

Track and Field Specifications

Based on the USATF 2024 Competition Rules (to change in 2026)

	60m Hurdles				Shot Put	
	Heights	Heights	Distance to 1st Hurdle	Spacings Apart	Weight	Weight
Age 9-10 - boys	---	---	---	---	2.72-kg	6-Lb
Age 11-12 - boys	0.762m	30"	12.00m	7.50m	2.72-kg	6-Lb
Age 13-14 - boys	0.840	33"	13.00m	8.50m	4-kg	8.82-Lb
High School - boys	0.991m	39"	13.72m	9.14m	5.45-kg	12-Lb
U20 - men	0.991m	39"	13.72m	9.14m		
College - men	1.067m	42"	13.72m	9.14m	7.26-kg	16-Lb
M25-49	0.991m	39"	13.72m	9.14m	7.26-kg	16-Lb
M50-59	0.914m	36"	13.00m	8.50m	6-kg	13.23-Lb
M60-69	0.840	33"	12.00m	8.00m	5-kg	11.02-Lb
M70-79	0.762m	30"	12.00m	7.00m	4-kg	8.82-Lb
M80 +	0.686m	27"	12.00m	7.00m	3-kg	6.61-Lb
Age 9-10 - girls	---	---	---	---	2.72-kg	6-Lb
Age 11-12 - girls	0.762m	30"	12.00m	7.50m	2.72-kg	6-Lb
Age 13-14 - girls	0.762m	30"	13.00m	8.50m	2.72-kg	6-Lb
High School - girls	0.840	33"	13.00m	8.50m	4-kg	8.82-Lb
U20 - women	0.840	33"	13.00m	8.50m		
College - women	0.840	33"	13.00m	8.50m		
W25-39	0.840	33"	13.00m	8.50m	4-kg	8.82-Lb
W40-49	0.762m	30"	12.00m	8.00m	4-kg	8.82-Lb
W50-59	0.762m	30"	12.00m	7.00m	3-kg	6.61-Lb
W60-74	0.686m	27"	12.00m	7.00m	3-kg	6.61-Lb
W75 +	0.686m	27"	12.00m	7.00m	2-kg	4.41-Lb

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