

## KEVIN'S QUICK GUIDE TO THROWS (2016)

### Shot Put

<u>Women</u>		<u>Men</u>	
9 to 11	2kg	9 to 11	2kg
12 to 17	3kg	12 to 13	3kg
18 to 49	4kg	14 to 15	4kg
50 to 74	3kg	16 to 17	5kg
75+	2kg	18 to 19	6kg
		20 to 49	7.26kg
		50 to 59	6kg
		60 to 69	5kg
		70 to 79	4kg
		80+	3kg

### Hammer

<u>Women</u>		<u>Men</u>	
12 to 17	3kg	12 to 13	3kg
18 to 49	4kg	14 to 15	4kg
50 to 74	3kg	16 to 17	5kg
75+	2kg	18 to 19	6kg
		20 to 49	7.26kg
		50 to 59	6kg
		60 to 69	5kg
		70 to 79	4kg
		80+	3kg

### Javelin

<u>Women</u>		<u>Men</u>	
10 to 13	400g	10 to 11	400g
14 to 17	500g	12 to 13	500g
		14 to 15	600g
18 to 49	600g	16 to 17	700g
50 to 59	500g	18 to 49	800g
60 -74	500g	50 to 59	700g
75+	400g	60 to 69	600g
		70 to 79	500g
		80+	400g

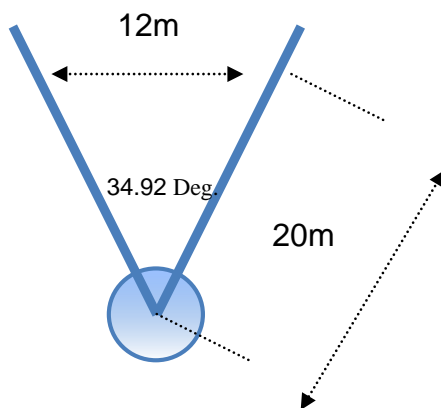
### Discus

<u>Women</u>		<u>Men</u>	
10 to 13	750g	10 to 11	750g
14-74	1kg	12 to 15	1kg
75+	750g	16 to 17	1.5kg
		18 to 19	1.75kg
		20 to 49	2kg
		50 to 59	1.5kg
		60+	1kg

### LAYING OUT THE THROWS SECTORS (LANDING AREAS): SEE RULES 187.10 – 187.12

For Shot, Hammer and Discus, measure 20m out from the centre of the circle on both sector lines and 12m across at the 20m mark. You may 'centre up' using an additional tape. For Javelin, measure out 40m from the 8m mark, through the corner of the runway and 20m across.

#### Sectors for Shot, Hammer and Discus



Inside Diameter for Circles  
 Shot : 2.135 Hammer: 2.135 Discus: 2.50

#### Sectors for Javelin

