

Age Group	Hammer (kg)	Discus (kg)	Shot Putt (kg)	Javelin (kg)
Senior (and U23s)	7.26	2	7.26	800
U20 Junior Men	6	1.75	6	800
U18 Youth	5	1.5	5	700
U16 Boys	4	1.25	4	600
U14 Boys	3	1	3	500
U12 Boys	2	0.75	2-2.72	400
Seniors / U23s / U20s	4	1	4	600
U18 Youth	3	1	3	500
U16 Girls	3	1	3	500
U14 Girls	2	0.75	2.72	400
U12 Girls	2	0.75	2-2.72	400