



**BC SECONDARY
SCHOOL CROSS
COUNTRY AND TRACK
& FIELD ASSOCIATION**

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Proud Sponsor

**Competitive Weights and Standards
2010-2011**

1. *Shot Put Weights*

Sector 34.92 degrees from the centre of the circle. Diameter of the circle 2.135m

Senior Girls	4kg (8lb 13 oz)	Senior Boys	5.43 kg (12 lb)
Junior Girls	4kg (8lb 13 oz)	Junior Boys	4kg (8lb 13 oz)
Juvenile Girls	4kg (8lb 13 oz)	Juvenile Boys	4kg (8lb 13 oz)
Bantam Girls	4kg (8lb 13 oz)	Bantam Boys	4kg (8lb 13 oz)

2. *Discus Weights*

Sector 34.92 degrees from the centre of the circle. Diameter of the circle 2.5

Senior Girls	1kg (2lb 3 ¼ oz)	Senior Boys	1.613kg (3lb 9 oz)
Junior Girls	1kg (2lb 3 ¼ oz)	Junior Boys	1.613kg (3lb 9 oz)
Juvenile Girls	1kg (2lb 3 ¼ oz)	Juvenile Boys	1.613kg (3lb 9 oz)
Bantam Girls	1kg (2lb 3 ¼ oz)	Bantam Boys	1kg (2lb 3 ¼ oz)

3. *Javelin Weights*

Sector: 29 degrees

Senior Girls	600 grams	Senior Boys	800 grams
Junior Girls	600 grams	Junior Boys	800 grams
Juvenile Girls	600 grams	Juvenile Boys	800 grams
Bantam Girls	600 grams	Bantam Boys	600 grams

4. *Hammer* Sector 34.92 degrees from the centre of the circle. Diameter of the circle 2.135m

Open Girls 4kg (8lb 13 oz)
Open Boys 5.43kg (12lb)

5. *Hurdle Heights and Distances*

Senior Girls	100m	.84m (2'9")	Senior Boys	110	.99 (3'3")
Junior Girls	80	.76m (2'6")	Junior Boys	110	.91 (3'0)
Juvenile Girls	80	.76m (2'6")	Juvenile Boys	100	.84 (2'9")
Bantam Girls	80	.76m (2'6")	Bantam Boys	80	.76m (2'6")

Open Girls	400 m	.76 (2'6")
Open Girls	1500m Steeplechase	.76 (2'6")
Open Boys	400m	.91 (3'0")
Open Boys	2000m Steeplechase	.91 (3'0")