

Specifications for Athletics Field Events.

12 Years and Under in line with School Sport Australia and Athletics NT.

Throws			
Event	Age	Boys Weight	Girls Weight
Discus	10	500g	500g
	11	750g	750g
	12	750g	750g
Shot Put	10	2kg	2kg
	11	2kg	2kg
	12	3kg	3kg
Jumps			
Event	Age	Boys Entry Height	Girls Entry Height
High Jump	10	1.15m (1.00m)	1.05m (1.00m)
	11	1.25m (1.05m)	1.15m (1.05m)
	12	1.30m (1.10m)	1.20m (1.10m)

(1.10m) – Suggested opening heights for regional events.

13 Years and above in line with Athletics Australia, includes All Schools Competition.

Throws			
Event	Age	Boys Weight	Girls Weight
Discus	Under 14 - 13	1kg	1kg
	Under 16 - 14 and 15	1kg	1kg
	Under 18 - 16 and 17	1.5kg	1kg
	Under 20 - 18 and 19	1.75kg	1kg
Shot Put	Under 14 - 13	3kg	3kg
	Under 16 - 14 and 15	4kg-14 5kg-15	3kg
	Under 18 - 16 and 17	5kg	3kg
	Under 20 - 18 and 19	6kg	4kg
Javelin	Under 14 - 13	600g	400g
	Under 16 - 14 and 15	700g	500g
	Under 18 - 16 and 17	700g	500g
	Under 20 - 18 and 19	800g	600g
Jumps			
Event	Age	Boys Entry Height	Girls Entry Height
High Jump	Under 14 - 13	1.35m	1.25m
	Under 16 - 14 and 15	1.40m	1.30m
	Under 18 - 16 and 17	1.45m	1.40m
	Under 20 - 18 and 19	1.45m	1.40m