

USATF – FIELD EVENT DESIGN SUGGESTIONS

Athletic Elements, LLC 4089 S. 84th St, Omaha, NE 68127 (402) 669-8963

Long Jump:

Runway: Length: 40m Min. Width: 1.22m (Championship 45m min) Bordered by white lines 5cm
Slope: 1:100 lateral/1:1000 downward declination (over last 40m)
Take-off Board: 1.22m x 20cm (10cm Plasticine Indicator board)
Min of 1m from landing area, Max of 3m from landing area
Landing: 2.75m Min width to 3.0m Max width (Length: 10m Min from end of take-off board)

Triple Jump:

Runway: Length: 40m Min. Width: 1.22m (Championship 45m min) Bordered by white lines 5cm
Slope: 1:100 lateral/1:1000 downward declination (over last 40 m)
Take-off Board: 1.22m x 20cm (10cm Plasticine Indicator board)
Men: 13m Min from landing Women: 10m Min from landing
(Min 1.22m of firm uniform footing for take-off of phases – See Long Jump Min)
Landing: 2.75m Min width to 3.0m Max width (Length: 21m Min from end of take-off board; Foul Line)

Pole Vault:

Runway: Length: 40m min. Width: 1.22m (Championship 45m min) Bordered by white lines 5cm
Slope: 1:100 lateral/1:1000 downward declination (over last 40m)
Landing: 6.15m long x 6m wide Min. (5m Min landing area behind box)

High Jump:

Apron: 15m semicircle (Championship 20m min)
Slope: 1:250 along any radius to center of semicircle (approach should be along incline)
Landing: 6m long x 4m wide Min.

Shot Put:

WR – 23.12m NCAA – 22.00m NHS – 24.77m
Circle: 2.135m dia./1.067m rad Sector: 34.92 degrees Slope: 1:1000 max

Discus: Cage Required

WR – 74.08m NCAA – 68.16 NHS – 72.40m
Circle: 2.5m dia./1.25m rad. Sector: 34.92 degrees Slope 1:1000 max
Cage: 10.5m x 7.45m (combined HT/DT concentric circles)
Cage: 7.6m x 7.45m (discus only)

Javelin:

WR – 94.48m NCAA – 89.10 NHS – 77.84m
Arc: 8.0m rad. Sector: 34.92 degrees Slope: 1:1000 max
Approach: 30m Min. (33.5 Championship; 36.5 when feasible). 4m wide Min. Foul Line – 7cm
Slope: 1:100 lateral/1:1000 downward declination (over last 20m)

Hammer: Cage Required

WR – 86.74 NCAA – 81.94 NHS – 79.38m
Circle: 2.135m dia./1.607m rad. Sector: 34.92 degrees Slope: 1:1000 max
Cage: 10.5m x 7.45m (combined HT/DT concentric circles)
Cage: 8.5m x 7.1m (hammer only pre-2004)