

## DISTANZE ed ALTEZZE - CORSE AD OSTACOLI

| <i>Categoria</i>          | <i>metri</i> | <i>numero ostacoli</i> | <i>altezza ostacolo</i> | <i>dist. partenza e 1° ostacolo</i> | <i>distanza tra ostacoli</i> | <i>distanza ultimo ostacolo e arrivo</i> |
|---------------------------|--------------|------------------------|-------------------------|-------------------------------------|------------------------------|--|
| Esordienti A m/f          | 40           | 4                      | 0.50                    | 11.00                               | 6.00                         | 11.00                                    |
| Esordienti A m/f          | 50           | 5                      | 0.50                    | 12.00                               | 7.00                         | 10.00                                    |
| Esordienti A m/f          | 55           | 5                      | 0.50                    | 12.00                               | 7.00                         | 15.00                                    |
| Ragazzi/e                 | 50           | 5                      | 0.60                    | 12.00                               | 7.50                         | 8.00                                     |
| Ragazzi/e                 | 55           | 5                      | 0.60                    | 12.00                               | 7.50                         | 13.00                                    |
| Ragazzi/e                 | 60           | 6                      | 0.60                    | 12.00                               | 7.50                         | 10.50                                    |
| Ragazzi/e                 | 200          | 5                      | 0.60                    | 20.00                               | 35.00                        | 40.00                                    |
| Cadetti                   | 50           | 4                      | 0.84                    | 13.00                               | 8.50                         | 11.50                                    |
| Cadetti                   | 55           | 5                      | 0.84                    | 13.00                               | 8.50                         | 8.00                                     |
| Cadetti                   | 60           | 5                      | 0.84                    | 13.00                               | 8.50                         | 13.00                                    |
| Cadetti                   | 100          | 10                     | 0.84                    | 13.00                               | 8.50                         | 10.50                                    |
| Cadetti                   | 300          | 7                      | 0.76                    | 50.00                               | 35.00                        | 40.00                                    |
| Cadette                   | 50           | 4                      | 0.76                    | 13.00                               | 8.00                         | 13.00                                    |
| Cadette                   | 55           | 5                      | 0.76                    | 13.00                               | 8.00                         | 10.00                                    |
| Cadette                   | 60           | 5                      | 0.76                    | 13.00                               | 8.00                         | 15.00                                    |
| Cadette                   | 80           | 8                      | 0.76                    | 13.00                               | 8.00                         | 11.00                                    |
| Cadette                   | 300          | 7                      | 0.76                    | 50.00                               | 35.00                        | 40.00                                    |
| Allievi                   | 50           | 4                      | 0.91                    | 13.72                               | 9.14                         | 8.86                                     |
| Allievi                   | 55           | 5                      | 0.91                    | 13.72                               | 9.14                         | 4.72                                     |
| Allievi                   | 60           | 5                      | 0.91                    | 13.72                               | 9.14                         | 9.72                                     |
| Allievi                   | 110          | 10                     | 0.91                    | 13.72                               | 9.14                         | 14.02                                    |
| Allievi                   | 400          | 10                     | 0.84                    | 45.00                               | 35.00                        | 40.00                                    |
| Allieve                   | 50           | 4                      | 0.76                    | 13.00                               | 8.50                         | 11.50                                    |
| Allieve                   | 55           | 5                      | 0.76                    | 13.00                               | 8.50                         | 8.00                                     |
| Allieve                   | 60           | 5                      | 0.76                    | 13.00                               | 8.50                         | 13.00                                    |
| Allieve                   | 100          | 10                     | 0.76                    | 13.00                               | 8.50                         | 10.50                                    |
| Allieve                   | 400          | 10                     | 0.76                    | 45.00                               | 35.00                        | 40.00                                    |
| Juniores U.               | 50           | 4                      | 1.00                    | 13.72                               | 9.14                         | 8.86                                     |
| Juniores U.               | 55           | 5                      | 1.00                    | 13.72                               | 9.14                         | 4.72                                     |
| Juniores U.               | 60           | 5                      | 1.00                    | 13.72                               | 9.14                         | 9.72                                     |
| Juniores U.               | 110          | 10                     | 1.00                    | 13.72                               | 9.14                         | 14.02                                    |
| Jun/Pro/Sen U.            | 50           | 4                      | 1.06                    | 13.72                               | 9.14                         | 8.86                                     |
| Jun/Pro/Sen U.            | 55           | 5                      | 1.06                    | 13.72                               | 9.14                         | 4.72                                     |
| Jun/Pro/Sen U.            | 60           | 5                      | 1.06                    | 13.72                               | 9.14                         | 9.72                                     |
| Jun/Pro/Sen U.            | 110          | 10                     | 1.06                    | 13.72                               | 9.14                         | 14.02                                    |
| Jun/Pro/Sen U.            | 400          | 10                     | 0.91                    | 45.00                               | 35.00                        | 40.00                                    |
| Jun/Pro/Sen D.            | 50           | 4                      | 0.84                    | 13.00                               | 8.50                         | 11.50                                    |
| Jun/Pro/Sen D.            | 55           | 5                      | 0.84                    | 13.00                               | 8.50                         | 8.00                                     |
| Jun/Pro/Sen D.            | 60           | 5                      | 0.84                    | 13.00                               | 8.50                         | 13.00                                    |
| Jun/Pro/Sen D.            | 100          | 10                     | 0.84                    | 13.00                               | 8.50                         | 10.50                                    |
| Jun/Pro/Sen D.            | 400          | 10                     | 0.76                    | 45.00                               | 35.00                        | 40.00                                    |
| Cad/All/Jun/Pro/Sen U./D. | 200          | 10                     | 0.76                    | 18.29                               | 18.29                        | 17.10                                    |

## PESO degli ATTREZZI

| <i>Categoria</i> | <i>Peso</i> | <i>Disco</i> | <i>Martello</i> | <i>Giavellotto</i> |
|------------------|-------------|--------------|-----------------|--------------------|
| Esordienti       |             |              |                 | Vortex             |
| Ragazzi          | 2 kg        |              |                 | Vortex             |
| Ragazze          | 2 kg        |              |                 | Vortex             |
| Cadetti          | 4 kg        | 1,5 kg       | 4 kg            | 600 g              |
| Cadette          | 3 kg        | 1 kg         | 3 kg            | 400 g              |
| Allievi          | 5 kg        | 1,500 kg     | 5 kg            | 700 g              |
| Allieve          | 3 kg        | 1 kg         | 3 kg            | 500 g              |
| Juniores U.      | 6 kg        | 1,750 kg     | 6 kg            | 800 g              |
| Pro/Sen U.       | 7,260 kg    | 2 kg         | 7,260 kg        | 800 g              |
| Jun/Pro/Sen D.   | 4 kg        | 1 kg         | 4 kg            | 600 g              |

