

SPECIFICATIONS

NSW ALL SCHOOLS
TRACK & FIELD CHAMPIONSHIPS **2XU**
ALWAYS PERFORMANCE. NEVER COMPROMISE.

THROW SPECIFICATIONS

MALE					FEMALE				
	Shot	D.T.	J.T.	H.T.		Shot	D.T.	J.T.	H.T.
19 yrs	6kg	1.75kg	800g	6kg	19 yrs	4kg	1.0kg	600g	4kg
17 yrs	5kg	1.5kg	700g	5kg	17 yrs	3kg	1.0kg	500g	3kg
16 yrs	5kg	1.5kg	700g	5kg	16 yrs	3kg	1.0kg	500g	3kg
15 yrs	4kg	1.0kg	700g	4kg	15 yrs	3kg	1.0kg	500g	3kg
14 yrs	4kg	1.0kg	700g	4kg	14 yrs	3kg	1.0kg	500g	3kg
13 yrs	3kg	1.0kg	600g	3kg	13 yrs	3kg	1.0kg	400g	3kg
12 yrs	3kg	0.75kg	N/E	3kg	12 yrs	3kg	0.75kg	N/E	3kg

HURDLE SPECIFICATIONS

MALE	Total Distance	No. of Hurdles	Hurdle Height	Distance to First Hurdle	Distance Between	Distance Finish
19 yrs	110m	10	99.1cm	13.72m	9.14m	14.02m
16,17 yrs	110m	10	91.4cm	13.72m	9.14m	14.02m
15 yrs	100m	10	84.0cm	13m	8.5m	10.5m
14 yrs	100m	10	84.0cm	13m	8.5m	10.5m
13 yrs	90m	9	76.2cm	13m	8m	13m
12 yrs	80m	9	76.2cm	12m	7m	12m
15,14 yrs	200m	10	76.2cm	18.29m	18.29m	17.10m
17, 16 yrs	400m	10	84.0cm	45m	35m	40m
19 yrs	400m	10	91.4cm	45m	35m	40m
Steeplechase 19,17,16 yrs	2000m		91.4cm			
Steeplechase 15, 14 yrs	2000m		76.2cm			
FEMALE						
19 yrs	100m	10	84.0cm	13m	8.5m	10.5m
17,16 yrs	100m	10	76.2cm	13m	8.5m	10.5m
15 yrs	90m	9	76.2cm	13m	8m	13m
14 yrs	90m	9	76.2cm	13m	8m	13m
13 yrs	80m	9	76.2cm	12m	7m	12m
12 yrs	80m	9	76.2cm	12m	7m	12m
15, 14 yrs	200m	10	76.2cm	18.29m	18.29m	17.10m
19, 17, 16 yrs	400m	10	76.2cm	45m	35m	40m
Steeplechase 19,17,16,15, 14 yrs	2000m		76.2cm			

JUMPS STARTING HEIGHTS

Age/Event	19yrs	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
Male PV	2.10m	2.10m	2.00m	1.80m	1.80m	1.80m	NE
Female PV	1.80m	1.80m	1.80m	1.60m	1.60m	1.60m	NE
Male HJ	1.70m	1.65m	1.60m	1.50m	1.45m	1.40m	1.35m
Female HJ	1.35m	1.35m	1.30m	1.30m	1.25m	1.20m	1.20m