

THROWS IMPLEMENTS FOR ATHLETICS SOUTH COMPETITION

Age on day of competition for Interclub

	13 OR BELOW	14 OR 15	16 OR 17	18 OR 19	20 -49	50-59	60-69	70-79	80 +
SHOT PUT	3Kg	4Kg	5kg	6kg	7.26Kg	6Kg	5Kg	4Kg	3Kg
DISCUS	1Kg	1Kg	1.5Kg	1.75Kg	2Kg	1.5Kg	1Kg	1Kg	1Kg
JAVELIN	600g	700g	700g	800g	800g	700g	600g	500g	400g
HAMMER	3Kg*	4Kg	5Kg	6Kg	7.26Kg	6Kg	5Kg	4Kg	3Kg

*Anyone born 2005 or later cannot do Hammer

	13 OR BELOW	14 OR 15	16 OR 17	18 OR 19	20 -49	50-59	60-74	75 +
SHOT PUT	3Kg	3Kg	3kg	4Kg	4Kg	3Kg	3Kg	2Kg
DISCUS	1kg	1kg	1Kg	1Kg	1Kg	1Kg	1Kg	0.75Kg
JAVELIN	400g	500g	500g	600g	600g	500g	500g	400g
HAMMER	3Kg*	3Kg	3Kg	4Kg	4Kg	3Kg	3Kg	2Kg

*Anyone born 2005 or later cannot do Hammer

All weights as per Athletics Australia and Australian Masters Athletics