

APPENDIX A / ANEXO A / ANNEXE A / ANHANG A
WMA Hurdles and Implement Specifications
WMA Valles y Implementos
WMA Specifications pour les Haies et les Engins
WMA Hürden und Geräte

1. Hurdles / Haies / Hürden / Vallas

WOMEN	Age	Race	Hurdle	Number of Hurdles	Distance	Distance	Distance
	Groups	Distance	Height		To First	Between	To Finish
Indoor	W35-39	60m	.840m(33")	5	13m	8.5m	13m
	W40-49	60m	.762m(30")	5	12m	8m	16m
	W50-59	60m	.762m(30")	5	12m	7m	20m
	W60+	60m	.686m(27")	5	12m	7m	20m
Short	W35-39	100m	.840m(33")	10	13m	8.5m	10.5m
	W40-49	80m	.762m(30")	8	12m	8m	12m
	W50-59	80m	.762m(30")	8	12m	7m	19m
	W60+	80m	.686m(27")	8	12m	7m	19m
Long	W35-49	400m	.762m(30")	10	45m	35m	40m
	W50-59	300m	.762m(30")	7	50m	35m	40m
	W60-69	300m	.686m(27")	7	50m	35m	40m
	W70+	200m	.686m(27")	5	20m	35m	40m
Steeplechase							
	W35+	2000m	.762m(30")	18 barriers & 5 water jumps			
MEN	Age	Race	Hurdle	Number of Hurdles	Distance	Distance	Distance
	Groups	Distance	Height		To First	Between	To Finish
Indoor	M35-49	60m	.991m(39")	5	13.72m	9.14m	9.72m
	M50-59	60m	.914m(36")	5	13m	8.5m	13m
	M60-69	60m	.840m(33")	5	12m	8m	16m
	M70-79	60m	.762m(30")	5	12m	7m	20m
	M80+	60m	.686m(27")	5	12m	7m	20m
Short	M35-49	110m	.991m(39")	10	13.72m	9.14m	14.02m
	M50-59	100m	.914m(36")	10	13m	8.5m	10.5m
	M60-69	100m	.840m(33")	10	12m	8m	16m
	M70-79	80m	.762m(30")	8	12m	7m	19m
	M80+	80m	.686m(27")	8	12m	7m	19m
Long	M35-49	400m	.914m(36")	10	45m	35m	40m
	M50-59	400m	.840m(33")	10	45m	35m	40m
	M60-69	300m	.762m(30")	7	50m	35m	40m
	M70-79	300m	.686m(27")	7	50m	35m	40m
	M80+	200m	.686m(27")	5	20m	35m	40m
Steeplechase							
	M35-59	3000m	.914m(36")	28 barriers & 7 water jumps			
	M60+	2000m	.762m(30")	18 barriers & 5 water jumps			

APPENDIX A continued

2. Implements / Implementos / Engins / Gerate

	Age	Hammer	Shot	Put	Discus	Javelin	Weight
WOMEN	W35-49	4K	4K	1.0K	600G	9.08K (20#)	
	W50-59	3K	3K	1.0K	500G	7.26K (16#)	
	W60-74	3K	3K	1.0K	500G	5.45K (12#)	
	W75+	2K	2K	.75K	400G	4.00K (8.9#)	
MEN	M35-49	7.26K(16#)	7.26K(16#)	2.0K	800G	15.88K (35#)	
	M50-59	6K	6K	1.5K	700G	11.34K (25#)	
	M60-69	5K	5K	1.0K	600G	9.08K (20#)	
	M70-79	4K	4K	1.0K	500G	7.26K (16#)	
	M80+	3K	3K	1.0K	400G	5.45K (12#)	

3. Shot Put / Poids / Kugel / Peso

Weight minimum for admission to Competition and for acceptance of a record

Information for Manufacturers : Usual range for supply of implements for competition

		Diameters :		
		Min. Men	Max. Men	Max. Women
7.260K	7.265K - 7.285K	110mm	130mm	-----
6.000K	6.005K - 6.025K	105mm	130mm	-----
5.000K	5.005K - 5.025K	100mm	130mm	-----
4.000K	4.005K - 4.025K	95mm	130mm	110mm
3.000K	3.005K - 3.025K	85mm	130mm	110mm
2.000K	2.005K - 2.025K	80mm	-----	110mm

4. Discus / Disco / Disque / Diskus

See IAAF Rule 189 for Discus Specifications 1KG, 1.5KG, 2KG

Weight Minimum for admission to competition and for acceptance of record.	.750KG
Range for supply of implement for competition	.755-.775KG
Outside Diameter of metal rim	166-182mm
Diameter of metal plate or flat center area	50-57mm
Thickness of metal plate or flat center area	33-37mm
Thickness of rim (6mm from edge)	10-13mm