

**Men Throws**

	GOLD	SILVER	BRONZE
Shot Put 7.62kg			
M35	15.89	14.12	12.35
M40	14.65	13.02	11.40
M45	12.89	11.46	10.02
Shot Put 6.0kg			
M50	13.24	11.77	10.30
M55	13.52	12.02	10.51
Shot Put 5.0kg			
M60	12.80	11.38	9.95
M65	12.28	10.91	9.55
Shot Put 4.0kg			
M70	12.63	11.22	9.82
M75	11.65	10.36	9.06
Shot Put 3kg			
M80	10.48	9.30	8.14
M85	9.50	8.45	7.40
M90	7.60	6.75	5.91
M95	5.31	4.72	4.13
Discus 2.0kg			
M35	55.58	49.41	43.23
M40	47.87	42.55	37.23
M45	45.65	36.52	31.95
Discus 1.5kg			
M50	46.91	41.70	36.48
M55	40.71	36.18	31.66
Discus 1.0kg			
M60	45.28	40.28	35.22
M65	41.48	36.88	32.27
M70	38.47	34.19	29.92
M75	25.95	31.95	27.96
M80	27.74	24.66	21.57
M85	23.28	20.70	18.11
M90	17.47	15.53	13.59
M95	12.65	11.25	9.84
Javelin 800g			
M35	65.25	58.00	50.75
M40	61.33	54.51	47.70
M45	54.38	48.34	42.29

Javelin 700g			
M50	57.05	50.71	44.37
M55	44.66	39.70	34.73

Javelin 600g			
M60	42.68	37.94	33.19
M65	40.14	36.68	31.22

Javelin 500g			
M70	39.87	35.40	31.01
M75	35.43	31.50	27.56

Javelin 400g			
M80	15.97	14.19	12.42
M85	20.65	18.35	16.06
M90	15.97	14.19	12.42
M95	9.36	8.32	7.14

Hammer 7.26kg			
M35	55.40	49.27	43.09
M40	54.93	48.82	42.72
M45	52.02	46.24	40.46

Hammer 6kg			
M50	54.43	48.38	42.33
M55	50.52	44.90	39.29

Hammer 5kg			
M60	50.83	45.18	39.53
M65	41.34	36.75	32.15

Hammer 4kg			
M70	37.10	32.98	28.86
M75	30.85	27.42	24.00

Hammer 3kg			
M80	29.84	26.52	23.21
M85	21.59	19.19	16.79
M90	15.41	13.70	11.98
M95	12.06	10.72	9.38

Weight Throw 15.88kg/35lb			
M35	17.05	15.16	13.27
M40	16.39	14.57	12.75
M45	12.13	10.78	9.44

Weight Throw 11.34kg/25lb			
M50	16.71	14.86	13.00

M55	16.23	14.42	12.62
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Weight Throw 9.07kg/20lb

M60	15.86	14.10	12.33
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M65	14.76	13.12	11.48
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Weight Throw 7.26kg/15lb

M70	15.43	13.71	12.00
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M75	13.68	12.16	10.64
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Weight Throw 5.44kg/12lb

M80	14.68	13.05	11.42
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M85	11.98	10.65	9.32
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M90	9.74	8.66	7.57
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#### INDOOR EVENT

Shot Put 7.26kg

M35	15.73	13.98	12.24
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M40	13.63	12.11	10.60
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M45	11.92	10.60	9.27
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Shot Put 6kg

M50	12.90	11.46	10.03
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M55	13.15	11.71	10.23
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Shot Put 5kg

M60	12.54	11.14	9.75
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M65	12.48	11.10	9.71
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Shot Put 4kg

M70	12.55	11.15	9.76
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M75	10.58	9.41	8.23
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Shot Put 3kg

M80	10.30	9.16	8.01
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M85	8.97	7.98	6.98
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M90	7.93	7.05	6.17
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M95	3.63	3.26	2.85
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#### INDOOR EVENT

Weight Throw 15.88kg/35lb

M35	16.93	15.05	13.17
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M40	17.19	15.28	13.37
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M45	11.61	10.32	9.03
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Weight Throw 11.34kg/25lb

M50	16.29	14.48	12.67
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M55	16.91	14.39	12.59
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Weight Throw 9.07kg/20lb

M60	15.88	14.11	12.35
M65	15.44	13.73	12.01

Weight Throw 7.26kg/16lb

M70	15.87	14.10	12.34
M75	14.23	12.65	11.07

Weight Throw 5.44kg/12lb

M80	13.20	11.74	10.27
M85	12.19	10.84	9.48
M90	9.88	8.78	7.69
M95	4.31	3.83	3.35

THROWS PENTATHLON

	POINTS	GOLD	SILVER	BRONZE
M35	2824	2,542	2,259	1,979
M40	3493	3,144	2,794	2,445
M45	3471	3,124	2,777	2,430
M50	3614	3,253	2,891	2,530
M55	3752	3,377	3,002	2,626
M60	3872	3,485	3,098	2,710
M65	4404	3,964	3,523	3,083
M70	4206	3,785	3,365	2,944
M75	3958	3,562	3,166	2,771
M80	3976	3,578	3,181	2,783
M85	4142	3,728	3,314	2,899
M90	3763	3,387	3,010	2,634
M95	2001	1,801	1,601	1,401