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| **Hurdle Specifications for High School and Junior High** |
| Distance | Division | # of Hurdles | Height | To First | Distance Between | To Finish |
| 100m  | Junior High Girls | 10 | 30 in. | 13 m(42 ft., 8 in.) | 8.5 m(27 ft., 10 3⁄4 in.) | 10.5 m(34 ft., 5 1⁄2 in.) |
| 110 m | Junior High Boys | 10 | 36 in. | 13.72 m(45 ft.) | 9.14 m(30 ft.) | 14.02 m(45 ft., 10 5/8in.) |
| 100 m | High School Girls | 10 | 33 in. | 13 m(42 ft., 8 in.) | 8.5 m(27 ft., 10 3⁄4 in.) | 10.5 m(34 ft., 5 1⁄2 in.) |
| 110 m | High School Boys | 10 | 39 in. | 13.72 m(45 ft.) | 9.14 m(30 ft.) | 14.02 m(45 ft., 10 5/8in.) |
| 200 m | Jr. High\*may use 200m or 300m | 5 | 30 in. | 20 m | 35 m | 40 m |
| 300m | High School Boys | 8 | 36 in. | 45 m(147 ft., 71⁄2 in.) | 35 m(114 ft., 10 in.) | 10 m(32 ft., 93⁄4 in.) |
| 300 m | High School Girls | 8 | 30 in. | 45 m(147 ft., 71⁄2 in.) | 35 m(114 ft., 10 in.) | 10 m(32 ft., 93⁄4 in.) |

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| **Shot Put and Discus Specifications for High School and Junior High** |
|  | Girls 7th | Boys 7th |  | Girls 8th | Boys 8th |  | Girls High School | Boys High School |
| Shot Put | 6 lbs | 4.0 kg (8.81 lbs) |  | 6 lbs | 4.0 kg (8.81 lbs) |  | 4.0 kg (8.81 lbs) | 12 lb (5.443 kg) |
| Discus | 1 kg (2.20 lbs) | 1 kg (2.20 lbs) |  | 1 kg (2.20 lbs) | 1 kg (2.20 lbs) |  | 1 kg (2.20 lbs) | 1.6 kg (3.53 lbs) |
| Sector Line | Shot Put: 34.92°Discus: 34.92° | Shot Put: 34.92°Discus: 34.92° |  | Shot Put: 34.92°Discus: 34.92° | Shot Put: 34.92°Discus: 34.92° |  | Shot Put: 34.92°Discus: 34.92° | Shot Put: 34.92°Discus: 34.92° |