



THROWING IMPLEMENTS SPECIFICATIONS

Season 2021-2022

BOYS

Age Group	Maximum Weight Shot Put	Maximum Weight Discus	Maximum Weight Javelin
U6	1kg	350g	Vortex
U7	1kg	350g	Vortex
U8	1.5kg	500g	Vortex/Turbo Jav
U9	2kg	500g	Vortex/Turbo Jav
U10	2kg	500g	Vortex/Turbo Jav
U11	2kg	500g	400g
U12	2kg	750g	400g
U13	3kg	750g	600g
U14	3kg	1kg	600g
U15	4kg	1kg	700g
U16	4kg	1kg	700g

GIRLS

Age Group	Maximum Weight Shot Put	Maximum Weight Discus	Maximum Weight Javelin
U6	1kg	350g	Vortex
U7	1kg	350g	Vortex
U8	1.5kg	500g	Vortex/Turbo Jav
U9	2kg	500g	Vortex/Turbo Jav
U10	2kg	500g	Vortex/Turbo Jav
U11	2kg	500g	400g
U12	2kg	750g	400g
U13	3kg	750g	400g
U14	3kg	1kg	400g
U15	3kg	1kg	500g
U16	3kg	1kg	500g

Vortex is the preferred development event for Javelin.