

Hurdles Specifications

Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
Women: Short						
30-39	100	.840	10	13	8.5	10.5
40-49	80	.762	8	12	8.0	12
50-59	80	.762	8	12	7.0	19
60+	80	.686	8	12	7.0	19
Women: Long						
30-49	400	.762	10	45	35	40
50-59	300	.762	7	50	35	40
60-69	300	.686	7	50	35	40
70+	200	.686	5	20	35	40
Men: Short						
30-49	110	.991	10	13.72	9.14	14.02
50-59	100	.914	10	13	8.5	10.5
60-69	100	.840	10	12	8.0	16
70-79	80	.762	8	12	7.0	19
80+	80	.686	8	12	7.0	19
Men: Long						
30-49	400	.914	10	45	35	40
50-59	400	.840	10	45	35	40
60-69	300	.762	7	50	35	40

Steeplechase Specifications

Women			Men		
Age	Distance	Height	Age	Distance	Height
30+	2,000m	0.762m	30-59	3,000m	0.914m
			60+	2,000m	0.762m

Multi Events Specifications

Pentathlon	Decathlon	Heptathlon	Throws Pentathlon
Women: 100m, Shot Put, Long Jump, Javelin, 800m Men: Long Jump, Javelin, 200m, Discus, 1500m	Day 1: 100m, Long Jump, Shot, High Jump, 400m Day 2: Hurdles, Discus, Pole Vault, Javelin, 1500m	Day 1: Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m	All Women & Men Hammer, Shot Put, Discus, Javelin, Weight

Throwing Implements

Hammer (kg)	Shot (kg)	Discus (kg)	Javelin (gm)	Weight (kg)	
Women					
30-49	4.00	4.00	1.00	600	9.080 (20lb)
50-59	3.00	3.00	1.00	500	7.260 (16lb)
60-74	3.00	3.00	1.00	500 (01/01/2014)	5.450 (12lb)
75+	2.00	2.00	0.75	400	4.000 (8.8lb)
Men					
30-49	7.26	7.26	2.00	800	15.880 (35lb)
50-59	6.00	6.00	1.50	700	11.340 (25lb)
60-69	5.00	5.00	1.00	600	9.080 (20lb)
70-79	4.00	4.00	1.00	500	7.260 (16lb)
80+	3.00	3.00	1.00	400	5.450 (12lb)

