



## Event Age Limitations

ANQ competitions will be conducted according to the following ANQ Age Limitations. It is recommended that all member clubs conduct their competitions according to these Limitations. ANQ Sanctioned competitions/carnivals are required to adhere to these rules. Athletes should always check specific competition rules when competing at other local, state, national and international competitions as they may be different to ANQ Age Limitations.

Athletes 3 Years - Seniors  
Masters Athletes

Age as of the 31 December  
Age on the day of competition

EVENT	MINIMUM AGE	EVENT	MINIMUM AGE
<b>SPRINTS</b>		<b>HURDLES</b>	
60m	All Ages	60m	7 Years 45cm
80m	All Ages	60m	9 Years 60cm
100m	All Ages	60m	11 Years 68cm
200m	7 Years	80m	12 Years Women 76.2cm
400m	10 Years	90m	12 Years Men 76.2cm
<b>DISTANCE</b>		90m	14 Years Women 76.2cm
800m	8 Years	100m	14 Years Men 84cm
1500m	10 Years	100m	16 Years Women 76.2cm
3000m	<b>13 Years</b>	100m	U20 Women 84cm
5000m	18 Years	110m	16 Years Men 91.4cm
10000m	18 Years	110m	Under 20 Men 99.1cm
1 Mile	12 Years	110m	Open 106.7cm
<b>ROAD DISTANCE</b>		200m	12 Years 76.2cm
5km	11 Years	400m	16 Years Women 76.2cm
10km	13 Years	400m	U18 Men 84cm
21km	16 Years	400m	U20 Men 91.4cm
Marathon	18 Years	<b>THROWS</b>	
Ultra	18 Years	Shot Put	All Ages
<b>TRACK WALKS</b>		Discus	All Ages
800m	10 Years	Javelin	12 Years
1500m	11 Years	Heavy Weight	14 Years
3000m	14 Years	Hammer	12 Years
5000m	16 Years	<b>JUMPS</b>	
10000m	16 Years	Long Jump	All Ages
<b>ROAD WALKS</b>		Triple Jump	12 Years
2km	11 Years	High Jump (SCISSORS MATS)	8 Years
3km	14 Years	High Jump (FLOP MATS)	11 Years
5km	16 Years	Pole Vault	12 Years
<b>STEEPLE CHASE</b>			
2000m	14 Year Women	76.2cm	
2000m	14 Year Men	76.2cm	
2000m	U18 Men,	83.8cm	
3000m	U20 Women	76.2cm	
3000m	U20 Men	91.4cm	

# Technical Specifications

## Throw Implements – All Ages

Effective 1<sup>st</sup> January 2024

AGE GROUP	DISCUS		SHOT PUT		JAVELIN		HAMMER		HEAVY WEIGHT	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
<b>U5</b>	350g	350g	1kg	1kg	x	x	x	x	x	x
<b>5 Yrs</b>	350g	350g	1kg	1kg	x	x	x	x	x	x
<b>6 Yrs</b>	350g	350g	1kg	1kg	x	x	x	x	x	x
<b>7 Yrs</b>	500g	500g	1.5kg	1.5kg	x	x	x	x	x	x
<b>8 Yrs</b>	500g	500g	2kg	2kg	x	x	x	x	x	x
<b>9 Yrs</b>	500g	500g	2kg	2kg	x	x	x	x	x	x
<b>10 Yrs</b>	750g	750g	2kg	2kg	x	x	x	x	x	x
<b>11 Yrs</b>	750g	750g	3kg	2kg	x	x	x	x	x	x
<b>12 Yrs</b>	750g	750g	3kg	3kg	600g	400g	3kg	3kg	x	x
<b>13 Yrs</b>	1kg	1kg	3kg	3kg	600g	400g	3kg	3kg	x	x
<b>U16</b>	1kg	1kg	4kg	3kg	700g	500g	4kg	3kg	16lb	12lb
<b>U18</b>	1.5kg	1kg	5kg	3kg	700g	500g	5kg	3kg	20lb	12lb
<b>U20</b>	1.75kg	1kg	6kg	4kg	800g	600g	6kg	4kg	25lb	16lb
<b>Senior</b>	2.0kg	1kg	7.26kg	4kg	800g	600g	7.26kg	4kg	35lb	20lb
<b>30-49</b>	2.0kg	1kg	7.26kg	4kg	800g	600g	7.26kg	4kg	35lb	20lb
<b>50-59</b>	1.5kg	1kg	6kg	3kg	700g	500g	6kg	3kg	25lb	16lb
<b>60-69</b>	1kg	1kg	5kg	3kg	600g	500g	5kg	3kg	20lb	12lb
<b>70-74</b>	1kg	1kg	4kg	3kg	500g	500g	4kg	3kg	16lb	12lb
<b>75-79</b>	1kg	750g	4kg	2kg	500g	400g	4kg	2kg	16lb	8.8lb
<b>80+</b>	1kg	750g	3kg	2kg	400g	400g	3kg	2kg	12lb	8.8lb

**U - Under**

**\* Text in bold updated 1 Jan 2024**



## Hurdle Specifications – All Ages to Open

DISTANCE	AGE	SEX	HEIGHT	FLIGHTS	RUN IN	INTERVAL	RUN OUT
60M	6, 7, 8	M / F	45.0cm	6	12	7	13
60M	9, 10	M / F	60.0cm	6	12	7	13
60M	11	M / F	68.6cm	6	12	7	13
80M	12, 13	F	76.2cm	9	12	7	12
90M	12, 13	M	76.2cm	9	13	8	13
90M	U16	F	76.2cm	9	13	8	13
100M	U16	M	84.0cm	10	13	8.5	10.5
100M	U18	F	76.2cm	10	13	8.5	10.5
100M	U20-Open	F	84.0cm	10	13	8.5	10.5
110M	U18	M	91.4cm	10	13.72	9.14	14.02
110M	U20	M	99.1cm	10	13.72	9.14	14.02
110M	OPEN	M	106.7cm	10	13.72	9.14	14.02
200M	12, 13, U16	M / F	76.2cm	10	18.29	18.29	17.10
400M	U18 -Open	F	76.2cm	10	45	35	40
400M	U18	M	84.0cm	10	45	35	40
400M	U20-Open	M	91.4cm	10	45	35	40

## Hurdle Specifications – Masters

DISTANCE	AGE	SEX	HEIGHT	FLIGHTS	RUN IN	INTERVAL	RUN OUT
80M	40-49	F	76.2cm	8	12	8	12
80M	50-59	F	76.2cm	8	12	7	19
80M	60+	F	68.6cm	8	12	7	19
80M	70-79	M	76.2cm	8	12	7	19
80M	80+	M	68.6cm	8	12	7	19
100M	30-39	F	84.0cm	10	13	8.5	10.5
100M	50-59	M	91.4cm	10	13	8.5	10.5
100M	60-69	M	84.0cm	10	12	8	16
110M	30-49	M	99.1cm	10	13.72	9.14	14.02
200M	70+	W	68.6cm	5	20	35	40
200M	80+	M	68.6cm	5	20	35	40
300M	50-59	W	76.2cm	7	50	35	40
300M	60-69	W	68.6cm	7	50	35	40
300M	60-69	M	76.2cm	7	50	35	40
300M	70-79	M	68.6cm	7	50	35	40
400M	30-49	F	76.2cm	10	45	35	40
400M	30-49	M	91.4cm	10	45	35	40
400M	50-59	M	84.0cm	10	45	35	40
2000M SC	30+	F	76.2cm				
2000M SC	60+	M	76.2cm				
3000M SC	30 – 59	M	83.8cm				