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# INFORMATION TO COMPETITORS – SPECIFICATIONS 2023

**INFORMATION FOR COMPETITORS**

**GENERAL**

1. Competitors must report five minutes before the event starts.

2. Track events take precedence over field events.

**FIELD EVENT IMPLEMENTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **AGE GROUP** | **SHOT** | **DISCUS** | **JAVELIN** | **HIGH JUMP** |
|  |  |  |  | (starting heights) |
|  |  |  |  |  |
| U19 BOYS | 5.00kg | 1.5 kg | 700g | 1.40m |
| U16 BOYS | 5.00kg | 1.25kg | 700g | 1.30m |
| U15 BOYS | 5.00kg | 1.25kg | 700g | 1.25m |
| U14 BOYS | 4.00kg | 1.00kg | 600g | 1.20m |
| U19 GIRLS | 3.00kg | 1.00kg | 500g | 1.15m |
| U16 GIRLS | 3.00kg | 1.00kg | 500g | 1.10m |
| U15 GIRLS | 3.00kg | 1.00kg | 500g | 1.05m |
| U14 GIRLS | 3.00kg | 1.00kg | 500g | 1.00m |

**AGE GROUPINGS FOR BOTH BOYS AND GIRLS: ON 1 JANUARY 2023**

|  |  |
| --- | --- |
| U19 | 16 and over and Under 19 |
| U16 | Under 16 |
| U15 | Under 15 |
| U 14 | Under 14 |
|  |  |

**NOTE:** The maximum age will be Under 19 on 1 January 2023