

FIELD EVENT SPECIFICATIONS

| FIELD | 6s Born 2020 | 7s Born 2019 | 8s Born 2018 | 9s Born 2017 | 10s Born 2016 | 11s Born 2015 | 12s Born 2014 | 13s Born 2013 | 14s Born 2012 | 15s Born 2011 | 16s Born 2010 | 17s Born 2009 | U20 Born 2008/2007 |
|-------------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|----------------------|----------------------|----------------------|----------------------|----------------------|--------------------------|
| Discus Throw | 350g | 350g | 500g | 500g | 500g | 500g | 750g | 750g | 1kg | 1kg | 1kg (F) 1.5kg (M) | 1kg (F) 1.5kg (M) | 1kg (F) 1.75kg (M) |
| Hammer Throw | | | | | | | | 3kg | 3kg (F) 4kg (M) | 3kg (F) 4kg (M) | 3kg (F) 5kg (M) | 3kg (F) 5kg (M) | 4kg (F) 6kg (M) |
| Javelin | | | | | | 400g | 400g | 400g (F) 600g (M) | 500g (F) 700g (M) | 500g (F) 700g (M) | 500g (F) 700g (M) | 500g (F) 700g (M) | 600g (F) 800g (M) |
| Shot Put (F) | 500g | 1kg | 1.5kg | 2kg | 2kg | 2kg | 2kg | 3kg | 3kg | 3kg | 3kg | 3kg | 4kg |
| Shotput Colour | Pink | Blue | Yellow | Orange | Orange | Orange | Orange | White | White | White | White | White | Red |
| Shot Put (M) | 500g | 1kg | 1.5kg | 2kg | 2kg | 2kg | 2kg | 3kg | 4kg | 4kg | 5kg | 5kg | 6kg |
| Shotput Colour | Pink | Blue | Yellow | Orange | Orange | Orange | Orange | White | Red | Red | Green | Green | |

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| Events | OPEN | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|----------------------|----------------------|----------------------|--------------------|----------------------|---------------------|
| Discus Throw | M - 2kg F - 1kg | M - 2kg F - 1kg | M - 2kg F - 1kg | M - 2kg F - 1kg | M - 2kg F - 1kg | M - 1.5kg F - 1kg | M - 1.5kg F - 1kg | 1kg | 1kg | 1kg | M - 1kg F - 750g | M - 1kg F - 750g |
| Hammer Throw | M - 7.26kg F - 4kg | M - 7.26kg F - 4kg | M - 7.26kg F - 4kg | M - 7.26kg F - 4kg | M - 7.26kg F - 4kg | M - 6kg F - 3kg | M - 6kg F - 3kg | M - 5kg F - 3kg | M - 5kg F - 3kg | M - 4kg F - 3kg | M - 4kg F - 2kg | M - 3kg F - 2kg |
| Javelin Throw | M - 800g F - 600g | M - 800g F - 600g | M - 800g F - 600g | M - 800g F - 600g | M - 800g F - 600g | M - 700g F - 500g | M - 700g F - 500g | M - 600g F - 500g | M - 600g F - 500g | 500g | M - 500g F - 400g | 400g |
| Shot Put | M - 7.26kg F - 4kg | M - 7.26kg F - 4kg | M - 7.26kg F - 4kg | M - 7.26kg F - 4kg | M - 7.26kg F - 4kg | M - 6kg F - 3kg | M - 6kg F - 3kg | M - 5kg F - 3kg | M - 5kg F - 3kg | M - 4kg F - 3kg | M - 4kg F - 2kg | M - 3kg F - 2kg |