

60m HURDLES					
Age Group	Height	Flights	Run-In	Spacing	Run-Out
6-9	45cm	6	12m	7m	13m
10-11	60cm				
12	68cm				

80m HURDLES					
Age Group	Height	Flights	Run-In	Spacing	Run-Out
6-9	45cm	9	12m	7m	12m
10-11	60cm				
12	68cm				
13	76cm				
14 Girls	76cm				

90m HURDLES					
Age Group	Height	Flights	Run-In	Spacing	Run-Out
14 Boys	76cm	9	13m	8m	13m
15-16 Girls					

100m HURDLES					
Age Group	Height	Flights	Run-In	Spacing	Run-Out
15-16 Boys	76cm	10	13m	8.5m	10.5m

300m HURDLES					
Age Group	Height	Flights	Run-In	Spacing	Run-Out
13-16	68cm	7	50m	35m	40m

Age Group	DISCUS		SHOT PUT		JAVELIN	
	Boys	Girls	Boys	Girls	Boys	Girls
6	350 gm	350 gm	1.0 kg	1.0 kg		
7	500 gm	500 gm	1.5 kg	1.5 kg	Vortex	Vortex
8	500 gm	500 gm	2.0 kg	2.0 kg	Vortex	Vortex
9	500 gm	500 gm	2.0 kg	2.0 kg	Vortex	Vortex
10	500 gm	500 gm	2.0 kg	2.0 kg	Turbo	Turbo
11	750 gm	750 gm	2.0 kg	2.0 kg	400 gm	400 gm
12	750 gm	750 gm	3.0 kg	2.0 kg	400 gm	400 gm
13	1000 gm	750 gm	3.0 kg	3.0 kg	600 gm	400 gm
14	1000 gm	1000 gm	4.0 kg	3.0 kg	600 gm	400 gm
15	1000 gm	1000 gm	4.0 kg	3.0 kg	600 gm	500 gm
16	1000 gm	1000 gm	4.0 kg	3.0 kg	700 gm	500 gm

HIGH JUMP - starting heights, Casey Centre Only									
Age Group	8	9	10	11	12	13	14	15	16
Boys	75 cm	85 cm	90 cm	1.00 m	1.10 m	1.15 m	1.20 m	1.25 m	1.30m
Girls	70 cm	75 cm	85 cm	90 cm	1.00 m	1.05 m	1.10 m	1.15 m	1.20m

TRIPLE JUMP - recommended mat starting positions									
Age	8	9	10	11	12	13	14	15	16
Boys	3.00 m	4.00 m	5.00 m	5.00 m	6.00 m	6.00 m	7.00 m	7.00 m	7.00m
Girls	3.00 m	4.00 m	4.00 m	5.00 m	5.00 m	6.00 m	6.00 m	7.00 m	7.00m