

INFORMATION TO COMPETITORS - SPECIFICATIONS

HURDLES

<u>AGE GROUP</u>	<u>DIST</u>	<u>FL'TS</u>	<u>TO 1ST HURDLE</u>	<u>SPACING</u>	<u>HEIGHT</u>	<u>TO FINISH LINE</u>
Open U19G	300m	7	50.00	35m	0.762m	40m
Open U19B	300m	7	50.00	35m	0.840m	40m
Open U16G*	200m	5	20.00	35m	0.762m	40m
Open U16B*	200m	5	20.00	35m	0.840m	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

<u>AGE GROUP</u>	<u>HAMMER</u>	<u>SHOT</u>	<u>DISCUS</u>	<u>JAVELIN</u>	<u>HIGH JUMP</u>
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	

**U16 Boys and Girls 200m Hurdles is a change for 2024 (previously 300m)
This event is Open to U14, U15 and U16 age grade athletes.*

AGE GROUPINGS FOR BOTH BOYS AND GIRLS: ON 1 JANUARY 2024

Under 19	16 and Over and Under 19	On 1 January 2024
Under 16	15 and Over and Under 16	On 1 January 2024
Under 15	14 and Over and Under 15	On 1 January 2024
Under 14	Under 14	On 1 January 2024
Para Athletes	Under 16	On 1 January 2024
	Over 16 and under U22	On 1 January 2024