

Hurdle Specifications

FEMALE	Age	Race Distance	Hurdle Height	Number of Hurdles	To 1st Hurdle	Between Hurdles	To Finish
Short	F35-39	100M	.840M	10	13M	8.5M	10.5M
	F40-49	80M	.762M	8	12M	8M	12M
	F50-59	80M	.762M	8	12M	7M	19M
	F60+	80M	.686M	8	12M	7M	19M
Long	F35-49	400M	.762M	10	45M	35M	40M
	F50-59	300M	.762M	7	50M	35M	40M
	F60+	300M	.686M	7	50M	35M	40M

MALE	Age	Race Distance	Hurdle Height	Number of Hurdles	To 1st Hurdle	Between Hurdles	To Finish
Short	M35-49	110M	.991M	10	13.72M	9.14M	14.02M
	M50-59	100M	.914M	10	13M	8.5M	10.5M
	M60-69	100M	.840M	10	16M	8.0M	12M
	M70-79	80M	.762M	8	12M	7M	19M
	M80+	80M	.686M	8	12M	7M	19M
Long	M35-49	400M	.914M	10	45M	35M	40M
	M50-59	400M	.840M	10	45M	35M	40M
	M60-69	300M	.762M	7	50M	35M	40M
	M70+	300M	.686M	7	50M	35M	40M

Steeplechase Specifications

FEMALE	Age	Race	Hurdle	
	F35+	2000M	.762M	(18 barriers & 5 water jumps)(per IAAF specifications)
MALE	M35-59	3000M	.914M	(28 barriers & 7 water jumps)(per IAAF specifications)
	M60+	2000M	.762M	(18 barriers & 5 water jumps)(per IAAF specifications)

Throwing Implement Specifications

	Age	Hammer	Shot Put	Discus	Javelin	Weight
FEMALE	F35-49	4Kg	4Kg	1.0Kg	600G	9.08Kg
	F50-59	3Kg	3Kg	1.0Kg	500G	7.26Kg
	F60+	3Kg	3Kg	1.0Kg	400G	5.45Kg
	F80+	3Kg	3Kg	.75Kg	400G	5.45Kg
MALE	M35-49	7.26Kg	7.26Kg	2.0Kg	800G	15.88Kg
	M50-59	6Kg	6Kg	1.5Kg	700G	11.34Kg
	M60-69	5Kg	5Kg	1.0Kg	600G	9.08Kg
	M70-79	4Kg	4Kg	1.0Kg	500G	7.26Kg
	M80+	3Kg	3Kg	1.0Kg	400G	5.45Kg