

NCAA – 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
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 edge of take-off board – Foul Line)

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
Take-off Board: 1.22m x 20cm (10cm Plasticine Indicator board)
Men: 11m Min from landing Women: 8.5m Min from landing (12.5m and 11m suggested)
(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 edge 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
Landing: 6.15m long x 6m wide Min. (5m Min landing area behind box)(contradicts drawing)

High Jump:

Apron: Octagon or Square with a Surface of 21 meters, (Min. length shall be 15m)
Slope: 1:250 along any radius to center of semicircle (approach should be along incline)
Landing: 6m long x 4m wide Min.

Shot Put:

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

Discus: Cage Required

	<u>WR – 74.08m</u>	<u>NCAA – 68.16</u>	<u>NHS – 72.40m</u>
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: 7.7m x 8.0m (discus only)			

Javelin:

	<u>WR – 94.48m</u>	<u>NCAA – 89.10</u>	<u>NHS – 77.84m</u>
Arc: 8.0m rad.	Sector: 34.92 degrees	Slope: 1:1000 max	
Approach: 33.5m Min. 4m wide Min.	Slope: 1:100 lateral/1:1000 downward declination		
Foul Line – 7 cm	Extend artificial material 1m beyond foul line.		

Hammer: Cage Required

	<u>WR – 86.74</u>	<u>NCAA – 81.94</u>	<u>NHS – 79.38m</u>
Circle: 2.135m dia./1.607m rad.	Sector: 34.92 degrees	Slope: 1:1000 max	
Cage: 8.5m x 7.1m (hammer only)			