

Technical Information  
Track and Field Championships

Boys			
	A	B	C
Hurdles	110m 99cms 10 flights 13.72m to 1st hurdle 9.14m gap 14.02m to finish	100m 91.4cms 10 flights 13m to 1st hurdle 8.50m gap 10.50m to finish	80m 84cms 8 flights 12m to 1st hurdle 8m gap 12m to finish
	400m 91.4cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	400m 84cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	N/A
Hammer	6Kg	5Kg	4Kg
Javelin	800gr	700gr	600gr
Discus	1.75Kg	1.50Kg	1.25Kg
Shot	6Kg	5Kg	4Kg
Girls			
	A	B	C
Hurdles	100m 84cms 10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish	80m 76.2cms 8 flights 12m to 1st hurdle 8m gap 12m to finish	75m 76.2cms 8 flights 11.5m to 1st hurdle 7.5m gap 11m to finish
	400m 76.2cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	300m 76.2cms 7 flights 50m to 1st hurdle 35m gap 40m to finish	N/A
Hammer	4Kg	3Kg	3Kg
Javelin	600gr	500gr	500gr
Discus	1Kg	1Kg	1Kg
Shot	4Kg	3Kg	3kg