

Throwing Implements - Age Group & weights specifications

Shot Weights		
Age	Girls	Boys
U6	1kg - Blue	1kg - Blue
U7	1kg - Blue	1kg - Blue
U8	1.5kg - Yellow	1.5kg - Yellow
U9	2kg - Orange	2kg - Orange
U10	2kg - Orange	2kg - Orange
U11	2kg - Orange	2kg - Orange
U12	2kg - Orange	2kg - Orange
U13	3kg - White	3kg - White
U14	3kg - White	3kg - White
U15	3kg - White	4kg - Red
U16	3kg - White	4kg - Red
U17	3kg - White	5kg - Green

Javelin Weights		
Age	Girls	Boys
U11	400g	400g
U12	400g	400g
U13	400g	600g
U14	400g	600g
U15	500g	700g
U16	500g	700g
U17	500g	700g

Discus Weights		
Age	Girls	Boys
U6	350g	350g
U7	350g	350g
U8	500g	500g
U9	500g	500g
U10	500g	500g
U11	500g	500g
U12	750g	750g
U13	750g	750g
U14	1kg	1kg
U15	1kg	1kg
U16	1kg	1kg
U17	1kg	1.5kg