

Masters - Hurdles and Throwing Implement Specifications

WOMEN

Age Group	Race Distance	Hurdle Height	Number of Hurdles	Distance to First	Distance Between	To Finish
W35+	100m	.840m (33")	5	13m	8.5m	13m
W40+	80m	.762m (30")	5	12m	8m	16m
W50+	80m	.762m (30")	5	12m	7m	20m
W60+	80m	.686m (27")	5	12m	7m	20m
W35+ ,W40+,W45+	400m	.762m (30")	10	45m	35m	40m
W50+,W55+	300m	.762m (30")	7	50m	35m	40m
W60+,W65+	300m	.686m (27")	7	50m	35m	40m
w60+	200m	.686m (27")	5	20m	35m	40m

Steeplechase

W35+	2000m	.762m (30")	18 Barriers & 5 Water Jumps
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MEN

Age Group	Race Distance	Hurdle Height	Number of Hurdles	Distance to First	Distance Between	To Finish
M35+ ,M40+, M45+	110m	.991m (39")	10	13.72m	9.14m	14.02m
M50+ , M55+	100m	.914m (36")	10	13m	8.5m	10.5m
M60+ , M65+	100m	.840m (33")	10	12m	8m	16m
M70+ , M75+	80m	.762m (30")	8	12m	7m	19m
M80+	80m	.686m (27")	8	12m	7m	19m
M35+ , M40+ , M45+	400m	.914m (36")	10	45m	35m	40m
M50+ , M55+	400m	.840m (33")	10	45m	35m	40m
M60+ , M65+	300m	.762m (30")	7	50m	35m	40m
M70+ , M75+	300m	.686m (27")	7	50m	35m	40m
M80+	200m	.686m (27")	5	20m	35m	40m

Steeplechase

M35+ to M55+	3000m	.914m (36")	28 Barriers & 7 Water Jumps
M60+	2000m	.762m (30")	18 Barriers & 5 Water Jumps

Throwing Implements

Women

Age Group	Hammer	Shot Put	Discus	Javelin
W35+ ,W40+,W45+	4K	4K	1.0K	600G
W50+,W55+	3K	3K	1.0K	500G
W50+,W55+,W60+,W65+,W70+	3K	3K	1.0K	400G
W75+	2K	2K	.75K	400G

Men

Age Group	Hammer	Shot Put	Discus	Javelin
M35+ ,M40+,M45+	7.26K	7.26K	2.0K	800G
M50+,M55+	6K	6K	1.5K	700G
M60+,M65+	5K	5K	1.0K	600G
M70+,M75+	4K	4K	1.0K	500G
M80+	3K	3K	1K	400G