

Weights and Measurements

Updated 2023

	Girls All Age Divisions	Boys Intermediate	Boys Junior	Boys Senior
Shot Put	3 kg - MG 4 kg – JG, SG (8 lbs 14 oz)	4 kilograms (8 lbs 14 oz)	5.4 kilograms (12 lbs)	5.4 kilograms (12 lbs)
Discus	1 kilogram (2 lbs 3.5 oz)	1 kilogram (2 lbs 3.5 oz)	1.6 kilogram (3 lbs 9 oz)	1.6 kilogram (3 lbs 9 oz)
Javelin	600 grams	600 grams	800 grams	800 grams
Hurdles SSSAD	80 m (8 hurdles) IG 7.5 m between White marks height 30” JG/SG 12 m to first 8 m between 12 m to finish Black Marks height 30”	80 m (8 hurdles) Same as JG/SG 12 m to first 8 m between 12 m to finish height 30”	100 m (10 hurdles) 13 m to first 8.5 m between 10.5 m to finish height 33” Yellow	100 m (10 hurdles) 13 m to first 8.5 m between 10.5 m to finish height 36” Big Yellow
Hurdles SHSAA	Same as SSSAD	100 m (10 hurdles) 13 m to first 8.5 m between 10.5 m to finish height 30” Big Yellow	Same as SSSAD	Same as SSSAD