

FIELD EVENT SPECIFICATIONS

Athletes can bring their own implements and use them in the appropriate event. The meet will also provide implements for any athlete who does not have their own, except hammer.

Age	Shot Put Weight	High Jump Height	Discus Weight	Javelin Weight	Pole Vault	Hammer
7-8	2 KG	2'8"	-----	300 Grams	----	-----
9-10	6lb	3'0"	-----	300 Grams	----	-----
11-12	6lb	Girls 3'2" Boys 3'4"	Girls-1 KG Boys-1 KG	Aero Jav	----	-----
13-14	Girls 6lb Boys 4KG	Girls 3'6" Boys 3'8"	Girls-1 KG Boys-1 KG	600 Grams	----	-----
15-16	Girls 4 kg Boys 12 lb	Girls 3'10" Boys 4'6"	Girls-1.0 KG Boys-1.6 KG	Girls-600 grams Boys-800 grams	Girls 5'6 Boys 7'0	Girls-20 lbs Boys-25 lbs
17-18	Girls 4 kg Boys 12 lb	Girls 4'2 Boys 5'0	Girls-1.0 KG Boys-1.6 KG	Girls-600 grams Boys-800 grams	Girls 5'6 Boys 7'0	Girls-20 lbs Boys-25 lbs



Hurdle Information

Age	Number of Hurdles	Distance	Hurdle Height	Distance to 1st Hurdle	Distance Between Hurdles	Distance to Last Hurdle
5-6	5	50 meters	12"	12 meters	7.5 meters	8 meters
7-8	5	50 meters	18"	12 meters	7.5 meters	8 meters
9-10	8	80 meters	24"	12 meters	7.5 meters	16.5 meters
11-12	8	80 meters	30"	12 meters	7.5 meters	16.5 meters
13-14	10	100 meters	Girls 30" Boys 33"	13 meters	8.5 meters	10.59 meters
13-14	5	200 meters	30"	20 meters	35 meters	40 meters
15-16	10	Girls 100 Boys 110 meters	Girls 33" Boys 39"	Girls 13 Boys 13.72 meters	Girls 8.5 Boys 9.14 meters	Girls 10.50 Boys 14.02 meters