

Equipment Specifications for Competition under Athletics Australia Rules (Open & Junior) and WMA Rules (Masters) as at 1 October 2011

Age Group (Distances/heights in metres)	Distance	Hurdle Height	No of Hurdles	To First Hurdle	Between Hurdles	To Finish
Women: Short Hurdles						
OPEN, U20, 30-39 Women	100	0.840	10	13	8.5	10.5
U18 WOMEN	100	0.762	10	13	8.5	10.5
U16 WOMEN	90	0.762	9	13	8	13
U14 WOMEN	80	0.762	9	12	7	12
40-49	80	0.762	8	12	8.0	12
50-59	80	0.762	8	12	7.0	19
60+	80	0.686	8	12	7.0	19
Women: Long Hurdles						
Open WOMEN All ages (AA)	200	0.762	10	18.29	18.29	17.10
OPEN, U20, U18, 30-49 WOMEN	400	0.762	10	45	35	40
50-59	300	0.762	7	50	35	40
60-69	300	0.686	7	50	35	40
70+	200	0.686	5	20	35	40

Age Group (Distances/heights in metres)	Distance	Hurdle Height	No of Hurdles	To First Hurdle	Between Hurdles	To Finish
Men: Short Hurdles						
OPEN MEN	110	1.067	10	13.72	9.14	14.02
U20, 30-49	110	0.991	10	13.72	9.14	14.02
U18 MEN	110	0.914	10	13.72	9.14	14.02
U16 MEN	100	0.840	10	13	8.5	10.5
U14 MEN	90	0.762	9	13	8	13
50-59	100	0.914	10	13	8.5	10.5
60-69	100	0.840	10	12	8.0	16
70-79	80	0.762	8	12	7.0	19
80+	80	0.686	8	12	7.0	19
Men: Long Hurdles						
Open MEN all ages (AA)	200	0.762	10	18.29	18.29	17.10
OPEN & U20, 30-49	400	0.914	10	45	35	40
U18, 50-59	400	0.840	10	45	35	40
60-69	300	0.762	7	50	35	40
70-79	300	0.686	7	50	35	40
80+	200	0.686	5	20	35	40

Women Steeplechase			Men Steeplechase		
Age	Distance	Height	Age	Distance	Height
OPEN WOMEN	3,000	0.762	OPEN & U20, 30-59	3,000	0.914
U20, U18, U16, 30+	2,000	0.762	U20 SCHOOLS, U18 MEN	2,000	0.914
			U16, 60+	2,000	0.762

Throwing Implements

	Hammer (kg)	Shot (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
Women					
Open, U20, 30-49	4	4	1	600	9.080 (20lb)
U18, U16, 50-59	3	3	1	500	7.260 (16lb)
U14	Not permitted	3	1	400	5.450 (12lb)
60-74	3	3	1	400	5.450 (12lb)
75+	2	2	0.75	400	4.000 (8.8lb)
Men					
Open, 30-49	7.26	7.26	2	800	15.880 (35lb)
U20	6	6	1.75	800	11.340 (25lb)
U18	5	5	1.50	700	9.080 (20lb)
U16	4	4	1	700	7.260 (16lb)
U14	Not permitted	3	1	600	5.450 (12lb)
50-59	6	6	1.50	700	11.340 (25lb)
60-69	5	5	1	600	9.080 (20lb)
70-79	4	4	1	500	7.260 (16lb)
80+	3	3	1	400	5.450 (12lb)

Weight Throw is a non-event for Open and Juniors

Multi Events

Decathlon	Heptathlon	Indoor Pentathlon	Outdoor Pentathlon (Masters)	Throws Pentathlon (Masters)
Day 1: 100m, Long Jump, Shot, High Jump, 400m Day 2: Hurdles, Discus, Pole Vault, Javelin, 1500m	Day 1: Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m	60m hurdles, high jump, shot put, long jump, 800m women / 1000m men	Women: 100m, Shot Put, Long Jump, Javelin, 800m Men: Long Jump, Javelin, 200m, Discus, 1500m	Hammer, Shot Put, Discus, Javelin, Weight