

**Event Specifications for Athletics New Zealand Rankings Lists
from 1 January 2021**

Implement	Women Senior	Women U20	Women U18	Men Senior	Men U20	Men U18
Shot	4kg	4kg	3kg	7.26kg	6kg	5kg
Discus	1kg	1kg	1kg	2kg	1.75kg	1.5kg
Hammer	4kg	4kg	3kg	7.26kg	6kg	5kg
Javelin	600g	600g	500g	800g	800g	700g
Distance						
100m Hrdl	0.838m	0.838m	0.762m	-	-	-
110m Hrdl	-	-	-	1.067m	0.991m	0.914m
300m Hrdl	-	-	0.762m	-	-	0.838m
400m Hrdl	0.762m	0.762m	0.762m	0.914m	0.914m	0.838m
2000m Stpl	-	-	0.762m	-	-	0.838m
3000m Stpl	0.762m	0.762m	-	0.914m	0.914m	-

Please note that there are **NO** Rankings Lists for U16 age grade. U16 age grade athletes are regarded as U18 for Rankings Lists purposes.