

WMA / SAMA Hurdles Specifications 2011						
WOMEN						
Age Group	Race Distance	Hurdle Height	To1 st Hurdle	Between Hurdles	Distance to Finish	No. of Hurdles
30-39	100m	0.840m	13.00m	8.5m	10.5m	10
40-49	80m	0.762m	12.00m	8.0m	12.00m	8
50-59	80m	0.762m	12.00m	7.00m	19.00m	8
60 +	80m	0.686m	12.00m	7.00m	19.00m	8
30-49	400m	0.762m	45.00m	35.00m	40.00m	10
50-59	300m	0.762m	50.00m	35.00m	40.00m	7
60-69	300m	0.686m	50.00m	35.00m	40.00m	7
70+	200m	0.686m	50.00m	35.00m	40.00m	5
30 +	2000m Steeplechase	0.762m	18 barriers and 5 water jumps			
MEN						
Age Group	Race Distance	Hurdle Height	To1 st Hurdle	Between Hurdles	Distance to Finish	No. of Hurdles
30-49	110m	0.991m	13.72m	9.14m	14.02m	10
50-59	100m	0.914m	13.00m	8.50m	10.50m	10
60-69	100m	0.840m	12.00m	8.00m	16.00m	10
70-79	80m	0.762m	12.00m	7.00m	19.00m	8
80 +	80m	0.686m	12.00m	7.00m	19.00m	8
30-49	400m	0.914m	45.00m	35.00m	40.00m	10
50-59	400m	0.840m	45.00m	35.00m	40.00m	10
60-69	300m	0.762m	50.00m	35.00m	40.00m	7
70-79	300m	0.686m	50.00m	35.00m	40.00m	7
80+	200m	0.686m	50.00m	35.00m	40.00m	5
30-59	3000m Steeplechase	0.914m	28 barriers and 7 water jumps			
60 +	2000m Steeplechase	0.762m	18 barriers and 5 water jumps			

WMA / SAMA Throwing Implements Specifications 2010						
WOMEN						
Age Group	Shot Put	Discus	Hammer	Javelin	Heavy Throw	Greek Discus
30-49	4,00kg	1,00kg	4,00kg	600g	9,08kg / 20 lb	3.75kg
50-59	3,00kg	1,00kg	3,00kg	500g	7,26kg/ 16 lb	2.5kg
60-74	3,00kg	1,00kg	3,00kg	500g	5,45kg/ 12 lb	2.5kg
75+	2,00kg	0.75kg	2,00kg	400g	4,00kg / 8.82 lb	2.0kg
MEN						
Age Group	Shot Put	Discus	Hammer	Javelin	Heavy Throw	Greek Discus
30-49	7,26kg	2,00kg	7,26kg	800g	15,88kg/ 35 lb	5.0kg
50-59	6,00kg	1,50kg	6,00kg	700g	11,34kg/ 25 lb	3.75kg
60-69	5,00kg	1,00kg	5,00kg	600g	9,08kg / 20 lb	3.75kg
70-79	4,00kg	1,00kg	4,00kg	500g	7,26kg/ 16 lb	2.5kg
80 +	3,00kg	1,00kg	3,00kg	400g	5,45kg/ 12 lb	2.5kg