

## LATas Recognised Field Events & Specifications

Time limit per trial – 1 minute

SHOT PUT	Weight	Colour		
Under 6, 7	1.0 kg	Blue	Diameter Tolerance – 60 to 85mm	Diameter of Circle – 2.135m
Under 8	1.5 kg	Yellow	Diameter Tolerance – 70 to 90mm	Angle of Sector - 35°
Under 9, 10, 11, 12G	2.0 kg	Orange	Diameter Tolerance – 76 to 90mm	
Under 12B, 13, 14, 15G	3.0 kg	White	Diameter tolerance – 85 to 110mm	
Under 15B	4.0 kg	Red	Diameter Tolerance – 95 to 110mm	

DISCUS	Weight	
Under 6, 7	330-350 grams	Diameter of Circle - 2.5m
Under 8, 9, 10	500 grams	Up to 40 <sup>°</sup>
Under 11, 12, 13G	750 grams	
Under 13B	1.0 kg	
Under 14	1.0 kg	
Under 15	1.0 kg	

JAVELIN	Weight	
Under 6, 7	Vortex	
Under 8, 9	Turbo Jav	
Under 10,11,12,13G	400 grams	Angle of Sector - 29 <sup>°</sup>
Under 14G, 15G	500 grams	
Under 13B, 14B	600 grams	
Under 15B	700 grams	

HIGH JUMP	Starting Points							
Boys	U8	U9	U10	U11	U12	U13	U14	U15
Centre Competition	.60	.65	.75	.80	.85	.90	.95	1.00
State Conducted Meetings	.60	.70	.80	.90	.90	1.10	1.15	1.20
State Championships	.80	.90	1.00	1.10	1.20	1.30	1.35	1.40
Girls								
Centre Competition	.55	.60	.65	.70	.75	.80	.85	.90
State Conducted Meetings	.60	.65	.75	.85	.90	.95	1.05	1.15
State Championships	.80	.85	.95	1.05	1.10	1.15	1.25	1.35

It is recommended side bags should be used for athlete safety.

Scissor Jump is compulsory for Under 8 and Under 9 athletes. Restraining straps are compulsory for high jump, excluding scissor jump.

## LONG JUMP & TRIPLE JUMP -Take off mat

### Long Jump

- U6-U12: A 0.5m x 1m mat covered with damp sand to the depth of 1 to 2 centimetres.
- U13-U15: A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on the runway, or a 0.5m x 1m mat with a 20cm white line painted on the front edge. The Competition Director will predetermine the most appropriate type of take-off area to be utilised by all athletes in that particular event.
- Where possible a strip of suitable material (e.g damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm.

### Triple Jump

The setting of the triple jump mat may be adjusted at the minimum metre interval for all age groups if requested.

*It is at the discretion of the Official if a mat is required to be moved.*