

NSAA County Champs - Equipment Spec - 2024

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	1.00k	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

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, 2023
Junior - under 15 / over 13 normally Years 8 & 9
JUNIOR- born between 01 Sep 2009 - 31 Aug 2011
Inter - under 17 / over 15 normally Years 10 & 11
INTER - born between 01 Sep 2007 - 31 Aug 2009
Senior - under 19 / over 17 normally Years 12 & 13
SENIOR- born between 01 Sep 2005 - 31 Aug 2007

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