



## THROWING IMPLEMENTS SPECIFICATIONS

### Season 2024-2025

as at 3-9-24

Age Group	Shot Put	Discus	Javelin
U6	1kg	350g	Vortex – 300g
U7	1kg	350g	Vortex – 300g
U8	1.5kg	500g	Vortex/Turbo Jav – 300g
U9	2kg	500g	Vortex/Turbo Jav – 300g
U10	2kg	500g	Vortex/Turbo Jav – 300g
U11	2kg	500g	400g
U12	2kg	750g	400g
U13 Girls	3kg	750g	400g
U13 Boys	3kg	750g	600g
U14 Girls	3kg	1kg	400g
U14 Boys	3kg	1kg	600g
U15 Girls	3kg	1kg	500g
U15 Boys	4kg	1kg	700g
U16 Girls	3kg	1kg	500g
U16 Boys	4kg	1kg	700g
U17 Girls	3kg	1kg	500g
U17 Boys	5kg	1.5kg	700g

**NOTE:** Turbo Jav is only permitted from U8 and Javelin is only permitted from U11 at all levels of competition.