

# SECTION 1 – EQUIPMENT SPECIFICATIONS

WALA – Jan 2010

## BOYS

## GIRLS

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17		
<b>HIGH JUMP</b>																								
Starting Heights (m)	n.a.	n.a.	n.a.	0.90	0.95	1.15	1.20	1.25	1.30	1.35	1.40	n.a.	n.a.	n.a.	0.85	0.90	1.10	1.15	1.20	1.25	1.30	1.35		
Bar rises (cm)	n.a.	n.a.	n.a.	SEE BELOW *								n.a.	n.a.	n.a.	SEE BELOW *									
Then (cm)	n.a.	n.a.	n.a.	2x3	2x3	2x3	2x3	2x3	2x3	2x3	2X3	n.a.	n.a.	n.a.	2x3	2x3	2x3	2x3	2x3	2x3	2x3	2X3	2x3	
Thereafter (cm)	n.a.	n.a.	n.a.	2	2	2	2	2	2	2	2	n.a.	n.a.	n.a.	2	2	2	2	2	2	2	2	2	
* HIGH JUMP	U10 - U12 bar rises in 5cm increments until 8 competitors left; then 2 x 3cm; thereafter 2cm rises, unless larger increments are requested by all remaining competitors U13 - U17 bar rises 6 x 5cm; then 2 x 3cm; thereafter 2cm unless after 6 x 5cm there are more than 8 competitors left, then it will rise by 5cm increments until top 8 have been determined																							
<b>JAVELIN (gram)</b>	TJ	TJ	TJ	400	400	400	600	600	600	700	700	TJ	TJ	TJ	400	400	400	400	600	600	600	600		
<b>DISCUS (gram)</b>	350	500	500	500	750	750	1000	1000	1000	1000	1500	350	500	500	500	750	750	750	1000	1000	1000	1000		
<b>SHOT PUT (kg)</b>	1.0	1.5	2.0	2.0	2.0	3.0	3.0	4.0	4.0	4.0	5.0	1.0	1.5	2.0	2.0	2.0	2.0	3.0	3.0	3.0	4.0	4.0		
<b>Colour Code</b>	<b>1 KILO BLUE</b>			<b>1.5 KILOS YELLOW</b>							<b>2 KILOS ORANGE</b>													
	<b>3 KILOS WHITE</b>			<b>4 KILOS RED</b>							<b>5 KILOS BLACK</b>													
<b>LONG JUMP</b>																								
Take-off Board (m)	m.sq	m.sq	m.sq	1/2	1/2	1/2	str	str	str	str	Str	m.sq	m.sq	m.sq	1/2	1/2	1/2	str	str	str	str	Str		
<b>TRIPLE JUMP</b>																								
Take-off Board (m)	n.a.	n.a.	n.a.	1/2	1/2	1/2	Str	Str	Str	str	Str	n.a.	n.a.	n.a.	1/2	1/2	1/2	Str	Str	Str	str	Str		
Matt Settings (m)	n.a.	n.a.	n.a.	In full metre increments commencing from 5m								n.a.	n.a.	n.a.	In full metre increments commencing from 5m									
<b>HURDLES</b>																								
Distance (m)	n.a.	60	60	60	60	60	80	90	100	100	110	n.a.	60	60	60	60	60	80	80	90	90	100		
Height (cm)	n.a.	45	45	60	60	68	76	76	76	76	76	n.a.	45	45	60	60	68	76	76	76	76	76		
Run In (m)	n.a.	12	12	12	12	12	12	13	13	13.	13.72	n.a.	12	12	12	12	12	12	12	13	13	13		
Between Hurdles (m)	n.a.	7.0	7.0	7.0	7.0	7.0	7.0	8.0	8.5	8.5	9.14	n.a.	7.0	7.0	7.0	7.0	7.0	7.0	7.0	8.0	8.0	8.5		
Run Out (m)	n.a.	13.0	13.0	13.0	13.0	13.0	12.0	13.0	10.5	10.5	14.02	n.a.	13.0	13.0	13.0	13.0	13.0	12.0	12.0	13.0	13.0	10.5		
Flights (No.)	n.a.	6	6	6	6	6	9	9	10	10	10	n.a.	6	6	6	6	6	9	9	9	9	10		
<b>200M HURDLES</b>																								
Height (cm)							68	76	76	76	76							68	76	76	76	76		
Run In (m)							20	20	20	20	20							20	20	20	20	20		
Between Hurdles (m)							35	35	35	35	35							35	35	35	35	35		
Run Out (m)							40	40	40	40	40							40	40	40	40	40		
Flights (No)							5	5	5	5	5							5	5	5	5	5		