

Ulster Secondary Schools' Athletics Association

Updated TRACK & FIELD SPECIFICATIONS

6. HURDLES: BOYS

Age Group	Distance	Height	No.	Approach	Interval	Run-in
Minor	75m	76.2cm	8	11.50m	7.50m	11.00m
Junior	80m	83.8cm	8	12.00m	8.00cm	12.00m
Inter	100m	91.4cm	10	13.00cm	8.50cm	10.50m
Inter	400m	83.8cm	10	45.00cm	35.00cm	40.00m
Senior	110m	99.0cm	10	13.72cm	9.14cm	14.02m
Senior	400m	91.4cm	10	45.00cm	35.00cm	40.00m

HURDLES: GIRLS

Age Group	Distance	Height	No.	Approach	Interval	Run-in
Minor	75m	76.2	8	11.50m	7.50m	11.00m
Junior	75m	76.2cm	8	7.50m	7.50m	12.00m
Inter	80m	76.2cm	8	12.00m	8.00m	12.00m
Inter	300m	76.2cm	7	50.00m	35.00m	40.00m
Senior	100m	83.8cm	10	13.00m	8.50m	10.50m
Senior	400m	76.2cm	10	45.00m	35.00m	40.00m

STEEPLECHASE

Age Group	Distance	
Senior Boys	2000m	There shall be 18 hurdles and 5 water jumps
Inter Boys	1500m	There shall be 13 hurdles and 3 water jumps
Senior Girls	2000m	There shall be 18 hurdles and 5 water jumps
Inter Girls	1500m	There shall be 13 hurdles and 3 water jumps

Girl's steeplechase barriers will be one hole lower than that for the boys

For further details see UK Athletics Rule 103

7. WEIGHTS SPECIFICATIONS

BOYS

Age Group	SHOT	DISCUS	JAVELIN	HAMMER
Mini	3.00kg	–	–	–
Minor	3.00kg	–	–	–
Junior	4.00kg	1.00kg	600g	4.00kg
Inter	5.00kg	1.50kg	700g	5.00kg
Senior	6.00kg	1.75kg	800g	6.00kg

GIRLS

Age Group	SHOT	DISCUS	JAVELIN	HAMMER
Mini	2.72kg	–	–	–
Minor	2.72kg	–	–	–
Junior	2.72kg	0.75kg	400g	2.50kg
Inter	3.00kg	1.00kg	500g	3.00kg
Senior	4.00kg	1.00kg	600g	4.00kg

8. HIGH JUMP STARTING HEIGHTS:

BOYS

Age Group	HIGH JUMP			POLE VAULT	
	District	Ulster		District	Ulster
Mini	1.12m	1.20m		–	–
Minor	1.20m	1.25m		–	–
Junior	1.25m	1.30m		1.83m	2.00m
Inter	1.35m	1.50m		1.98m	2.20m
Senior	1.45m	1.55m		2.28m	2.40m

GIRLS

Age Group	HIGH JUMP			POLE VAULT	
	District	Ulster		District	Ulster
Mini	1.07m	1.15m		–	–
Minor	1.15m	1.20m		–	–
Junior	1.20m	1.30m		1.60m	1.75m
Inter	1.25m	1.35m		1.75m	1.90m
Senior	1.25m	1.35m		1.90m	2.05m

In High Jump the bar shall be raised by 5cms twice, and thereafter by 3cms.