



USATF-Maine Youth Summertime Track & Field Series

Implement Specifications

Age Groups and Implements Weights:

Turbo Javelin: All age divisions Boys & Girls to throw the 300gms.

Mite (8 and Under):

Shot Put: **4lbs.** (both genders)

Bantam: Ages 9-10

Shot Put: 6lbs. (both genders)

Midgets: 11-12

Shot Put: 6lbs. (both genders)

Discus: 1kg (both genders) (High School Girls Weighted Discus)

Youth: 13-14

Shot Put **Girls Only:** 6lbs.

Shot Put Boys: 4kg (High School Girls Weighted Shot Put)

Discus: 1kg (both genders) (High School Girls Weighted Discus)

Hurdles:

DISTANCE	AGE GROUP	HURDLES	HEIGHT	TO FIRST	INTERVAL TO	FINISH
80m	11-12G&B	8	30"	12m	7.5m	15.5m
100m	13-14 G	10	30"	13m	8.0m	15.0m
100m	13-14 B	10	33"	13m	8.5m	10.5m

1/2011 vjlf