



# SCHOOL SPORT VICTORIA

## PRIMARY & SECONDARY

### TRACK & FIELD SPECIFICATIONS

#### HURDLES

	Age Section	Line Colour	Event Dist	Hurdle Ht	No. of Flights	Mt to First	Mt Apart	Mt to End
<b>Primary Championships:</b> Hurdles used for Primary hurdles races (ie. 9/10 years, 11 years and Primary 12/13 years) must be collapsible in line with Little Athletics Victoria specifications.								
Girls	9-10 Years	Black	80 m	60 cm	9	12.00	7.00	12.00
Girls	11 Years	Black	80 m	60 cm	9	12.00	7.00	12.00
Girls	12-13 Years	Black	80 m	68 cm	9	12.00	7.00	12.00
Boys	9-10 Years	Black	80 m	60 cm	9	12.00	7.00	12.00
Boys	11 Years	Black	80 m	60 cm	9	12.00	7.00	12.00
Boys	12-13 Years	Black	80 m	68 cm	9	12.00	7.00	12.00

#### Secondary Championships

Girls	12-13 Years	Black	80 m	76.2 cm	9	12.00	7.00	12.00
Girls	14 Years	White	90 m	76.2 cm	9	13.00	8.00	13.00
Girls	15 Years	White	90 m	76.2 cm	9	13.00	8.00	13.00
Girls	16 Years	Yellow	100 m	76.2 cm	10	13.00	8.50	10.50
Girls	17 Years	Yellow	100 m	76.2 cm	10	13.00	8.50	10.50
Girls	18-20 Years	Yellow	100 m	84.0 cm	10	13.00	8.50	10.50
Boys	12-13 Years	White	90 m	76.2 cm	9	13.00	8.00	13.00
Boys	14 Years	Yellow	100 m	84.0 cm	10	13.00	8.50	10.50
Boys	15 Years	Yellow	100 m	84.0 cm	10	13.00	8.50	10.50
Boys	16 Years	Blue	110 m	91.4 cm	10	13.72	9.14	14.02
Boys	17 Years	Blue	110 m	91.4 cm	10	13.72	9.14	14.02
Boys	18-20 Years	Blue	110 m	99.1 cm	10	13.72	9.14	14.02

#### SHOT PUT WEIGHTS

Age Section	Weight of Shot	Age Section	Weight of Shot
<b>Primary Championships</b>			
Girls 9-10 Years	2.0 kg	Boys 9-10 Years	2.0 kg
Girls 11 Years	2.0 kg	Boys 11 Years	2.0 kg
Girls 12-13 Years	3.0 kg	Boys 12-13 Years	3.0 kg
<b>Secondary Championships</b>			
Girls 12-13 Years	3.0 kg	Boys 12-13 Years	3.0 kg
Girls 14 Years	3.0 kg	Boys 14 Years	4.0 kg
Girls 15 Years	3.0 kg	Boys 15 Years	4.0 kg
Girls 16 Years	3.0 kg	Boys 16 Years	5.0 kg
Girls 17 Years	3.0 kg	Boys 17 Years	5.0 kg
Girls 18-20 Years	4.0 kg	Boys 18-20 Years	6.0 kg



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#### DISCUS WEIGHTS

	Age Section	Weight of Disc		Age Section	Weight of Disc
<b>Primary Championships</b>					
Girls	9-10 Years	500 g	Boys	9-10 Years	500 g
Girls	11 Years	750 g*	Boys	11 Years	750 g*
Girls	12-13 Years	750 g*	Boys	12-13 Years	750 g*
<b>Secondary Championships</b>					
Girls	12-13 Years	1.00 kg	Boys	12-13 Years	1.00 kg
Girls	14 Years	1.00 kg	Boys	14 Years	1.00 kg
Girls	15 Years	1.00 kg	Boys	15 Years	1.00 kg
Girls	16 Years	1.00 kg	Boys	16 Years	1.50 kg
Girls	17 Years	1.00 kg	Boys	17 Years	1.50 kg
Girls	18-20 Years	1.00 kg	Boys	18-20 Years	1.75 kg

\* 750 g discus must be rubber with a diameter of 15.5 cm

#### JAVELIN WEIGHTS – SECONDARY

	Age Section	Weight of Javelin		Age Section	Weight of Javelin
Girls	12-13 Years	400 g	Boys	12-13 Years	600 g
Girls	14 Years	500 g	Boys	14 Years	700 g
Girls	15 Years	500 g	Boys	15 Years	700 g
Girls	16 Years	500 g	Boys	16 Years	700 g
Girls	17 Years	500 g	Boys	17 Years	700 g
Girls	18-20 Years	600 g	Boys	18-20 Years	800 g

#### HIGH JUMP - STARTING HEIGHTS – STATE CHAMPIONSHIPS:

	Age Section	Start Height	Bar Rises		Age Section	Start Height	Bar Rises
<b>Primary Championships</b>							
Girls	9-10 Years	1.05 m	5 cm for 2 rises, then 3 cm	Boys	9-10 Years	1.10 m	5 cm for 2 rises, then 3 cm
Girls	11 Years	1.15 m	5 cm for 2 rises, then 3 cm	Boys	11 Years	1.20 m	5 cm for 2 rises, then 3 cm
Girls	12-13 Years	1.15 m	5 cm for 2 rises, then 3 cm	Boys	12-13 Years	1.20 m	5 cm for 2 rises, then 3 cm
<b>Secondary Championships</b>							
Girls	12-13 Years	1.25 m	5 cm rises	Boys	12-13 Years	1.35 m	5 cm rises
Girls	14 Years	1.30 m	5 cm rises	Boys	14 Years	1.40 m	5 cm rises
Girls	15 Years	1.35 m	5 cm rises	Boys	15 Years	1.45 m	5 cm rises
Girls	16 Years	1.35 m	5 cm rises	Boys	16 Years	1.50 m	5 cm rises
Girls	17 Years	1.40 m	5 cm rises	Boys	17 Years	1.55 m	5 cm rises
Girls	18-20 Years	1.40 m	5 cm rises	Boys	18-20 Years	1.60 m	5 cm rises



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### TRACK & FIELD SPECIFICATIONS

#### **HIGH JUMP – SUGGESTED STARTING HEIGHTS – PRIMARY DISTRICT, DIVISION AND REGION:**

Age Section	Start Height	Bar Rises	Age Section	Start Height	Bar Rises
Girls 9-10 Years	95 cm	5 cm for 2 rises, then 3 cm	Boys 9-10 Years	1.00 m	5 cm for 2 rises, then 3 cm
Girls 11 Years	95 cm	5 cm for 2 rises, then 3 cm	Boys 11 Years	1.00 m	5 cm for 2 rises, then 3 cm
Girls 12-13 Years	1.00 m	5 cm for 2 rises, then 3 cm	Boys 12-13 Years	1.05 m	5 cm for 2 rises, then 3 cm

Starting heights for District, Division and Region competitions are suggestions only.

If you find it necessary to lower or raise the starting height, this can be done.

The starting height cannot be lower than the height of the landing area.

The bar rises are recommendations only, but should not be less than 3 cm

#### **HIGH JUMP – SUGGESTED STARTING HEIGHTS – SECONDARY DIVISION AND REGION:**

Girls 12-13 Years	1.10 m	5 cm rises	Boys 12-13 Years	1.20 m	5 cm rises
Girls 14 Years	1.15 m	5 cm rises	Boys 14 Years	1.25 m	5 cm rises
Girls 15 Years	1.20 m	5 cm rises	Boys 15 Years	1.30 m	5 cm rises
Girls 16 Years	1.20 m	5 cm rises	Boys 16 Years	1.35 m	5 cm rises
Girls 17 Years	1.25 m	5 cm rises	Boys 17 Years	1.40 m	5 cm rises
Girls 18-20 Years	1.25 m	5 cm rises	Boys 18-20 Years	1.45 m	5 cm rises

Starting heights for District, Division and Region competitions are suggestions only.

If you find it necessary to lower or raise the starting height, this can be done.

The starting height cannot be lower than the height of the landing area.

The bar rises are recommendations only, but should not be less than 3 cm

#### **TRIPLE JUMP BOARDS:**

At the State Championships, the only boards available for competition for boys and girls will be the:

- 5 m Board
- 7 m Board
- 9 m Board
- 11 m Board
- 13 m Board

No additional boards will be marked on the runway



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#### SHOT PUT WEIGHTS FOR MULTI CLASS ATHLETES

*Weights in kilograms (kg)*

Classification	9/10 Years		11 Years		12/13 Years		14 Years		15 Years		16 Years		17 Years		18 - 20 Years	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
<b>Hearing Impairment</b>																
F01	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
<b>Visually Impairment</b>																
F11, F12, F13	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
<b>Intellectual Impairment</b>																
F20	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
F21	2	1.5	2	2	3	2	3	2	3	2	3	2	4	3	4	3
<b>Autism Spectrum Disorder (ASD) TRIAL</b>																
ii3	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
<b>Physical Impairment – Cerebral Palsy</b>																
F32 (Seated)	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2
F33 (Seated)	1	1	1	1	2	1	2	2	2	2	3	3	3	3	3	3
F34 (Seated)	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	3	4	3	4	3
F35	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	3	4	3	4	3
F36	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	3	4	3	4	3
F37	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	3	4	3	5	3
F38	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	3	4	3	5	3
<b>Physical Impairment – Dwarfism/Short Stature</b>																
F40/41	1.5	1.5	1.5	1.5	2	2	3	2	3	2	4	3	4	3	4	3
<b>Physical Impairment – Amputee and Les Autres</b>																
F42, F43/44	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
F45, F46	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
F61, F62	2	2	2	2	3	3	3	3	3	3	4	3	4	3	4	3
F63, F64	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
<b>Physical Impairment – Wheelchair/Seated</b>																
F52	1.5	1.5	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2	2	2
F53	1.5	1.5	1.5	1.5	2	1.5	2	2	2	2	3	2	3	2	3	3
F54	1.5	1.5	2	1.5	2	2	2	2	2	2	3	2	3	2	4	3
F55	1.5	1.5	2	1.5	2	2	2	2	2	2	3	2	3	2	4	3
F56	1.5	1.5	2	1.5	2	2	2	2	2	2	3	2	3	2	4	3
F57	1.5	1.5	2	1.5	2	2	2	2	2	2	3	2	3	2	4	3
<b>Transplant</b>																
F60	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4

- **Note:** If the weight differs in a classification for the 9 and 10 years age groups, the weight for 9 year olds is in brackets.
- If a 1.5 kg is not available, those athletes are to use a 2 kg shot put
- This table has been updated September 2018