



**TRACK & FIELD RECOMMENDATIONS  
JUNIOR HIGH AND HIGH SCHOOL REGULATIONS**

	<b>Girls 7<sup>th</sup></b>	<b>Boys 7<sup>th</sup></b>		<b>Girls 8<sup>th</sup></b>	<b>Boys 8<sup>th</sup></b>		<b>Girls HS</b>	<b>Boys HS</b>
<b>Shot Put</b>	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)
<b>Discus</b>	.75 kg	1 kg (2.20 lbs)		.75 kg	1 kg (2.20 lbs)		1 kg (2.20 lbs)	1.6 kg (3.53 lbs)
<b>100 M Hurdles (10)</b>	30"			30"			33"	
<b>110 M Hurdles (10)</b>		33"			36"			39"
<b>300m Hurdles (8)</b>	30"	30"		30"	33"		30"	36"



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