

## Queensland School Sport 10-12 years Track & Field Event Weights & Heights

Please note that event weights for athletes in a Multi Class event may vary from the below. For all Multi Class Event weights – please see the Multi Class Weights, Qualifying Times & Distances document.

### 1. Shot Put

The following shot put weights will apply:

10 years	-	2 kg
11 years	-	2 kg
12 years	-	3 kg

### 2. Discus

The following discus weights will apply:

10 years	-	500g
11 years	-	750g
12 years	-	750g

Discus Type                      Rubber only

### 3. High Jump

For the High Jumping events, the following starting heights will apply:

	<b>Boys</b>	<b>Girls</b>
10 years	1.20 meters	1.10 meters
11 years	1.30 meters	1.20 meters
12 years	1.38 meters	1.30 meters

- Note:
- (1) First rise is 8 cm, second 5 cm, third 3cm.
  - (2) The use of powder as a marker is not permitted.