**Klassen, Jahrgänge, Hürden, Gewichte**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gerätegewichte** | | | | | | | | | | | | |
| Klasse | Jahrgang | Kugel | Diskus | Hammer | Speer |  | Klasse | Jahrgang | Kugel | Diskus | Hammer | Speer |
|  |  | Kg | Kg | Kg | g |  |  |  | Kg | Kg | Kg | g |
| MJ U14 |  | 3,00 | 0,75 | 3,00 | 400 |  | WJ U 14 |  | 3,00 | 0,75 | 2,00 | 400 |
| MJ U16 |  | 4,00 | 1,00 | 4,00 | 600 |  | WJ U 16 |  | 3,00 | 1,00 | 3,00 | 500 |
| MJ U18 |  | 5,00 | 1,50 | 5,00 | 700 |  | WJ U 18 |  | 3,00 | 1,00 | 3,00 | 500 |
| MJ U20 |  | 6,00 | 1,75 | 6,00 | 800 |  | WJ U 20 |  | 4,00 | 1,00 | 4,00 | 600 |
| M U23 |  | 7,26 | 2,00 | 7,26 | 800 |  | W U 23 |  | 4,00 | 1,00 | 4,00 | 600 |
| Männer |  | 7,26 | 2,00 | 7,26 | 800 |  | Frauen |  | 4,00 | 1,00 | 4,00 | 600 |
| M30 |  | 7,26 | 2,00 | 7,26 | 800 |  | W30 |  | 4,00 | 1,00 | 4,00 | 600 |
| M35 |  | 7,26 | 2,00 | 7,26 | 800 |  | W35 |  | 4,00 | 1,00 | 4,00 | 600 |
| M40 |  | 7,26 | 2,00 | 7,26 | 800 |  | W40 |  | 4,00 | 1,00 | 4,00 | 600 |
| M45 |  | 7,26 | 2,00 | 7,26 | 800 |  | W45 |  | 4,00 | 1,00 | 4,00 | 600 |
| M50 |  | 6,00 | 1,50 | 6,00 | 700 |  | W50 |  | 3,00 | 1,00 | 3,00 | 500 |
| M55 |  | 6,00 | 1,50 | 6,00 | 700 |  | W55 |  | 3,00 | 1,00 | 3,00 | 500 |
| M60 |  | 5,00 | 1,00 | 5,00 | 600 |  | W60 |  | 3,00 | 1,00 | 3,00 | 400 |
| M65 |  | 5,00 | 1,00 | 5,00 | 600 |  | W65 |  | 3,00 | 1,00 | 3,00 | 400 |
| M70 |  | 4,00 | 1,00 | 4,00 | 500 |  | W70 |  | 3,00 | 1,00 | 3,00 | 400 |
| M75 |  | 4,00 | 1,00 | 4,00 | 500 |  | W75 |  | 2,00 | 1,00 | 2,00 | 400 |
| M80+ |  | 3,00 | 1,00 | 3,00 | 400 |  | W80+ |  | 2,00 | 0,75 | 2,00 | 400 |

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| Hürdenstrecken /Hürdenmaße | | | | | | |
| Klasse | Strecke | Anzahl | Höhe | Anlauf | Abstand | Auslauf |
|  |  |  | m | m | m | m |
| MJ U14 (M12 + M13), WJ U14 (W12 + W13) | 60 m Halle | 6 | 0,762 | 11,5 | 7,5 | 11 |
| WJ U16 (W14 + W15), WJ U 18, W40/45 | 60 m Halle | 5 | 0,762 | 12 | 8 | 16 |
| WJ U20, W U23, F, W30/35 | 60 m Halle | 5 | 0,84 | 13 | 8,5 | 13 |
| MJ U 16 (M14 + M15) | 60 m Halle | 5 | 0,84 | 13,5 | 8,6 | 12,1 |
| M50, M55 | 60 m Halle | 5 | 0,914 | 13,00 | 8,5 | 13,00 |
| MJ U 18 | 60 m Halle | 5 | 0,914 | 13,72 | 8,9 | 10,68 |
| MJ U20, M35, M40, M45 | 60 m Halle | 5 | 0,991 | 13,72 | 9,14 | 9,72 |
| M U23, Männer, M30 | 60 m Halle | 5 | 1,067 | 13,72 | 9,14 | 9,72 |
| WJ U14, MJU14 (W12 + W13, M12 + M13) | 60 m | 6 | 0,762 | 11,5 | 7,5 | 11 |
| MJ U16 (W14 + W15), W40, W45 | 80 m | 8 | 0,762 | 12 | 8 | 12 |
| MJ U16 (M14 + M15) | 80 m | 7 | 0,84 | 13,5 | 8,6 | 14,9 |
| M70, M75, W50, W55 | 80 m | 8 | 0,762 | 12 | 7 | 19 |
| M80 u.ä., W60 u.ä. | 80 m | 8 | 0,686 | 12 | 7 | 19 |
| WJ U18 | 100 m | 10 | 0,762 | 13 | 8,5 | 10,5 |
| WJ U 20, W U 23, Frauen, W30, W35 | 100 m | 10 | 0,84 | 13 | 8,5 | 10,5 |
| M50, M55 | 100 m | 10 | 0,914 | 13 | 8,5 | 10,5 |
| M60, M65 | 100 m | 10 | 0,84 | 12 | 8 | 16 |
| MJ U 18 | 110 m | 10 | 0,914 | 13,72 | 8,9 | 16,18 |
| MJ U20, M35, M40, M45 | 110 m | 10 | 0,991 | 13,72 | 9,14 | 14,02 |
| Männer, M30 | 110 m | 10 | 1,067 | 13,72 | 9,14 | 14,02 |
| WJ U16 (W14 + W15) | 300 m | 7 | 0,762 | 50 | 35 | 40 |
| MJ U16 (M14 + M15) | 300 m | 7 | 0,84 | 50 | 35 | 40 |
| M60, M65, W50, W55 | 300 m | 7 | 0,762 | 50 | 35 | 40 |
| M7075, W60/65 | 300 m | 7 | 0,686 | 50 | 35 | 40 |
| MJ U18, M50, M55 | 400 m | 10 | 0,84 | 45 | 35 | 40 |
| Männer, M30 - M45, MJU20 | 400 m | 10 | 0,914 | 45 | 35 | 40 |
| WJ U18/U20, F, W30 - W45 | 400 m | 10 | 0,686 | 45 | 35 | 40 |