



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
Primary Championships: 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

SHOT PUT WEIGHTS

Age Section	Weight of Shot	Age Section	Weight of Shot
Primary Championships		Primary Championships	
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
Secondary Championships		Secondary Championships	
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
Primary Championships		Primary Championships	
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*
Secondary Championships		Secondary Championships	
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
Primary Championships			Primary Championships		
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
Secondary Championships			Secondary Championships		
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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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:

Age Section	Start Height	Bar Rises	Age Section	Start Height	Bar Rises
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
Hearing Impairment																
F01	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
Visually Impairment																
F11, F12, F13	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
Intellectual Impairment																
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
Autism Spectrum Disorder (ASD) TRIAL																
ii3	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
Physical Impairment – Cerebral Palsy																
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
Physical Impairment – Dwarfism/Short Stature																
F40/41	1.5	1.5	1.5	1.5	2	2	3	2	3	2	4	3	4	3	4	3
Physical Impairment – Amputee and Les Autres																
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
Physical Impairment – Wheelchair/Seated																
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
Transplant																
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