

# NFHS – FIELD EVENT DESIGN SUGGESTIONS

**Athletic Elements, LLC** 4089 S. 84<sup>th</sup> St, Omaha, NE 68127 (402) 669-8963

## Long Jump:

Runway: Length: 130 ft. min. Width: 42-48 in. (147 ft. 6 in. when possible) Bordered by white lines 5cm  
Slope: 2:100 lateral/1:1000 downward declination  
Take-off Board: 42-48 in. x 8 in (up to 24 in.)  
Boys 12 ft. Girls 8 ft.  
Landing: 9 ft. Min width Length: 15 ft.

## Triple Jump:

Runway: Length: 130 ft. min. Width: 42-48 in. (147 ft. 6 in. when possible) Bordered by white lines 5cm  
Slope: 2:100 lateral/1:1000 downward declination  
Take-off Board: 42-48 in. x 8 in (up to 24 in.)  
Boys 32 ft. Girls 24 ft.  
Landing: 9 ft. Min width 15 ft. Min.length

## Pole Vault:

Runway: Length: 130 ft. min. Width: 42-48 in. (147 ft. 6 in. when possible) Bordered by white lines 5cm  
Slope: 2:100 lateral/1:1000 downward declination  
Landing: 20 ft. 2 in. long x 19 ft. 8 in. wide Min. (16 ft. 5 in. deep from back of box; Zero)

## High Jump:

Apron: 50 ft. rad. Semicircle from center of standards  
Slope: 1:100 along any radius to center of semicircle  
Landing: 16 f.t long x 8 ft. wide Min.

## Shot Put:

WR – 23.12m NCAA – 22.00m NHS – 24.77m/81 ft. 3 ½ in.

Circle: 7 ft.dia./3 ft. 6 in.rad. Sector: 34.92 degrees Slope: 1:1000 max

## Discus: Cage Required

WR – 74.08m NCAA – 68.16 NHS – 72.40m/237 ft. 6 in.

Circle: 8 ft. 2 ½ in. dia./4 ft. 1 ¼ in. rad. Sector: 34.92 degrees Slope 1:1000 max

Cage: Posts at 10 ft. to 11 ft. radius from center of circle

## Javelin:

WR – 94.48m NCAA – 89.10 NHS – 77.84m/255 ft. 4 in.

Arc: 26 ft. 3 in. rad. Sector: 34.92 degrees Slope: 1:1000 max sector

Approach: 120 ft. Min. 13 ft. 1 ½ in. wide Min. Slope: 1:100 lateral/1:1000 downward declination

## Hammer: Cage Required

WR – 86.74 NCAA – 81.94 NHS – 79.38m/260 ft. 5 in.

Not Contested in High School State Competitions