

Track and Field Implements

JUNIOR HIGH

Bantam Girls - Grade 7
Midget Girls – Grade 8
Juvenile Girls – Grade 9
 Shot – 3k
 Disc- 1k
 Jav – 500g

Bantam Boys - Grade 7
 Shot – 3k
 Disc - 1k
 Jav – 600g

Midget Boys – Grade 8
Juvenile Boys – Grade 9
 Shot – 4k
 Disc – 1k
 Jav – 600g

SENIOR HIGH

Junior Girls
Intermediate Girls
 Shot – 3k
 Disc – 1k
 Jav – 500g

Senior Girls
 Shot – 4k
 Disc – 1k
 Jav – 600g

Junior Boys
Intermediate Boys
 Shot – 5k
 Disc – 1.5k
 Jav – 700g

Senior Boys
 Shot – 6k
 Disc – 1.75k
 Jav – 800g

Category	Distance of race	Height of hurdle	Distance from start line to 1 st hurdle	Distance between hurdles
Bant. Girls	80m	76cm (30")	12m	8m
Mid. Girls	80m	76cm (30")	12m	8m
Juv. Girls	80m	76cm (30")	12m	8m
Bant. Boys	80m	76cm (30")	12m	8m
Mid. Boys	80m	76cm (30")	12m	8m
Juv. Boys	100m	76cm (30")	13m	8.5m

Category	Distance of Race	Height of Hurdle	Distance from Start Line to 1st Hurdle	Distance between Hurdles
Jr. Girls	80m	78cm (30")	12m	8m
Int. Girls	80m	78cm (30")	12m	8m
Sr. Girls	80m	84cm (33")	12m	8m
Girls	300m	76cm (30")	50m	35m
Jr. Boys	100m	84cm (33")	13m	8.5m
Int. Boys	100m	84cm (33")	13m	8.5m
Sr. Boys	100m	91cm (36")	13m	8.5m
Boys	300m	84cm (33")	50m	35m