

WMA Hurdle & Steeplechase Specifications						
WOMEN						
Age Group	Race Distance	Hurdle Height	No of Hurdles	To 1 st Hurdle	Interval Between Hurdles	To Finish
30-39	100m	0.840m	10	13.00m	8.50m	10.50m
40-49	80m	0.762m	8	12.00m	8.00m	12.00m
50-59	80m	0.762m	8	12.00m	7.00m	19.00m
60 +	80m	0.686m	8	12.00m	7.00m	19.00m
30-49	400m	0.762m	10	45.00m	35.00m	40.00m
50-59	300m	0.762m	7	50.00m	35.00m	40.00m
60-69	300m	0.686m	7	50.00m	35.00m	40.00m
70+	200m	0.686m	5	20.00m	35.00m	40.00m
30 +	2000m Steeplechase	0.762m	18 barriers and 5 water jumps			
MEN						
Age Group	Race Distance	Hurdle Height	No of Hurdles	To 1 st Hurdle	Interval Between Hurdles	To Finish
30-49	110m	0.991m	10	13.72m	9.14m	14.02m
50-59	100m	0.914m	10	13.00m	8.50m	10.50m
60-69	100m	0.840m	10	12.00m	8.00m	16.00m
70-79	80m	0.762m	8	12.00m	7.00m	19.00m
80 +	80m	0.686m	8	12.00m	7.00m	19.00m
30-49	400m	0.914m	10	45.00m	35.00m	40.00m
50-59	400m	0.840m	10	45.00m	35.00m	40.00m
60-69	300m	0.762m	7	50.00m	35.00m	40.00m
70-79	300m	0.686m	7	50.00m	35.00m	40.00m
80+	200m	0.686m	5	20.00m	35.00m	40.00m
30-59	3000m Steeplechase	0.914m	28 barriers and 7 water jumps			
60 +	2000m Steeplechase	0.762m	18 barriers and 5 water jumps			

WMA Throwing Implements Specifications						
WOMEN						
Age Group	Hammer	Shot Put	Discus	Javelin	Heavy Throw	Greek Discus
30-49	4kg	4kg	1kg	600g	9.08kg / 20lb	3.75kg
50-59	3kg	3kg	1kg	500g	7.26kg / 16lb	2.5kg
60-74	3kg	3kg	1kg	500g	5.45kg / 12lb	2.5kg
75+	2kg	2kg	0.75kg	400g	4.00kg / 8.8lb	2.0kg
MEN						
Age Group	Hammer	Shot Put	Discus	Javelin	Heavy Throw	Greek Discus
30-49	7.26kg	7.26kg	2kg	800g	15.88kg / 35lb	5.0kg
50-59	6kg	6kg	1.5kg	700g	11.34kg / 25lb	3.75kg
60-69	5kg	5kg	1kg	600g	9.08kg / 20lb	3.75kg
70-79	4kg	4kg	1kg	500g	7.26kg / 16lb	2.5kg
80 +	3kg	3kg	1kg	400g	5.45kg / 12lb	2.5kg