

## Event Specifications for Athletics New Zealand Rankings Lists

As at 1 January 2023

Implement	Women Senior	Women U20	Women U18	Men Senior	Men U20	Men U18
<b>Shot</b>	4kg	4kg	3kg	7.26kg	6kg	5kg
<b>Discus</b>	1kg	1kg	1kg	2kg	1.75kg	1.5kg
<b>Hammer</b>	4kg	4kg	3kg	7.26kg	6kg	5kg
<b>Javelin</b>	600g	600g	500g	800g	800g	700g
<b>Distance</b>						
100m Hrdl	0.838m	0.838m	0.762m	-	-	-
110m Hrdl	-	-	-	1.067m	0.991m	0.914m
300m Hrdl	-	-	0.762m	-	-	0.838m
400m Hrdl	0.762m	0.762m	0.762m	0.914m	0.914m	0.838m
2000m Stpl	-	-	0.762m	-	-	0.838m
3000m Stpl	0.762m	0.762m	-	0.914m	0.914m	-

Please note that there are **NO** Rankings Lists for U16 age grade. **U16 age grade athletes are regarded as U18 for Rankings Lists purposes.**