Altersklassen - Gerätegewichte

Altersklasse	*Kugel*	*Diskus*	*Hammer*	*Speer*	*Ball*
M80 u.ä.	3 kg	1 kg	3 kg	400 g	-
M70/75	4 kg	1 kg	4 kg	500 g	-
M60/65	5 kg	1 kg	5 kg	600 g	-
M50/55	6 kg	1,5 kg	6 kg	700 g	-
Männer / M30-M45	7,26 kg	2 kg	7,26 kg	800 g	-
MJ U20	6 kg	1,75 kg	6 kg	800 g	-
MJ U18	5 kg	1,5 kg	5 kg	700 g	-
MJ U16	4 kg	1 kg	4 kg	600 g	200g
MJ U14 - M13	3 kg	0,75 kg	3 kg	400 g	200g
MJ U14 - M12	2 kg	0,75 kg	2 kg	400 g	200g
MK U12 / U10 / U8	-	-	-	-	80 g
W75	2 kg	0,75 kg	2 kg	400 g	-
W50-W70	3 kg	1 kg	3 kg	500 g	-
Frauen / W30-W45	4 kg	1 kg	4 kg	600 g	-
WJ U20	4 kg	1 kg	4 kg	600 g	-
WJ U18	3 kg	1 kg	3 kg	500 g	-
WJ U16	3 kg	1 kg	3 kg	500 g	200 g
WJ U14	2 kg	0,75 kg	2 kg	400 g	200 g
WK U12 / U10 / U8	-	-	-	-	80 g

Altersklassen - Hürdenabmessungen

Strecken-länge	*Altersklasse*	*Anzahl der Hürden*	*Hürden-höhe*	*Anlauf*	*Hürden-abstand*	*Auslauf*
400m	M30-M45					
	Männer / MJ U20	10	0,914m	45,00m	35,00m	40,00m
	M50/55 / MJ U18	10	0,84m	45,00m	35,00m	40,00m
	W30-W45 / Frauen					
	WJ U20 / WJ U18	10	0,762m	45,00m	35,00m	40,00m
300 m	MJ U16	7	0,84m	50,00m	35,00m	40,00m
	M60/65 / W50/55					
	WJ U16	7	0,762m	50,00m	35,00m	40,00m
	M70 u.ä. / W60 u.ä.	7	0,686m	50,00m	35,00m	40,00m
110m	M30 / Männer	10	1,067m	13,72m	9,14m	14,02m
	M35/40/45 / MJ U20	10	0,991m	13,72m	9,14m	14,02m
	MJ U18	10	0,914m	13,72m	8,90m	16,18m
100m	M50/55	10	0,914m	13,00m	8,50m	10,50m
	M60/65	10	0,84m	12,00m	8,00m	16,00m
	W30/35					
	Frauen / W UJ20	10	0,84m	13,00m	8,50m	10,50m
	WJ U18	10	0,762m	13,00m	8,50m	10,50m
80m	MJ U16	7	0,84m	13,50m	8,60m	14,90m
	W40/45 WJ U16	8	0,762m	12,00m	8,00m	12,00m
	M70/75 / W50/55	8	0,762m	12,00m	7,00m	19,00m
	W60/65	8	0,686m	12,00m	7,00m	19,00m
	M80 u.ä. / W70 u.ä.	8	0,686m	11,00m	6,00m	27,00m
60m	MJ/WJ U14 M/W13	6	0,762m	11,50m	7,50m	11,00m
	MJ/WJ U14 M/W12	6	0,686m	11,50m	7,50m	11,00m
	MK/WK U12	6	0,60m	11,50m	7,00m	13,50m
	MK/WK U10	6	0,60m	11,50m	6,50m	16,00m

Hallenbedingungen

Strecken-länge	*Altersklasse*	*Anzahl der Hürden*	*Hürden-höhe*	*Anlauf*	*Hürden-abstand*	*Auslauf*
60m	M30 / Männer	5	1,067m	13,72m	9,14m	9,72m
	M35/40/45 / MJ U20	5	0,991m	13,72m	9,14m	9,72m
	MJ U18	5	0,914m	13,72m	8,90m	10,68m
	M50/55	5	0,914m	13,00m	8,50m	13,00m
	M60/65	5	0,84m	12,00m	8,00m	16,00m
	M70/75	5	0,762m	12,00m	7,00m	20,00m
	M80 u.ä.	5	0,686m	11,00m	6,00m	25,00m
	MJ U16	5	0,84m	13,50m	8,60m	12,10m
	MJ U14 M13	6	0,762m	11,50m	7,50m	11,00m
	MJ U14 M12	6	0,686m	11,50m	7,00m	13,50m
	MK U12	6	0,60m	11,50m	7,00m	13,50m
	W30/35					
	Frauen / WJ U20	5	0,84m	13,00m	8,50m	13,00m
	WJ U18	5	0,762m	13,00m	8,50m	13,00m
	W40/45 WJ U16	5	0,762m	12,00m	8,00m	16,00m
	W50/55	5	0,762m	12,00m	7,00m	20,00m
	W60/65	5	0,686m	12,00m	7,00m	20,00m
	W70 u.ä.	5	0,686m	11,00m	6,00m	25,00m
	WJ U14 W13	6	0,762m	11,50m	7,50m	11,00m
	WJ U14 W12	6	0,686m	11,50m	7,00m	13,50m
	WK U12	6	0,60m	11,50m	7,00m	13,50m

Stand : 01.01.2026