

# NW Zone Meet Field Event and Hurdle Specifications

## Event Specifications:

	<b>SHOTPUT</b>	<b>DISCUS:</b>	<b>JAVELIN:</b>
Junior and Intermediate Girls	3 kg	750 g	500 g
Senior Girls	3 kg	1 kg	500 g
Junior and Intermediate Women	3 kg	1 kg	600 g
Senior Women	4 kg	1 kg	600 g
Junior and Intermediate Boys	4 kg	1 kg	600 g
Senior Boys	5 kg	1.5 kg	700 g
Junior and Intermediate Men	5 kg	1.5 kg	700 g
Senior Men	6 kg	1.75 kg	800 g

## Hurdles:

Category	Distance	Number	Height	Meters to Start	Meters in between
Junior Girls	80m	8	76 cm	12.00 m	8.0 m
Int. Girls	80m	8	76 cm	12.00 m	8.0 m
Senior Girls	80m	8	76 cm	12.00 m	8.0 m
Jr. Women	80m	8	76 cm	12.00 m	8.0 m
Int. Women	80m	8	76 cm	12.00 m	8.0 m
Sr. Women	80m	8	84 cm	12.00 m	8.0 m
Junior Boys	80m	8	76 cm	12.00 m	8.0 m
Int. Boys	100m	10	84 cm	13.00 m	8.5 m
Senior Boys	100m	10	84 cm	13.00 m	8.5 m
Junior Men	100m	10	84 cm	13.00 m	8.5 m
Int. Men	100m	10	84 cm	13.00 m	8.5 m
Senior Men	100m	10	91 cm	13.00 m	8.5 m
Open Women	300m	7	76 cm	50.00m	35.0 m
Open Men	300m	7	84 cm	50.00 m	35.0 m

Updated May 22, 2016