

Zone Track Specifications

(updated May 8, 2018)

SHOTPUT:

Category	Weight
All Girls	3 kg
Junior & Int. Women	3 kg
Senior Women	4 kg
Junior & Int. Boys	4 kg
Senior Boys	5 kg
Junior & Int. Men	5 kg
Senior Men	6 kg

DISCUS:

Category	Weight
Junior & Int. Girls	750 g
Senior Girls	1 kg
All Women	1 kg
Junior & Int. Boys	1 kg
Senior Boys	1.5 kg
Junior & Int. Men	1.5 kg
Senior Men	1.75 kg

JAVELIN:

Category	Weight
All Girls	500 g
Junior & Int. Women	500 g
Senior Women	600 g
Junior & Int. Boys	600 g
Senior Boys	700 g
Junior & Int. Men	700 g
Senior Men	800 g

HURDLES: Category	Distance	Number	Height	M to Start	M 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	13.00 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
High School Women	300m	7	76 cm	50 m	35 m
High School Men	300m	7	84 cm	50 m	35 m