

THROWING EVENTS



Event	Age Group	Implement Weight	Outer diameter of metal rim		Diameter of metal plates		Thickness of centre		Thickness of Rim at 6mm from edge	
			Min	Max	Min	Max	Min	Max	Min	Max
DISCUS	Senior Men	2.00kg	219mm	221mm	50mm	57mm	41mm	43mm	12mm	13mm
	U20 Men	1.75kg	210mm	212mm	50mm	57mm	41mm	43mm	12mm	13mm
	U18 Men	1.50kg	200mm	202mm	50mm	57mm	38mm	40mm	12mm	13mm
	U16 Boys	1.25kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U14 Boys	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U12 Boys	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
	Senior & U20 Women	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U18 Women	1.00kg	180mm	182mm	50mm	50mm	37mm	39mm	12mm	13mm
	U16 Girls	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U14 Girls	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
U12 Girls	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm	

Event	Age Group	Implement Weight	Hammer Cable Length	Min Diameter	Max Diameter
HAMMER	Senior Men	7.26kg	121.5cm	110mm	130mm
	U20 Men	6kg	121.5cm	105mm	125mm
	U18 Men	5kg	120cm	100mm	120mm
	U16 Boys	4kg	119.5cm	95mm	110mm
	U14 Boys	3kg	119.5cm	85mm	100mm
	U12 Boys	2kg	119.5cm	80mm	90mm
	Senior & U20 Women	4kg	119.5cm	95mm	110mm
	U18 Women	3kg	119.5cm	85mm	100mm
	U16 Girls	3kg	119.5cm	85mm	100mm
	U14 Girls	2kg	119.5cm	80mm	90mm
U12 Girls	2kg	119.5cm	80mm	90mm	

Event	Age Group	Implement Weight	Min Diameter	Max Diameter
SHOT PUT	Senior Men	7.26kg	110mm	130mm
	U20 Men	6.00kg	105mm	125mm
	U18 Men	5.00kg	100mm	120mm
	U16 Boys	4.00kg	95mm	110mm
	U14 Boys	3.00kg	85mm	110mm
	U12 Boys	2-2.72kg	80mm	110mm
	Senior & U20 Women	4.00kg	95mm	110mm
	U18 Women	3.00kg	85mm	110mm
	U16 Girls	3.00kg	85mm	110mm
	U14 Girls	2.72kg	85mm	110mm
U12 Girls	2-2.72kg	85mm	110mm	

Event	Age Group	Implement Weight	Length of Javelin		Length of metal head		Distance from tip of metal head to CoG		Diameter of thickest point		Whipcord Width	
			Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
JAVELIN	Senior Men	800g	2600mm	2700mm	250mm	330mm	900mm	1060mm	25mm	30mm	150mm	160mm
	U20 Men	800g	2600mm	2700mm	250mm	330mm	900mm	1060mm	25mm	30mm	150mm	160mm
	U18 Men	700g	2400mm	2500mm	250mm	330mm	850mm	990mm	23mm	28mm	150mm	160mm
	U16 Boys	600g	2200mm	2300mm	250mm	330mm	800mm	920mm	20mm	25mm	140mm	150mm
	U14 Boys	500g	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U12 Boys	400g	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm
	Senior & U20 Women	600g	2200mm	2300mm	250mm	330mm	800mm	920mm	20mm	25mm	140mm	150mm
	U18 Women	500g	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U16 Girls	500g	2000mm	2100mm	220mm	270mm	780mm	880mm	20mm	24mm	135mm	145mm
	U14 Girls	400g	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm
U12 Girls	400g	1700mm	1950mm	200mm	300mm	700mm	850mm	19mm	24mm	130mm	140mm	