## Technical Information Track and Field Championships

Boys				
l lonalla a	A	B	C	D
Hurdles	110m 99cms	100m 91.4cms	80m 84cms	75m 76.2cms
	10 flights	10 flights	8 flights	8 flights
	13.72m to 1st hurdle	13m to 1st hurdle	12m to 1st hurdle	11.5m to 1st
	9.14m gap	8.50m gap	8m gap	hurdle 7.5m gap
	14.02m to finish	10.50m to finish	12m to finish	11m to finish
	400m 91.4cms	400m 84cms		
	10 flights	10 flights		
	45m to 1st hurdle	45m to 1st hurdle	N/A	N/A
	35m gap	35m gap		
	40m to finish	40m to finish		
Hammer	6Kg	5Kg	4Kg	3Kg
Javelin	800gr	700gr	600gr	400g
Discus	1.75Kg	1.50Kg	1.25Kg	1.00Kg
Shot	6Kg	5Kg	4Kg	3Kg
Girls				
	A	В	С	D
Hurdles	100m 84cms	80m 76.2cms	75m 76.2cms	70m 68.5cms
riulules				
riulules	10 flights	8 flights	8 flights	8 flights
riulules	10 flights 13.m to 1st hurdle	12m to 1st hurdle	11.5m to 1st hurdle	11m to 1st hurdle
riulules	10 flights 13.m to 1st hurdle 8.5m gap	12m to 1st hurdle 8m gap	11.5m to 1st hurdle 7.5m gap	11m to 1st hurdle 7m gap
Tidiales	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish	12m to 1st hurdle 8m gap 12m to finish	11.5m to 1st hurdle	11m to 1st hurdle
riurules	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish 400m 76.2cms	12m to 1st hurdle 8m gap 12m to finish 300m 76.2cms	11.5m to 1st hurdle 7.5m gap	11m to 1st hurdle 7m gap
riurules	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish 400m 76.2cms 10 flights	12m to 1st hurdle 8m gap 12m to finish 300m 76.2cms 7 flights	11.5m to 1st hurdle 7.5m gap	11m to 1st hurdle 7m gap
Tiurules	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish 400m 76.2cms	12m to 1st hurdle 8m gap 12m to finish 300m 76.2cms	11.5m to 1st hurdle 7.5m gap	11m to 1st hurdle 7m gap
Tiurules	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish 400m 76.2cms 10 flights	12m to 1st hurdle 8m gap 12m to finish 300m 76.2cms 7 flights	11.5m to 1st hurdle 7.5m gap 11m to finish	11m to 1st hurdle 7m gap 10m to finish
Tiurules	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish 400m 76.2cms 10 flights 45m to 1st hurdle	12m to 1st hurdle 8m gap 12m to finish 300m 76.2cms 7 flights 50m to 1st hurdle	11.5m to 1st hurdle 7.5m gap 11m to finish	11m to 1st hurdle 7m gap 10m to finish
Hammer	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish 400m 76.2cms 10 flights 45m to 1st hurdle 35m gap	12m to 1st hurdle 8m gap 12m to finish 300m 76.2cms 7 flights 50m to 1st hurdle 35m gap	11.5m to 1st hurdle 7.5m gap 11m to finish	11m to 1st hurdle 7m gap 10m to finish
	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish 400m 76.2cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	12m to 1st hurdle 8m gap 12m to finish 300m 76.2cms 7 flights 50m to 1st hurdle 35m gap 40m to finish	11.5m to 1st hurdle 7.5m gap 11m to finish N/A	11m to 1st hurdle 7m gap 10m to finish N/A
Hammer	10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish 400m 76.2cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	12m to 1st hurdle 8m gap 12m to finish 300m 76.2cms 7 flights 50m to 1st hurdle 35m gap 40m to finish	11.5m to 1st hurdle 7.5m gap 11m to finish  N/A	11m to 1st hurdle 7m gap 10m to finish N/A