

**Athletics Australia
Implement Weights for Competition
under Athletics Australia Rules**

MEN

EVENT	OPEN	UNDER 20	UNDER 18	UNDER 16	UNDER 14
SHOT PUT	7.26kg	6kg	5kg	4kg	3kg
HAMMER THROW	7.26kg	6kg	5kg	4kg	NR
DISCUS THROW	2kg	1.75kg	1.5kg	1kg	1kg
JAVELIN THROW	800g	800g	700g	700g	600g

WOMEN

EVENT	OPEN	UNDER 20	UNDER 18	UNDER 16	UNDER 14
SHOT PUT	4kg	4kg	4kg	4kg	3kg
HAMMER THROW	4kg	4kg	4kg	4kg	NR
DISCUS THROW	1kg	1kg	1kg	1kg	1kg
JAVELIN THROW	600g	600g	600g	600g	400g

NR = NOT RECOMMENDED EVENT IN THIS AGE GROUP