

EVENT AGE LIMITATIONS

All ANQ Championships meets will be conducted according to ANQ Age Limitations. It is recommended that all member Clubs also conduct their competitions according to ANQ Age Limitations. Athletes should always check specific competition rules when competing at other Local, State, National and International competitions as they may be different to ANQ Age Limitations. Age is as at 31st December of that year. Masters age limitations are not included in this table.

Refer to the technical specifications for implement weights and hurdle specifications

EVENT	MINIMUM AGE	EVENT	MINIMUM AGE
SPRINTS		HURDLES	
60M	All Ages	60M	7 Years 45cm
80M	All Ages	60M	9 Years 60cm
100M	All Ages	60M	11 Years 68cm
200M	7 Years	80M	12 Years Women 76.2cm
400M	10 Years	90M	12 Years Men 76.2cm
		90M	14 Years Women 76.2cm
		100M	14 Years Men 84cm
DISTANCE		100M	16 Years Women 76.2cm
800M	8 Years	100M	U20 Women 84cm
1500M	10 Years	110M	16 Years Men 91.4cm
3000M	12 Years	110M	Under 20 Men 99.1cm
5000M	18 Years	110M	Open 106.7
10000M	18 Years	200M	12 Years 76.2cm
1 MILE	12 Years	400M	16 Years Women 76.2cm
		400M	U18 Men 84cm
		400M	U20 Men 91.4cm
TRACK WALKS		THROWS	
800M	10 Years	SHOT PUT	All Ages
1500M	11 Years	DISCUS	All Ages
3000M	14 Years	JAVELIN	12 Years
5000M	16 Years	HAMMER	14 Years
10000M	16 Years	HEAVYWEIGHT	14 Years
ROAD WALKS		JUMPS	
2km	11 Years	LONG JUMP	All Ages
3km	14 Years	TRIPLE JUMP	12 Years
5km	16 Years	HIGH JUMP (SCISSORS)	8 Years
		HIGH JUMP (FLOP)	11 Years
		POLE VAULT	12 Years
STEEPLE CHASE			
2000M	14 Year Women		76.2cm
2000M	14 Year Men		76.2cm
2000M	U18 Men		91.4cm
3000M	U20 Women		76.2cm
3000M	U20 Men		91.4cm

TECHNICAL SPECIFICATIONS

Throw Implements – All Ages

EFFECTIVE 1st JANUARY 2014

AGE GROUP	DISCUS		SHOT PUT		JAVELIN		HAMMER		HEAVY WEIGHT	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
4 Yrs & Under	350g	350g	1.0kg	1.0kg	x	x	x	x	x	x
5 Yrs	350g	350g	1.0kg	1.0kg	x	x	x	x	x	x
6 Yrs	350g	350g	1.0kg	1.0kg	x	x	x	x	x	x
7 Yrs	500g	500g	1.5kg	1.5kg	x	x	x	x	x	x
8 Yrs	500g	500g	2.0kg	2.0kg	x	x	x	x	x	x
9 Yrs	500g	500g	2.0kg	2.0kg	x	x	x	x	x	x
10 Yrs	750g	750g	2.0kg	2.0kg	x	x	x	x	x	x
11 Yrs	750g	750g	3.0kg	2.0kg	x	x	x	x	x	x
12 Yrs	1.0kg	1.0kg	3.0kg	3.0kg	600g	400g	x	x	x	x
13 Yrs	1.0kg	1.0kg	3.0kg	3.0kg	600g	400g	x	x	x	x
14 Yrs	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg	16lb	12lb
15 Yrs	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg	16lb	12lb
16 Yrs	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg	20lb	12lb
U18	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg	20lb	12lb
U20	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg	25lb	16lb
Open	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg	35lb	20lb
30-49	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg	35lb	20lb
50-59	1.5kg	1.0kg	6.0kg	3.0kg	700g	500g	6.0kg	3.0kg	25lb	16lb
60-69	1.0kg	1.0kg	5.0kg	3.0kg	600g	500g	5.0kg	3.0kg	20lb	12lb
70-74	1.0kg	1.0kg	4.0kg	3.0kg	500g	500g	4.0kg	3.0kg	16lb	12lb
75-79	1.0kg	750g	4.0kg	2.0kg	500g	400g	4.0kg	2.0kg	16lb	8.8lb
80+	1.0kg	750g	3.0kg	2.0kg	400g	400g	3.0kg	2.0kg	12lb	8.8lb

Shot put colours above are based on standard colours for weights from major suppliers.

BOLD PRINT INDICATES CHANGE EFFECTIVE 1st JANUARY 2014

Hurdle Specifications – All Ages to Open

DISTANCE	AGE	SEX	HEIGHT	FLIGHTS	RUN IN	INTERVAL	RUN OUT
60M	6,7,8	M / F	45.0cm	6	12	7	13
60M	9,10	M / F	60.0cm	6	12	7	13
60M	11	M / F	68.6cm	6	12	7	13
80M	12,13	F	76.2cm	9	12	7	12
90M	12,13	M	76.2cm	9	13	8	13
90M	14,15	F	76.2cm	9	13	8	13
100M	14,15	M	84.0cm	10	13	8.5	10.5
100M	16,U18	F	76.2cm	10	13	8.5	10.5
100M	U20-Open	F	84.0cm	10	13	8.5	10.5
110M	16,U18	M	91.4cm	10	13.72	9.14	14.02
110M	U20	M	99.1cm	10	13.72	9.14	14.02
110M	OPEN	M	106.7cm	10	13.72	9.14	14.02
200M	12,13,14,15	M / F	76.2cm	10	18.29	18.29	17.10
400M	16-Open	F	76.2cm	10	45	35	40
400M	U18	M	84.0cm	10	45	35	40
400M	U20-Open	M	91.4cm	10	45	35	40

Masters Hurdle Specifications

DISTANCE	AGE	SEX	HEIGHT	FLIGHTS	RUN IN	INTERVAL	RUN OUT
80M	40-49	F	76.2cm	8	12	8	12
80M	50-59	F	76.2cm	8	12	7	19
80M	60+	F	68.6cm	8	12	7	19
80M	70-79	M	76.2cm	8	12	7	19
80M	80+	M	68.6cm	8	12	7	19
100M	30-39	F	84.0cm	10	13	8.5	10.5
100M	50-59	M	91.4cm	10	13	8.5	10.5
100M	60-69	M	84.0cm	10	12	8	16
110M	30-49	M	99.1cm	10	13.72	9.14	14.02
200M	70+	W	68.6cm	5	20	35	40
200M	80+	M	68.6cm	5	20	35	40
300M	50-59	W	76.2cm	7	50	35	40
300M	60-69	W	68.6cm	7	50	35	40
300M	60-69	M	76.2cm	7	50	35	40
300M	70-79	M	68.6cm	7	50	35	40
400M	30-49	F	76.2cm	10	45	35	40
400M	30-49	M	91.4cm	10	45	35	40
400M	50-59	M	84.0cm	10	45	35	40