

MASTERS IMPLEMENT SPECIFICATIONS

	Hammer	Shot	Put	Discus	Javelin	Weight (kg)
WOMEN						
35-49	4kg	4kg	1kg	600gm	9.080 (20lb)	
50-59	3kg	3kg	1kg	500gm	7.260 (16lb)	
60-74	3kg	3kg	1kg	500gm	5.450 (12lb)	
75+	2kg	2kg	0.75kg	400gm	4.000 (8.8lb)	
MEN						
35-49	7.26	7.26	2kg	800gm	15.880 (35lb)	
50-59	6kg	6kg	1.5kg	700gm	11.340 (25lb)	
60-69	5kg	5kg	1kg	600gm	9.080 (20lb)	
70-79	4kg	4kg	1kg	500gm	7.260 (16lb)	
80+	3kg	3kg	1kg	400gm	5.450 (12lb)	