



NSAA TRACK & FIELD CHAMPIONSHIPS COMPETITION SPECIFICATIONS 2026



2026	age-groups <i>normally -</i>	Junior Boys Years 8&9	Inter Boys Years 10&11	Senior Boys Years 12&13	Junior Girls Years 8&9	Inter Girls Years 10&11	Senior Girls Years 12&13
-------------	--	---------------------------------	----------------------------------	-----------------------------------	----------------------------------	-----------------------------------	------------------------------------

Events: see Hurdles below

100m	<i>100m</i>	<i>100m</i>	<i>100m</i>	<i>100m</i>	<i>100m</i>	<i>100m</i>	<i>100m</i>
200m	<i>200m</i>	<i>200m</i>	<i>200m</i>	<i>200m</i>	<i>200m</i>	<i>200m</i>	<i>200m</i>
300m	<i>300m</i>	<i>x</i>	<i>x</i>	<i>300m</i>	<i>300m</i>	<i>x</i>	<i>300m</i>
400m	<i>x</i>	<i>400m</i>	<i>400m</i>	<i>x</i>	<i>x</i>	<i>400m</i>	<i>400m</i>
800m	<i>800m</i>	<i>800m</i>	<i>800m</i>	<i>800m</i>	<i>800m</i>	<i>800m</i>	<i>800m</i>
1500m	<i>1500m</i>	<i>1500m</i>	<i>1500m</i>	<i>1500m</i>	<i>1500m</i>	<i>1500m</i>	<i>1500m</i>
3000m	<i>x</i>	<i>3000m</i>	<i>3000m</i>	<i>x</i>	<i>3000m</i>	<i>3000m</i>	<i>3000m</i>
Steeplechase	<i>x</i>	<i>1500mSC</i>	<i>2000mSC</i>	<i>x</i>	<i>1500mSC</i>	<i>1500mSC</i>	<i>1500mSC</i>
High Jump	<i>HJ</i>	<i>HJ</i>	<i>HJ</i>	<i>HJ</i>	<i>HJ</i>	<i>HJ</i>	<i>HJ</i>
Long Jump	<i>LJ</i>	<i>LJ</i>	<i>LJ</i>	<i>LJ</i>	<i>LJ</i>	<i>LJ</i>	<i>LJ</i>
Triple Jump	<i>TJ*</i>	<i>TJ</i>	<i>TJ</i>	<i>x</i>	<i>TJ</i>	<i>TJ</i>	<i>TJ</i>
Pole Vault	<i>PV</i>	<i>PV</i>	<i>PV</i>	<i>PV</i>	<i>PV</i>	<i>PV</i>	<i>PV</i>
Shot	<i>S</i>	<i>S</i>	<i>S</i>	<i>S</i>	<i>S</i>	<i>S</i>	<i>S</i>
Discus	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>
Javelin	<i>J</i>	<i>J</i>	<i>J</i>	<i>J</i>	<i>J</i>	<i>J</i>	<i>J</i>
Hammer	<i>H</i>	<i>H</i>	<i>H</i>	<i>H</i>	<i>H</i>	<i>H</i>	<i>H</i>

**Year 9 only (UKA 1st April 2026)*

2026	HURDLES:	Year Groups	height	flights	approach	interval	finish
GIRLS	75m Hurdles	Year 8 Girls	68.5cm	8	11.5m	7.5m	11.0m
	80m Hurdles	Year 9 Girls	76.2cm	8	12.00m	8.00m	12.00m
	300m Hurdles		76.2cm	7	50.00m	35.00m	40.00m

80m Hurdles	Year 10 Girls	76.2cm	8	12.00m	8.00m	12.00m
300m Hurdles		76.2cm	7	50.00m	35.00m	40.00m
100m Hurdles	Year 11 Girls	76.2cm	10	13.00m	8.50m	10.50m
400m Hurdles		76.2cm	10	45.00m	35.00m	40.00m
100m Hurdles	Year 12 Girls	76.2cm	10	13.00m	8.50m	10.50m
400m Hurdles		76.2cm	10	45.00m	35.00m	40.00m
100m Hurdles	Year 13 Girls	84.0cm	10	13.00m	8.50m	10.50m
400m Hurdles		76.2cm	10	45.00m	35.00m	40.00m

BOYS	80m Hurdles	Year 8 Boys	76.2cm	8	12.0m	8.0m	12.0m
	100m Hurdles	Year 9 Boys	84.0cm	10	13.00m	8.50m	10.50m
	300m Hurdles		76.2cm	7	50.00m	35.00m	40.00m
	100m Hurdles	Year 10 Boys	84.0cm	10	13.00m	8.50m	10.50m
	300m Hurdles		76.2cm	7	50.00m	35.00m	40.00m
	110m Hurdles	Year 11 Boys	91.4cm	10	13.72m	9.14m	14.02m
	400m Hurdles		84.0cm	10	45.00m	35.00m	40.00m
	110m Hurdles	Year 12 Boys	91.4cm	10	13.72m	9.14m	14.02m
	400m Hurdles		84.0cm	10	45.00m	35.00m	40.00m
	110m Hurdles	Year 13 Boys	99.1cm	10	13.72m	9.14m	14.02m
	400m Hurdles		91.4cm	10	45.00m	35.00m	40.00m

NB Races will be arranged according to specification and number of competitors

2026	STEEPLECHASE:		<i>height</i>	<i>flights</i>	<i>approach</i>	<i>+laps</i>	<i>finish</i>
	1500m S/c	Inter Girls (Y10&11)	76.2cm	13+3wjs	312m	3	62.2m
	1500m S/c	Senior Girls (Y12&13)	76.2cm	13+3wjs	312m	3	62.2m
	1500m S/c	Inter Boys (Y10&11)	83.8cm	13+3wjs	312m	3	62.2m
	2000m S/c	Senior Boys (Y12&13)	91.4cm	18+5wjs	203.8m	4	62.2m

2026	THROWING IMPLEMENTS	Junior Boys Years 8&9	Inter Boys Years 10&11	Senior Boys Years 12&13	Junior Girls Years 8&9	Inter Girls Years 10&11	Senior Girls Years 12&13
	Shot	4.00k	5.00k	6.00k	3.00k	3.00k	4.00k
	Discus	1.25k	1.50k	1.75k	1.00k	1.00k	1.00k
	Javelin	600gm	700gm	800gm	500gm	500gm	600gm
	Hammer	4.00k	5.00k	6.00k	3.00k	3.00k	4.00k

NB- all weights comply with new UKA/EA specifications for the older year group in each category ie Y9,Y11 & Y13; except at Inter Girls level where both Y10 & Y11 competitors comply with the new weight specifications.

2026	Ages:	as at midnight 31st August / 01 September, 2026	
		Junior -	under 15 / over 13
			normally Years 8 & 9
		JUNIOR- born between 01 Sep 2011 - 31 Aug 2013	
		Inter -	under 17 / over 15
		normally Years 10 & 11	
	INTER - born between 01 Sep 2009 - 31 Aug 2011		
	Senior -	under 19 / over 17	
		normally Years 12 & 13	
	SENIOR- born between 01 Sep 2007 - 31 Aug 2009		