

Takapuna Athletics

Specifications - Track (Sprint Hurdles only) and Field Events

		Shot Put		Discus *		Long Jump	High Jump	Javelin	Sprint Hurdles *
		Kg	Colour	Kg	Type / Diameter	Metre Board	Start Height Mtrs	Gms	Mtrs / Height
Girls	Grade 7	1.00	Black	0.50	Rubber / 150mm	Yes	-	-	-
	Grade 8	1.50	Yellow	0.50	Rubber / 150mm	Yes	-	-	-
	Grade 9	1.50	Yellow	0.50	Rubber / 150mm	Yes	-	-	-
	Grade 10	2.00	Blue	0.75	Rubber / 175mm	Yes	1.10	-	-
	Grade 11	2.00	Blue	0.75	Rubber / 175mm	Yes	1.20	-	-
	Grade 12	3.00	White	1.00	-	-	1.25	-	80m / 726mm / 8 flights
	Grade 13	3.00	White	1.00	-	-	1.30	-	80m / 726mm / 8 flights
	Grade 14	3.00	White	1.00	-	-	1.35	-	80m / 726mm / 8 flights
Women	U16	3.00	White	1.00	-	-	-	-	100m / 762mm / 10 flights
	U18	3.00	White	1.00	-	-	-	600	100m / 762mm / 10 flights
	U20	4.00	Red	1.00	-	-	-	600	100m / 838mm / 10 flights
	Senior	4.00	Red	1.00	-	-	-	600	100m / 838mm / 10 flights
Masters Women	35 - 39	4.00	Red	1.00	-	-	-	600	100m / 838mm / 10 flights
	40 - 49	4.00	Red	1.00	-	-	-	600	80m / 762mm / 8 flights
	50 - 59	3.00	White	1.00	-	-	-	500	80m / 762mm / 8 flights
	60+	3.00	White	1.00	-	-	-	400	80m / 686mm / 8 flights
Boys	Grade 7	1.00	Black	0.50	Rubber / 150mm	Yes	-	-	-
	Grade 8	1.50	Yellow	0.50	Rubber / 150mm	Yes	-	-	-
	Grade 9	1.50	Yellow	0.50	Rubber / 150mm	Yes	-	-	-
	Grade 10	2.00	Blue	0.75	Rubber / 175mm	Yes	1.15	-	-
	Grade 11	3.00	White	0.75	Rubber / 175mm	Yes	1.25	-	-
	Grade 12	3.00	White	1.00	-	-	1.30	-	80m / 726mm / 8 flights
	Grade 13	4.00	Red	1.00	-	-	1.35	-	80m / 726mm / 8 flights
	Grade 14	5.00	Green	1.25	-	-	1.40	-	100m / 838mm / 10 flights
Men	U16	5.00	Green	1.25	-	-	-	-	110m / 914mm / 10 flights
	U18	5.00	Green	1.50	-	-	-	700	110m / 914mm / 10 flights
	U20	6.00	-	1.75	-	-	-	800	110m / 991mm / 10 flights
	Senior	7.26	-	2.00	-	-	-	800	110m / 1067mm / 10 flights
Masters Men	35 - 49	7.26	-	2.00	-	-	-	800	110m / 991mm / 10 flights
	50 - 59	6.00	-	1.50	-	-	-	700	100m / 914mm / 10 flights
	60 - 69	5.00	Green	1.00	-	-	-	600	100m / 838mm / 10 flights
	70 - 79	4.00	Red	1.00	-	-	-	500	80m / 762mm / 8 flights
	80+	4.00	Red	1.00	-	-	-	400	80m / 686mm / 8 flights

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Discus * Discus used in any one competition must be the same brand and diameter.
Discus 1.00 kg+ to be standard competition implements.

Hurdles * For further Hurdle event specification information (both 100m, 300m & 400m), please go to <https://athletics.org.nz/wp-content/uploads/2021/09/Amended-website-copy-15-September-2021.pdf> - Appendix One
For further Hurdle event specification information (both 100m, 300m & 400m), please go to <https://world-masters-athletics.com/wp-content/uploads/2020/11/2020-2021-WMA-RULES-OF-COMPETITION-as-20-No>

