



INFORMATION TO COMPETITORS – SPECIFICATIONS 2024

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

<u>AGE GROUP</u>	<u>SHOT</u>	<u>DISCUS</u>	<u>JAVELIN</u>	<u>HIGH JUMP</u> (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 2024

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 2024