

Athletics NZ Track and Field Implement & Specifications

Category	100m H /110m H – distance & hurdle height	300m/400m H distance & hurdle height	Steeplechase – distance & hurdle height	Shot Put	Discus Throw	Hammer Throw	Javelin Throw
<i>Under 16 Girls</i>	80m/ 762mm	300m/762mm	2km/762mm	3.00kg	1.00kg	3.00kg	0.500g
<i>Under 18 Women</i>	100m/ 762mm	300m/762mm	2km/762mm	3.00kg	1.00kg	3.00kg	0.500g
<i>Under 20 Women</i>	100m/ 838mm	400m/762mm	3km/838mm	4.00kg	1.00kg	4.00kg	0.600g
<i>Senior Women</i>	100m/ 838mm	400m/762mm	3km/838mm	4.00kg	1.00kg	4.00kg	0.600g
<i>Under 16 Boys</i>	100m/ 914mm	300m/762mm	2km/762mm	5.00kg	1.25kg	4.00kg	0.700g
<i>Under 18 Men</i>	110m/ 914mm	300m/838mm	2km/838mm	5.00kg	1.50kg	5.00kg	0.700g
<i>Under 20 Men</i>	110m/ 991mm	400m/914mm	3km/914mm	6.00kg	1.75kg	6.00kg	0.800g
<i>Senior Men</i>	110m/1.067m	400m/914mm	3km/914mm	7.26kg	2.00kg	7.26kg	0.800g