

SUNFLOWER STATE GAMES

Throws Implement Specifications

	<u>Shot Put</u>		<u>Discus</u>		<u>Javelin</u>		<u>Hammer</u>	
	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>
Youth								
8 & Under	2 kg	2 kg	NA	NA	300 g Mini-Jav	300 g Mini-Jav	NA	NA
9 - 10	6 lb	6 lb	NA	NA	300 g Mini-Jav	300 g Mini-Jav	NA	NA
11 - 12	6 lb	6 lb	1 kg	1 kg	400 g Mini Jav	400 g Mini Jav	NA	NA
13 - 14	4 kg	6 lb	1 kg	1 kg	600 g	600 g	4 kg	6 lb
15 - 18	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
Master								
19-49	16 lb	4 kg	2 kg	1 kg	800 g	600 g	16 lb	4 kg
50-59	6 kg	3 kg	1.5 kg	1 kg	700 g	500 g	6 kg	3 kg
60-69	5 kg	3 kg	1 kg	1 kg	600 g	500 g	5 kg	3 kg
70-74	4 kg	3 kg	1 kg	1 kg	500 g	500 g	4 kg	3 kg
75-79	4 kg	2 kg	1 kg	.75 kg	500 g	400 g	4 kg	2 kg
80 +	3 kg	2 kg	1 kg	.75 kg	400 g	400 g	3 kg	2 kg