

## APPENDIX A WMA Hurdle and implement Specifications

### 1. HURDLES

WOMEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-39	60	0.84	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60+	60	0.686	5	12	7	20
SHORT	35-39	100	0.84	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60+	80	0.686	8	12	7	19
LONG	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40
MEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.84	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	12	7	20
SHORT	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.84	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	12	7	19
LONG	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

### 2. IMPLEMENT SPECIFICATIONS

	Hammer	Shot Put	Discus	Javelin	Weight (kg)
<b>WOMEN</b>					
35-49	4kg	4kg	1kg	600gm	9.080 (20lb)
50-59	3kg	3kg	1kg	500gm	7.260 (16lb)
60-74	3kg	3kg	1kg	500gm	5.450 (12lb)
75+	2kg	2kg	0.75kg	400gm	4.000 (8.8lb)
<b>MEN</b>					
35-49	7.26	7.26	2kg	800gm	15.880 (35lb)
50-59	6kg	6kg	1.5	700gm	11.340 (25lb)
60-69	5kg	5kg	1kg	600gm	9.080 (20lb)
70-79	4kg	4kg	1kg	500gm	7.260 (16lb)
80+	3kg	3kg	1kg	400gm	5.450 (12lb)