

Technical Specifications



Implement weights for able bodied competition (updated 18th October 2023)

MEN THROWS	Shot Put	Discus Throw	Hammer Throw	Javelin Throw
Open	7.26kg	2kg	7.26kg	800g
Under 20	6kg	1.75kg	6kg	800g
Under 18	5kg	1.5kg	5kg	700g
Under 17	5kg	1.5kg	5kg	700g
Under 16	4kg	1kg	4kg	700g
Under 15	4kg	1kg	4kg	700g
Under 14	3kg	1kg	3kg	600g
Under 13	3kg	0.75kg	NO EVENT	600g

WOMEN THROWS	Shot Put	Discus Throw	Hammer Throw	Javelin Throw
Open	4kg	1kg	4kg	600g
Under 20	4kg	1kg	4kg	600g
Under 18	3kg	1kg	3kg	500g
Under 17	3kg	1kg	3kg	500g
Under 16	3kg	1kg	3kg	500g
Under 15	3kg	1kg	3kg	500g
Under 14	3kg	1kg	3kg	400g
Under 13	3kg	0.75kg	NO EVENT	400g

Technical Specifications



Sprint Hurdle specifications able bodied competition (updated 1 August 2019)

MEN SPRINT HURDLES		Distance	Hurdles	Distance to first hurdle	Distance between hurdles	Distance to finish
Open	blue	110m	10 x 1.067m	13.72m	9.14m	14.02m
Under 20	blue	110m	10 x 0.991m	13.72m	9.14m	14.02m
Under 18	blue	110m	10 x 0.914m	13.72m	9.14m	14.02m
Under 17	blue	110m	10 x 0.914m	13.72m	9.14m	14.02m
Under 16	yellow	100m	10 x 0.838m	13.00m	8.50m	10.50m
Under 15	yellow	100m	10 x 0.838m	13.00m	8.50m	10.50m
Under 14		90m	9 x 0.762m	13.00m	8.00m	13.00m
Under 13		90m	9 x 0.762m	13.00m	8.00m	13.00m

WOMEN SPRINT HURDLES		Distance	Hurdles	Distance to first hurdle	Distance between hurdles	Distance to finish
Open	yellow	100m	10 x 0.838m	13.00m	8.50m	10.50m
Under 20	yellow	100m	10 x 0.838m	13.00m	8.50m	10.50m
Under 18	yellow	100m	10 x 0.762m	13.00m	8.50m	10.50m
Under 17	yellow	100m	10 x 0.762m	13.00m	8.50m	10.50m
Under 16		90m	9 x 0.762m	13.00m	8.00m	13.00m
Under 15		90m	9 x 0.762m	13.00m	8.00m	13.00m
Under 14		80m	9 x 0.762m	12.00m	7.00m	12.00m
Under 13		80m	9 x 0.762m	12.00m	7.00m	12.00m

MEN SHORT TRACK HURDLES		Distance	Hurdles	Distance to first hurdle	Distance between hurdles	Distance to finish
Open		60m	5 x 1.067m	13.72m	9.14m	9.72m
Under 20		60m	5 x 0.991m	13.72m	9.14m	9.72m
Under 18		60m	5 x 0.914m	13.72m	9.14m	9.72m
Under 17		60m	5 x 0.914m	13.72m	9.14m	9.72m

WOMEN SHORT TRACK HURDLES		Distance	Hurdles	Distance to first hurdle	Distance between hurdles	Distance to finish
Open		60m	5 x 0.838m	13.00m	8.50m	13.00m
Under 20		60m	5 x 0.838m	13.00m	8.50m	13.00m
Under 18		60m	5 x 0.762m	13.00m	8.50m	13.00m
Under 17		60m	5 x 0.762m	13.00m	8.50m	13.00m

Technical Specifications



Long Hurdle specifications able bodied competition (updated 1 May 2025)

MEN 200/300/400m HURDLES		Distance	Hurdles	Distance to first hurdle	Distance between hurdles	Distance to finish
Open	green	400m	10 x 0.914m	45.00m	35.00m	40.00m
Open	green	300m	7 x 0.914m	50.00m	35.00m	40.00m
Under 20	green	400m	10 x 0.914m	45.00m	35.00m	40.00m
Under 20	green	300m	7 x 0.914m	50.00m	35.00m	40.00m
Under 18	green	400m	10 x 0.838m	45.00m	35.00m	40.00m
Under 18	green	300m	7 x 0.838m	50.00m	35.00m	40.00m
Under 17	green	400m	10 x 0.838m	45.00m	35.00m	40.00m
Under 17	green	300m	7 x 0.838m	50.00m	35.00m	40.00m
Under 16		200m	10 x 0.762m	18.29m	18.29m	17.10m
Under 15		200m	10 x 0.762m	18.29m	18.29m	17.10m
Under 14		200m	10 x 0.762m	18.29m	18.29m	17.10m

WOMEN 200/400m HURDLES		Distance	Hurdles	Distance to first hurdle	Distance between hurdles	Distance to finish
Open	green	400m	10 x 0.762m	45.00m	35.00m	40.00m
Open	green	300m	7 x 0.762m	50.00m	35.00m	40.00m
Under 20	green	400m	10 x 0.762m	45.00m	35.00m	40.00m
Under 20	green	300m	7 x 0.762m	50.00m	35.00m	40.00m
Under 18	green	400m	10 x 0.762m	45.00m	35.00m	40.00m
Under 18	green	300m	7 x 0.762m	50.00m	35.00m	40.00m
Under 17	green	400m	10 x 0.762m	45.00m	35.00m	40.00m
Under 17	green	300m	7 x 0.762m	50.00m	35.00m	40.00m
Under 16		200m	10 x 0.762m	18.29m	18.29m	17.10m
Under 15		200m	10 x 0.762m	18.29m	18.29m	17.10m
Under 14		200m	10 x 0.762m	18.29m	18.29m	17.10m

Technical Specifications



Steeplechase specifications able bodied competition

MEN - STEEPLECHASE		Distance	Barrier Height
Open	blue	3000m	0.914m
Under 20	blue	3000m	0.914m
Under 18	blue	2000m	0.838m
Under 17	blue	2000m	0.838m
Under 16	blue	2000m	0.762m
Under 15	blue	2000m	0.762m
Under 14		NO EVENT	

WOMEN STEEPLECHASE		Distance	Barrier Height
Open	blue	3000m	0.762m
Under 20	blue	3000m	0.762m
Under 18	blue	2000m	0.762m
Under 17	blue	2000m	0.762m
Under 16	blue	2000m	0.762m
Under 15	blue	2000m	0.762m
Under 14		NO EVENT	

Technical Specifications



Combined Events specifications able bodied competition

MEN	Event	Comment
COMBINED EVENTS		
Open	Decathlon	
Under 20	Decathlon	
Under 18	Decathlon	
Under 17	Decathlon	
Under 16	Heptathlon	100mH, SP, HJ, 200m, LJ, JT, 1500m <i>Use 110mH tables to calculate the 100mH</i>
Under 15	Heptathlon	100mH, SP, HJ, 200m, LJ, JT, 1500m <i>Use 110mH tables to calculate the 100mH</i>

WOMEN	Event	Comment
COMBINED EVNETS		
Open	Heptathlon	
Under 20	Heptathlon	
Under 18	Heptathlon	
Under 17	Heptathlon	
Under 16	Heptathlon	<i>Use 100mH tables to calculate the 90mH</i>
Under 15	Heptathlon	<i>Use 100mH tables to calculate the 90mH</i>