

Event	Age Group	Implement weight (kg)	Min diameter (mm)	Max diameter (mm)		Event	Age Group	Implement weight (kg)	Outer diameter of metal rim (mm)		Diameter of metal plates (mm)		Thickness of centre (mm)		Thickness of rim at 6mm from edge (mm)			
									Min	Max	Min	Max	Min	Max	Min	Max		
SHOT PUT	Senior (and U23s)	7.26	110	130		DISCUS	Senior (and U23s)	2	219	221	50	57	41	43	12	13		
	U20 Junior Men	6	105	125			U20 Junior Men	1.75	210	212	50	57	41	43	12	13		
	U18 Youth	5	100	120			U18 Youth	1.5	200	202	50	57	38	40	12	13		
	U16 Boys	4	95	110			U16 Boys	1.25	180	182	50	57	37	39	12	13		
	U14 Boys	3	85	110			U14 Boys	1	180	182	50	57	37	39	12	13		
	U12 Boys	2-2.72	80	110			U12 Boys	0.75	145	170	50	57	25	35	10	11		
	Seniors / U23s / U20s	4	95	110			Seniors / U23s / U20s	1	180	182	50	57	37	39	12	13		
	U18 Youth	3	85	110			U18 Youth	1	180	182	50	57	37	39	12	13		
	U16 Girls	3	85	110			U16 Girls	1	180	182	50	57	37	39	12	13		
	U14 Girls	2.72	85	110			U14 Girls	0.75	145	170	50	57	25	35	10	11		
	U12 Girls	2-2.72	80	110			U12 Girls	0.75	145	170	50	57	25	35	10	11		
Event	Age Group	Implement weight (kg)	Min diameter (mm)	Max diameter (mm)	Hammer cable length (cm)	Event	Age Group	Implement Weight (grams)	Length of Javelin (mm)		Length of metal head (mm)		Distance from tip of metal head to CoG (mm)		Diameter of thickest point (mm)		Whipcord Width (mm)	
HAMMER	Senior (and U23s)	7.26	110	130	121.5	JAVELIN	Senior (and U23s)	800	2600	2700	250	330	900	1060	25	30	150	160
	U20 Junior Men	6	105	125	121.5		U20 Junior Men	800	2600	2700	250	330	900	1060	25	30	150	160
	U18 Youth	5	100	120	120		U18 Youth	700	2400	2500	250	330	850	990	23	28	150	160
	U16 Boys	4	95	110	119.5		U16 Boys	600	2200	2300	250	330	800	920	20	25	140	150
	U14 Boys	3	85	100	119.5		U14 Boys	500	2000	2100	220	270	780	880	20	24	135	145
	U12 Boys	2	80	90	119.5		U12 Boys	400	1700	1950	200	300	700	850	19	24	130	140
	Seniors / U23s / U20s	4	95	110	119.5		Seniors / U23s / U20s	600	2200	2300	250	330	800	920	20	25	140	150
	U18 Youth	3	85	100	119.5		U18 Youth	500	2000	2100	220	270	780	880	20	24	135	145
	U16 Girls	3	85	100	119.5		U16 Girls	500	2000	2100	220	270	780	880	20	24	135	145
	U14 Girls	2	80	90	119.5		U14 Girls	400	1700	1950	200	300	700	850	19	24	130	140
	U12 Girls	2	80	90	119.5		U12 Girls	400	1700	1950	200	300	700	850	19	24	130	140