

# Athletics New Zealand Equipment Specifications



## Hurdles (Sprint)

Grade	Race Distance	Hurdle Height	Track Mark	No. Hurdles	Dist to first hurdle	Dist btwn hurdles	Dist last hurdle to finish
Senior Women	100m	0.838m	Yellow	10	13.0m	8.5m	10.5m
Junior Women U20	100m	0.838m	Yellow	10	13.0m	8.5m	10.5m
Youth Women U18	100m	0.762m	Yellow	10	13.0m	8.5m	10.5m
Girls 14	80m	0.762m	Black	8	12.0m	8.0m	12.0m
Girls 13	80m	0.762m	Black	8	12.0m	8.0m	12.0m
Girls 12	80m	0.762m	Black	8	12.0m	8.0m	12.0m
NZ SS Senior Girls	100m	0.762m	Yellow	10	13.0m	8.5m	10.5m
NZ SS Junior Girls	80m	0.762m	Black	8	12.0m	8.0m	12.0m
Masters Women 35-39	100m	0.838m	Yellow	10	13.0m	8.5m	10.5m
Masters Women 40-49	80m	0.762m	Black	8	12.0m	8.0m	12.0m
Masters Women 50-59	80m	0.762m		8	12.0m	7.0m	19.0m
Masters Women 60 +	80m	0.686m		8	12.0m	7.0m	19.0m
Senior Men	110m	1.067m	Blue	10	13.72m	9.14m	14.02m
Junior Men U20	110m	0.990m	Blue	10	13.72m	9.14m	14.02m
Youth Men U18	110m	0.914m	Blue	10	13.72m	9.14m	14.02m
Boys 14	100m	0.838m	Yellow	10	13.0m	8.5m	10.5m
Boys 13	80m	0.762m	Black	8	12.0m	8.0m	12.0m
Boys 12	80m	0.762m	Black	8	12.0m	8.0m	12.0m
NZ SS Senior Boys	110m	0.914m	Blue	10	13.72m	9.14m	14.02m
NZ SS Junior Boys	100m	0.838m	Yellow	10	13.0m	8.5m	10.5m
Masters Men 35-49	110m	0.991m	Blue	10	13.72m	9.14m	14.02m
Masters Men 50-59	100m	0.914m	Yellow	10	13.0m	8.5m	10.5m
Masters Men 60-69	100m	0.838m		10	16.0m	8.0m	12.0m
Masters Men 70-79	80m	0.762m		8	12.0m	7.0m	19.0m
Masters Men 80 +	80m	0.686m		8	12.0m	7.0m	19.0m

## Hurdles (Intermediate)

Grade	Race Distance	Hurdle Height	Track Mark	No. Hurdles	Dist to first hurdle	Dist btwn hurdles	Dist last hurdle to finish
Senior Women	400m	0.762m	Green	10	45m	35m	40m
Junior Women U20	400m	0.762m	Green	10	45m	35m	40m
Youth Women U18	300m	0.762m	Green	7	50m	35m	40m
NZ SS Open Girls	300m	0.762m	Green	7	50m	35m	40m
Masters Women 35-39	400m	0.762m	Green	10	45m	35m	40m
Masters Women 40-49	400m	0.762m	Green	10	45m	35m	40m
Masters Women 50-59	300m	0.762m	Green	7	50m	35m	40m
Masters Women 60 +	300m	0.686m	Green	7	50m	35m	40m
Senior Men	400m	0.914m	Green	10	45m	35m	40m
Junior Men U20	400m	0.914m	Green	10	45m	35m	40m
Youth Men U18	300m	0.838m	Green	7	50m	35m	40m
NZ SS Open Boys	300m	0.838m	Green	7	50m	35m	40m
Masters Men 35-49	400m	0.914m	Green	10	45m	35m	40m
Masters Men 50-59	400m	0.838m	Green	10	45m	35m	40m
Masters Men 60-69	300m	0.762m	Green	7	50m	35m	40m
Masters Men 70-79	300m	0.686m	Green	7	50m	35m	40m
Masters Men 80 +	300m	0.686m	Green	7	50m	35m	40m

## Steeplechase

Grade	Race Distance	Hurdle Height	Track Mark Colour	No. of Hurdles
Senior Women	3000m	0.762m	White +	27 + 8 water jump
Junior Women U20	3000m	0.762m	White +	27 + 8 water jump
Youth Women U18	2000m	0.762m	White +	18 + 5 water jump
NZSS Girls Open	2000m	0.762m	White +	18 + 5 water jump
Senior Men	3000m	0.914m	White +	27 + 8 water jump
Junior Men U20	3000m	0.914m	White +	27 + 8 water jump
Youth Men U18	2000m	0.914m	White +	18 + 5 water jump
NZ SS Boys Open	2000m	0.914m	White +	18 + 5 water jump

## Shot Put

Grade	Male	Female
Senior	7.26kg	4.00kg
Junior U20	6.00kg	4.00kg
Youth U18	5.00kg	3.00kg
14	5.00kg	3.00kg
13	4.00kg	3.00kg
12	3.00kg	3.00kg
11	3.00kg	2.00kg
10	2.00kg	2.00kg
9	1.50kg	1.50kg
8	1.50kg	1.50kg
7	1.00kg	1.00kg

Grade	Male	Female
NZSS Senior	5.00kg	3.00kg
NZSS Junior	5.00kg	3.00kg
Masters 35-49	7.26kg	4.00kg
Masters 50-59	6.00kg	3.00kg
Masters 60-69	5.00kg	3.00kg
Masters 70-79	4.00kg	3.00kg
Masters 80 +	3.00kg	3.00kg

## Discus

Grade	Male	Female
Senior	2.00kg	1.00kg
Junior U20	1.75kg	1.00kg
Youth U18	1.50kg	1.00kg
14	1.25kg	1.00kg
13	1.00kg	1.00kg
12	1.00kg	750g
11	750g	750g
10	750g	750g
9	500g	500g
8	500g	500g
7	500g	500g

Grade	Male	Female
NZSS Senior	1.50kg	1.00kg
NZSS Junior	1.25kg	1.00kg
Masters 35-49	2.00kg	1.00kg
Masters 50-59	1.50kg	1.00kg
Masters 60-69	1.00kg	1.00kg
Masters 70-79	1.00kg	1.00kg
Masters 80 +	1.00kg	0.75kg

## Hammer

Grade	Male	Female
Senior	7.26kg	4.00kg
Junior U20	6.00kg	4.00kg
Youth U18	5.00kg	3.00kg

Grade	Male	Female
NZSS Senior	5.00kg	3.00kg
NZSS Junior	4.00kg	3.00kg
Masters 35-49	7.26kg	4.00kg
Masters 50-59	6.00kg	3.00kg
Masters 60-69	5.00kg	3.00kg
Masters 70-79	4.00kg	3.00kg
Masters 80 +	3.00kg	3.00kg

## Javelin

Grade	Male	Female
Senior	800g	600g
Junior U20	800g	600g
Youth U18	700g	500g

Grade	Male	Female
NZSS Senior	700g	500g
NZSS Junior	700g	500g
Masters 35-49	800g	600g
Masters 50-59	700g	500g
Masters 60-69	600g	400g
Masters 70-79	500g	400g
Masters 80 +	400g	400g