

Hurdle/Steeple/Throws Specifications: Female

Event	Under 11/ 10Yrs/2011 Born	Under 12/ 11Yrs /2010 Born	Under 13/ 12Yrs/2009 Born	Under 14/ 13Yrs/2008 Born	Under 15/ 14Yrs/2007 Born	Under 16/ 15Yrs/2006 Born	Under 17/ 16Yrs/2005 Born	Under 18/ 17Yrs/2004 Born	Under 20/ 18-19Yrs/2002-03 Born
80m Hurdles	NA	NA	NA	76.2cm	NA	NA	NA	NA	NA
90m Hurdles	NA	NA	NA	NA	76.2cm	76.2cm	NA	NA	NA
100m Hurdles	NA	NA	NA	NA	NA	NA	76.2cm	76.2cm	84cm
110m Hurdles	NA	NA	NA	NA	NA	NA	NA	NA	NA
200m Hurdles	NA	NA	NA	NA	76.2cm	76.2cm	NA	NA	NA
400m Hurdles	NA	NA	NA	NA	NA	NA	76.2cm	76.2cm	76.2cm
2000m Steeplechase	NA	NA	NA	NA	76.2cm	76.2cm	76.2cm	76.2cm	NA
3000m Steeplechase	NA	NA	NA	NA	NA	NA	NA	NA	76.2cm
Discus Throw	500g Rubber	750g Rubber	750g Rubber	1kg	1kg	1kg	1kg	1kg	1kg
Hammer Throw	NA	NA	NA	3kg	3kg	3kg	3kg	3kg	4kg
Javelin Throw	NA	NA	NA	400g	500g	500g	500g	500g	600g
Shot Put	2kg	2kg	3kg	3kg	3kg	3kg	3kg	3kg	4kg

Hurdle/Steeple/Throws Specifications: Male

Event	Under 11/ 10Yrs/2011 Born	Under 12/ 11Yrs /2010 Born	Under 13/ 12Yrs/2009 Born	Under 14/ 13Yrs/2008 Born	Under 15/ 14Yrs/2007 Born	Under 16/ 15Yrs/2006 Born	Under 17/ 16Yrs/2005 Born	Under 18/ 17Yrs/2004 Born	Under 20/ 18-19Yrs/2002-03 Born
80m Hurdles	NA	NA	NA	NA	NA	NA	NA	NA	NA
90m Hurdles	NA	NA	NA	76.2cm	NA	NA	NA	NA	NA
100m Hurdles	NA	NA	NA	NA	84cm	84cm	NA	NA	NA
110m Hurdles	NA	NA	NA	NA	NA	NA	91.4cm	91.4cm	99.1cm
200m Hurdles	NA	NA	NA	NA	76.2cm	76.2cm	NA	NA	NA
400m Hurdles	NA	NA	NA	NA	NA	NA	84cm	84cm	91.4cm
2000m Steeplechase	NA	NA	NA	NA	76.2cm	76.2cm	84cm	84cm	NA
3000m Steeplechase	NA	NA	NA	NA	NA	NA	NA	NA	91.4cm
Discus Throw	500g Rubber	750g Rubber	750g Rubber	1kg	1kg	1kg	1.5kg	1.5kg	2kg
Hammer Throw	NA	NA	NA	3kg	4kg	4kg	5kg	5kg	6kg
Javelin Throw	NA	NA	NA	600g	700g	700g	700g	700g	800g
Shot Put	2kg	2kg	3kg	3kg	4kg	4kg	5kg	5kg	6kg