***

<b><u>AGE GROUP</u></b>	<b><u>HAMMER</u></b>	<b><u>SHOT</u></b>	<b><u>DISCUS</u></b>	<b><u>JAVELIN</u></b>	<b><u>HIGH JUMP</u></b>
Under 19 Boys	5.00kg	5.00kg	1.5kg	700g	1.50m
Under 16 Boys	4.00kg	5.00kg	1.25kg	700g	1.40m
Under 15 Boys	4.00kg	5.00kg	1.25kg	600g	1.30m
Under 14 Boys	4.00kg	4.00kg	1.00kg	600g	1.20m
AWWC/ CP Boys		3.00kg	750gm	400g/600g	
AWID / VI / AO		4.00kg	1.00kg	700g	
Under 19 Girls	3.00kg	3.00kg	1.00kg	500g	1.30m
Under 16 Girls	3.00kg	3.00kg	1.00kg	500g	1.20m
Under 15 Girls	3.00kg	3.00kg	1.00kg	500g	1.20m
Under 14 Girls	3.00kg	3.00kg	1.00kg	500g	1.20m
AWWC/CP Girls		2.00kg	750gm	400gm	
AWID / VI / AO		3.00kg	1.00kg	600g	

**AGE GROUPINGS FOR BOTH BOYS AND GIRLS: ON 1 JANUARY 2021**

<b>Under 19</b>	<b>16 and Over and Under 19</b>	<b>On 1 January 2021</b>
<b>Under 16</b>	<b>15 and Over and Under 16</b>	<b>On 1 January 2021</b>
<b>Under 15</b>	<b>14 and Over and Under 15</b>	<b>On 1 January 2021</b>
<b>Under 14</b>	<b>Under 14</b>	<b>On 1 January 2021</b>
<b>Para Athletes</b>	<b>Under 16</b>	<b>On 1 January 2021</b>
	<b>Over 16 and under U22</b>	<b>On 1 January 2021</b>