

# Internationale Distanz- und Gewichtstabelle Nachwuchs



	U 23		U 20		U 18		U 16	
	F	M	F	M	F	M	F	M
Kugel	4.0 kg	7.26 kg	4.0 kg	6.0 kg	3.0 kg	5.0 kg	3.0 kg	4.0 kg
Diskus	1.0 kg	2.00 kg	1.0 kg	1.75 kg	1.0 kg	1.5 kg	800g od. 1kg	1.0 kg
Speer	600 g	800 g	600 g	800 g	500 g	700 g	400g-600g	600 g
Hammer	4.0 kg	7.26 kg	4.0 kg	6.0 kg	3.0 kg	5.0 kg	3.0 kg	4.0 kg
Weitsprung	✓	✓	✓	✓	✓	✓	✓	✓
Hochsprung	✓	✓	✓	✓	✓	✓	✓	✓
Stabhochsprung	✓	✓	✓	✓	✓	✓	✓	✓
Dreisprung	✓	✓	✓	✓	✓	✓	✓ (7, 9 od. 11m)	✓ (7, 9 od. 11m)
Sprint	100m	100m	100m	100m	100m	100m	50 od.60m / 100m	50 od.60m / 100m
Kurz­hürden	<b>100mHü</b> (10 Hürden) 13m/ <b>8.5m</b> /10.5m 84.0cm	<b>110mHü</b> (10 Hürden) 13.72/ <b>9.14</b> /14.02 106,7cm	<b>100mHü</b> (10 Hürden) 13m/ <b>8.5m</b> /10.5m 84.0cm	<b>110mHü</b> (10 Hürden) 13.72/ <b>9.14</b> /14.02 99,1cm	<b>100mHü</b> (10 Hürden) 13m/ <b>8.5m</b> /10.5m 76,2cm	<b>110mHü</b> (10 Hürden) 13.72/ <b>9.14</b> /14.02 91,4cm	<b>100mHü</b> (10 Hürden) 12m/ <b>8m</b> /16m 76.2cm	<b>100mHü</b> (10 Hürden) 13m/ <b>8.5m</b> /10.5m 84.0cm
	<b>400mHü</b> (10 Hürden) 45m/ <b>35m</b> /40m 76.2cm	<b>400mHü</b> (10 Hürden) 45m/ <b>35m</b> /40m 91,4cm	<b>400mHü</b> (10 Hürden) 45m/ <b>35m</b> /40m 76.2cm	<b>400mHü</b> (10 Hürden) 45m/ <b>35m</b> /40m 91,4cm	<b>400mHü</b> (10 Hürden) 45m/ <b>35m</b> /40m 76,2cm	<b>400mHü</b> (10 Hürden) 45m/ <b>35m</b> /40m 84,0cm	<b>300mHü</b> (10 Hürden) 50m/ <b>35m</b> /40m 76,2cm	<b>300mHü</b> (10 Hürden) 50m/ <b>35m</b> /40m 84,0cm
	200m	✓	✓	✓	✓	✓	✓	
400m	✓	✓	✓	✓	✓	✓	300m	
800m	✓	✓	✓	✓	✓	✓	X	
1500m	✓	✓	✓	✓	✓	✓		
3000m	✓	✓	✓	✓	✓	✓	X	
5000m	✓	✓	✓	✓				
10 000m	✓	✓	✓	✓				
2000m Steeple					X	X	1500St (4H / k.WG!)	1500St (4H / k.WG!)
3000m Steeple	✓	✓	✓	✓				
Mehrkampf	<b>7-Kampf</b> (100m Hü, Weit, Speer, 200m / Hoch, Kugel, 800m)	<b>10-Kampf</b> (100m, Weit, Kugel, Hoch, 400m / 110m Hü, Diskus, Stab, Speer, 1500m)	<b>7-Kampf</b> (100m Hü, Weit, Speer, 200m / Hoch, Kugel, 800m)	<b>10-Kampf</b> (100m, Weit, Kugel, Hoch, 400m / 110m Hü99, Diskus175, Stab, Speer800, 1500m)	<b>7-Kampf</b> (100m Hü76, Weit, Speer, 200m / Hoch, Kugel4, 800m)	<b>8-Kampf</b> (100m, Weit, Kugel, 400m / 110m Hü91, Hoch, Speer700, 1000m)	<b>3-Kampf</b> (1Lauf, 1Sprung, 1Wurf)	<b>3-Kampf</b> (1Lauf, 1Sprung, 1Wurf)
							<b>5-Kampf</b> (100mH76, Weit, Kugel4, Hoch, 800m)	<b>5-Kampf</b> (100mH84, Weit, Kugel3, Hoch, 800m)
Staffeln	4x100 / 4x400m	4x100 / 4x400m	4x100 / 4x400m	4x100 / 4x400m	4x100 / 4x400m	4x100 / 4x400m	4x100 / 4x50m	4x100 / 4x50m
Cross							3000m	4000m