



Field Event Implement Measurements



Javelin

Boys Javelin

800g. 1.764lbs.
Min. Length 260cm / 8'6 3/8"
Max. Length 270 cm / 8'10 5/16"
Tip – 3.03 in.

Girls Javelin

600g. 1.323lbs.
Min. Length 220cm / 7'2 5/8"
Max. Length 230 cm / 7'6 9/16"
Tip – 1.378 in.

- Overall length of rubber tip = 35-77 mm
- Diameter at front of tip = 14-35 mm
- Thickness at front of rubber tip = 5 mm

Shot Put

Boys Shot Put 5.443 kg - 12 lbs.
Girls Shot Put 4.0 kg - 8.818 lbs.

Discus

Boys Discus- 1.6 kg - 3.527 lbs.
Girls Discus- 1.0 kg - 2.205 lbs.

Pole Vault -Inspect and certify poles/weight forms

- Make sure the pole plug is secure
- Check the wrapping of tape - tape should be smooth and free from grooves, creating potential hand holds
- Verify the athlete's weight is at or below the weight label on top of the pole – utilize the SDHSAA form
- Measure each pole and verify that the label length is the same as the pole
- **Poles must have clearly readable manufacturer labels indicating both weight rating and length (e.g., Weight Rating = 150 lbs. or below; Length = 11' 3"). Both labels must be intact and legible. Poles with missing, altered, or unreadable labels will not be certified for use.**