

Children's Hurdles / Implement Weights

Hurdles

	Distance	Number of Hurdles	Height	Distance to first hurdle	Distance between hurdles	Distance to finish line
12 Boys	80m	8	762mm	12.00m	8.00m	12.00m
13 Boys	80m	8	762mm	12.00m	8.00m	12.00m
14 Boys	100m	10	840mm	13.00m	8.50m	10.50m
12 Girls	80m	8	762mm	12.00m	8.00m	12.00m
13 Girls	80m	8	762mm	12.00m	8.00m	12.00m
14 Girls	80m	8	762mm	12.00m	8.00m	12.00m

Note: A force at least equal to the weight of 3.6kg applied horizontally to the centre of the top edge of the top bar is required to tilt it.

Implement Weights

Shot Put

	Weight (minimum)
7 Boys	1.00kg
8 Boys	1.50kg
9 Boys	1.50kg
10 Boys	2.00kg
11 Boys	3.00kg
12 Boys	3.00kg
13 Boys	4.00kg
14 Boys	5.00kg
7 Girls	1.00kg
8 Girls	1.50kg
9 Girls	1.50kg
10 Girls	2.00kg
11 Girls	2.00kg
12 Girls	3.00kg
13 Girls	3.00kg
14 Girls	3.00kg

Discus

	Weight (minimum)
7 Boys	0.50kg
8 Boys	0.50kg
9 Boys	0.50kg
10 Boys	0.75kg
11 Boys	0.75kg
12 Boys	1.00kg
13 Boys	1.00kg
14 Boys	1.25kg
7 Girls	0.50kg
8 Girls	0.50kg
9 Girls	0.50kg
10 Girls	0.75kg
11 Girls	0.75kg
12 Girls	0.75kg
13 Girls	1.00kg
14 Girls	1.00kg