

NSAA County Champs - Equipment Spec - 2025

Wentworth Track, Hexham

| | | | | | |
|---|-------------|-------------|-------------|-------------|--------------|
| Shot <i>behind 100m start</i> | 6k x3 | 5k x3 | 4k x3 | 3k x3 | 20m tape |
| Discus <i>inside 1500m start</i> | 1.75 x4 | 1.5k x4 | 1.25k x4 | 1.0k x4 | 50m tape |
| Javelin <i>inside second bend</i> | 800gm x4 | 700gm x6 | 600gm x6 | 500gm x6 | 60m tape |
| Hammer <i>inside 1500m start</i> | 6k x2 | 5k x2 | 4k x2 | 3k x2 | 50m tape |
| L Jump <i>next to back straight</i> | x1 | | | | 20m tape |
| T Jump <i>next to back straight</i> | x1 | | | | 20m tape |
| High Jump <i>inside first bend</i> | x1 | | | | 1 metal tape |
| Pole Vault <i>inside first bend</i> | x1 | | | | 20m tape |

| Throwing Implements: | JB | IB | SB | JG | IG | SG |
|----------------------|-------|-------|-------|-------|--------|-------|
| Shot | 4.00k | 5.00k | 6.00k | 3.00k | 3.00k | 4.00k |
| Discus | 1.25k | 1.50k | 1.75k | 1.00k | 1.000k | 1.00k |
| Javelin | 600gm | 700gm | 800gm | 500gm | 500gm | 600gm |
| Hammer | 4.00k | 5.00k | 6.00k | 3.00k | 3.00k | 4.00k |

| Hurdles Events: | | ht | flights | approach | interval | finish |
|---------------------|-----------|---------|---------|----------|----------|--------|
| 80m Hurdles | JB | 84.0cm | 8 | 12.00m | 8.00m | 12.00m |
| 100m Hurdles | IB | 91.4cm | 10 | 13.00m | 8.50m | 10.50m |
| 110m Hurdles | SB | 99cm | 10 | 13.72m | 9.14m | 14.02m |
| 75m Hurdles | JG | 76.2m | 8 | 11.50m | 7.50m | 11.00m |
| 80m Hurdles | IG | 76.2m | 8 | 12.00m | 8.00m | 12.00m |
| 100m Hurdles | SG | 84.00cm | 10 | 13.00m | 8.50m | 10.50m |

| Steeplechase: | | ht | flights | approach | +laps | finish |
|------------------|-----------|--------|---------|----------|-------|--------|
| 1500m S/c | IG | 76.2cm | 13+3wjs | 312m | 3 | 62.2m |
| 1500m S/c | SG | 76.2cm | 13+3wjs | 312m | 3 | 62.2m |
| 1500m S/c | IB | 83.8cm | 13+3wjs | 312m | 3 | 62.2m |
| 2000m S/c | SB | 91.4cm | 18+5wjs | 203.8m | 4 | 62.2m |

Entries: **UP TO THREE** competitors from each district in any event,
but extra entries are permitted if required
Newcastle are permitted FOUR competitors
An athlete can only take part in a **MAXIMUM OF ANY TWO EVENTS**

Ages: **as at midnight 31st August / 01 September, 2025**
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

| Events: | JB | IB | SB | JG | IG | SG |
|----------------------------|-------|---------|---------|-------|---------|---------|
| 100m | 100m | 100m | 100m | 100m | 100m | 100m |
| 200m | 200m | 200m | 200m | 200m | 200m | 200m |
| 300m | 300m | x | x | 300m | 300m | x |
| 400m | x | 400m | 400m | x | x | 400m |
| 800m | 800m | 800m | 800m | 800m | 800m | 800m |
| 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m |
| 3000m | x | 3000m | 3000m | x | 3000m | 3000m |
| Sprint Hurdles | 80mH | 100mH | 110mH | 75mH | 80mH | 100mH |
| Hurdles | x | 400mH | 400mH | x | 300mH | 400mH |
| Steeplechase | x | 1500mSC | 2000mSC | x | 1500mSC | 1500mSC |
| 4x100m Relay (none) | x | x | x | x | x | x |
| High Jump | HJ | HJ | HJ | HJ | HJ | HJ |
| Long Jump | LJ | LJ | LJ | LJ | LJ | LJ |
| Triple Jump | TJ | TJ | TJ | x | TJ | TJ |
| Pole Vault | PV | PV | PV | PV | PV | PV |
| Shot | S | S | S | S | S | S |
| Discus | D | D | D | D | D | D |
| Javelin | J | J | J | J | J | J |
| Hammer | H | H | H | H | H | H |

| District Allocation | Competitors' Numbers | | | |
|----------------------------|-----------------------------|----|----|----|
| North Northumberland | 1 | 2 | 3 | |
| Tynedale | 4 | 5 | 6 | |
| East Northumberland | 7 | 8 | 9 | |
| North Tyneside | 10 | 11 | 12 | |
| Newcastle | 13 | 14 | 15 | 16 |