

## Throws Implement Specification

	Shot Put		Discus		Javelin		Hammer	
	Men	Women	Men	Women	Men	Women	Men	Women
<b>NCAA</b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b>USATF</b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b>IAAF</b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b>High School</b>	12 lbs	4 kg	1.6 kg	1 kg	800 g	600 g	12 lbs	4 kg
<b>USATF Youth</b>								
8 & Under	2 kg	2 kg	NA	NA	300 g Mini-Jav	300 g Mini-Jav	NA	NA
9 - 10	6 lbs	6 lbs	NA	NA	300 g Mini-Jav	300 g Mini-Jav	NA	NA
11 - 12	6 lbs	6 lbs	1 kg	1 kg	450 g Aero Jav.	450 g Aero Jav.	NA	NA
13 - 14	4 kg	6 lbs	1 kg	1 kg	600 g	600 g	NA	NA
15 - 16	12 lbs	4 kg	1.6 kg	1 kg	800 g	600 g	12 lbs	4 kg
17 - 18	12 lbs	4 kg	1.6 kg	1 kg	800 g	600 g	12 lbs	4 kg
<b>IAAF Youth</b>								
Youth	5 kg	3 kg	1.5 kg	1 kg	700 g	500 g	5 kg	3 kg
Junior	6 kg	4 kg	1.75 kg	1 kg	800 g	600 g	6 kg	4 kg
<b>USATF Masters</b>								
30 - 49	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
50 - 59	6 kg	3 kg	1.5 kg	1 kg	700 g	500 g	6 kg	3 kg
60 - 69	5 kg	3 kg	1 kg	1 kg	600 g	400 g	5 kg	3 kg
70 - 74	4 kg	3 kg	1 kg	1 kg	500 g	400 g	4 kg	3 kg
75 - 79	4 kg	2 kg	1 kg	.75 kg	500 g	400 g	4 kg	2 kg
80 +	3 kg	2 kg	1 kg	.75 kg	400 g	400 g	3 kg	2 kg
					<b>Ultraweight</b>		<b>Ultraweight</b>	
<b>USATF Masters</b>	<b>Weight</b>		<b>Superweight</b>		<b>Men</b>		<b>Women</b>	
30 - 49	35 lbs	20 lbs	56 lbs	35 lbs	98 lbs, 200 lbs, 300 lbs		20 kg, 56 lbs, 98 lbs	
50 - 59	25 lbs	16 lbs	56 lbs	25 lbs	98 lbs, 200 lbs, 300 lbs		35 lbs, 20 kg, 56 lbs	
60 - 69	20 lbs	12 lbs	20 kg	20 lbs	56 lbs, 98 lbs, 200 lbs		25 lbs, 35 lbs, 20 kg	
70 - 74	16 lbs	12 lbs	35 lbs	20 lbs	20 kg, 56 lbs, 98 lbs		25 lbs, 35 lbs, 20 kg	
75 - 79	16 lbs	4 kg	35 lbs	16 lbs	20 kg, 56 lbs, 98 lbs		20 lbs, 25 lbs, 35 lbs	
80 +	12 lbs	4 kg	25 lbs	16 lbs	35 lbs, 20 kg, 56 lbs		20 lbs, 25 lbs, 35 lbs	