

## Throws Implement Specifications

	<u>Shot Put</u>		<u>Discus</u>		<u>Javelin</u>		<u>Hammer</u>	
	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>
<b><u>USATF Open</u></b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b><u>USATF Master</u></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
					<u>Ultraweight</u>		<u>Ultraweight</u>	
<b><u>USATF Master</u></b>	<u>Weight</u>		<u>Superweight</u>		<u>Men</u>		<u>Women</u>	
30-49	35 lb	20 lb	56 lb	35 lb	98, 200, 300 lb		20 kg, 56 lb, 98 lb	
50-59	25 lb	16 lb	56 lb	25 lb	98, 200, 300 lb		35 lb, 20 kg, 56 lb	
60-69	20 lb	12 lb	20 kg	20 lb	56, 98, 200 lb		25 lb, 35 lb, 20 kg	
70-74	16 lb	12 lb	35 lb	20 lb	20 kg, 56 lb, 98 lb		25 lb, 35 lb, 20 kg	
75-79	16 lb	4 kg	35 lb	16 lb	20 kg, 56 lb, 98 lb		20 lb, 25 lb, 35 lb	
80 +	12 lb	4 kg	25 lb	16 lb	35 lb, 20 kg, 56 lb		20 lb, 25 lb, 35 lb	
<b><u>USATF Youth</u></b>								
Sub-Bantam	2 kg	2 kg	NA	NA	300 g Mini-Jav	300 g Mini-Jav	NA	NA
Bantam	6 lb	6 lb	NA	NA	300 g Mini-Jav	300 g Mini-Jav	NA	NA
Midget	6 lb	6 lb	1 kg	1 kg	300 g Mini-Jav	300 g Mini-Jav	NA	NA
Youth	4 kg	6 lb	1 kg	1 kg	600 g	600 g	NA	NA
Intermediate	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
Young	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
<b><u>High School</u></b>	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
<b><u>NCAA</u></b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b><u>IAAF</u></b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b><u>IAAF Youth</u></b>								
Youth	5 kg	4 kg	1.5 kg	1 kg	700 g	600 g	5 kg	4 kg
Junior	6 kg	4 kg	1.75 kg	1 kg	800 g	600 g	6 kg	4 kg

Throws Implement Specs, USATF Best Practices, Jan 11 (Credit: B. Buttermore, I. Ikstrums)