

HURDLE MEASUREMENTS

Measurements from finish line:

Age Group	Race Dist.	To First	# of Flights	Between Flights	To Finish	Flight 10	Flight 9	Flight 8	Flight 7	Flight 6	Flight 5	Flight 4	Flight 3	Flight 2	Flight 1
U8 to U12	60	12	6	7	13					-13	-20	-27	-34	-41	-48
U13 U14 Girls	80	12	9	7	12		-12	-19	-26	-33	-40	-47	-54	-61	-68
U14 Boys U15 Girls	90	13	9	8	13		-13	-21	-29	-37	-45	-53	-61	-69	-77
U15 Boys	100	13	10	8.5	10.5	-10.5	-19	-27.5	-36	-44.5	-53	-61.5	-70	-78.5	-87

Measurements from start line:

Age Group	Race Dist.	To First	# of Flights	Between Flights	To Finish	Flight 1	Flight 2	Flight 3	Flight 4	Flight 5	Flight 6	Flight 7	Flight 8	Flight 9	Flight 10
U8 to U12	60	12	6	7	13	12	19	26	33	40	47				
U13 U14 Girls	80	12	9	7	12	12	19	26	33	40	47	54	61	68	
U14 Boys U15 Girls	90	13	9	8	13	13	21	29	37	45	53	61	69	77	
U15 Boys	100	13	10	8.5	10.5	13	21.5	30	38.5	47	55.5	64	72.5	81	89.5

Hurdle Heights: Under 8-9: 45 cm

Under 12: 68 cm

Under 10-11: 60 cm

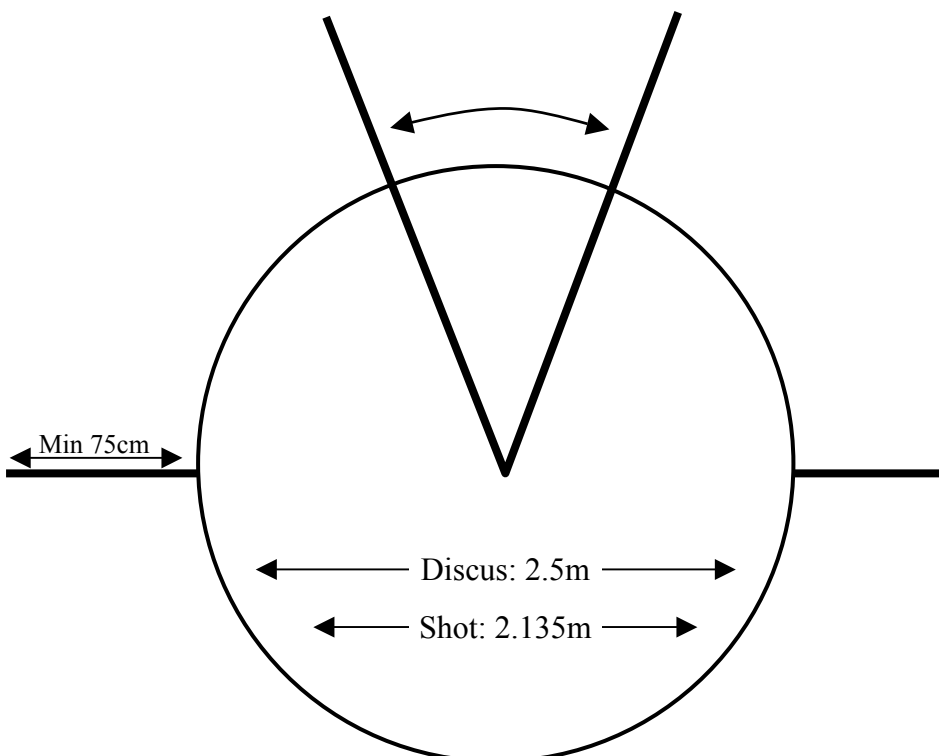
Under 13-15: 76 cm

Discus / Shot Throwing Circle and Arc

The following table may be used as an aid in marking and checking the degree sector lines. For greater accuracy, use the longest distance the field will allow.

In this table, A indicates the distance from the center of the circle to a point on each of the two sector lines and B indicates the distance between those two points.

A	B
5m	2.5m
10m	5.0m
15m	7.5m
20m	10.0m
25m	12.5m
50m	25.0m
75m	37.5m
100m	50.0m



ARC AND SECTOR FOR JAVELIN

Arc: All Javelin throws shall be made from an arc of a circle drawn with a radius of 8m at the end of a runway 4m wide. This arc shall be white, 7cm in width, and flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines should be 75cm in length and 7cm in width.

Sector: The landing sector shall be marked with white lines 5cm wide such that the inner edges of the lines, if extended, would intersect at the center of the circle of which the arc is part. The end of the sectors may be marked by flags.

NOTE: Flags or continuous barriers should be erected parallel and **3m** outside of the sector lines for their full length.

The sector for Javelin can be laid out by making the distance between the sector lines one-half the distance from the center of the circle

Distance From Centre Point	Distance Between Inside Of Sector Lines
8.00	4.00
20.00	10.00
40.00	20.00
50.00	25.00
60.00	30.00
75.00	37.50
100.00	50.00

