

Age Division	Discus	Shotput	Javelin
Boys/Men			
8	N/A	2kg (4.4 lbs)	N/A
9-10	N/A	2.7 kg (6lbs)	N/A
11-12	1 kg (2.2 lbs)	2.7 kg (6lbs)	N/A
13-14	1 kg (2.2 lbs)	4kg (8.8lbs)	N/A
15-16	1.6 kg (3.5lbs)	5.4 kg (12lbs)	N/A
17-18	1.6 kg (3.5lbs)	5.4 kg (12lbs)	N/A
19	1.75 kg (3.85lbs)	7.26 kg (16lbs)	N/A
20-49	2kg (4.4lbs)	7.26 kg (16lbs)	N/A
50-59	1.5 kg (3.3 lbs)	6 kg (13.23 lbs)	700 gram
60-69	1 kg (2.2 lbs)	5 kg (11.02 lbs)	600 gram
70-79	1 kg (2.2 lbs)	4kg (8.8lbs)	500 gram
80+	1 kg (2.2 lbs)	3kg (6.6lbs)	400 gram
Girls/Women			
8	N/A	2kg (4.4 lbs)	N/A
9-10	N/A	2.7 kg (6lbs)	N/A
11-12	1 kg (2.2 lbs)	2.7 kg (6lbs)	N/A
13-14	1 kg (2.2 lbs)	2.7 kg (6lbs)	N/A
15-16	1 kg (2.2 lbs)	4kg (8.8lbs)	N/A
17-18	1 kg (2.2 lbs)	4kg (8.8lbs)	N/A
19-34	1 kg (2.2 lbs)	4kg (8.8lbs)	N/A
35-49	1 kg (2.2 lbs)	4kg (8.8lbs)	N/A
50-59	1 kg (2.2 lbs)	3kg (6.6lbs)	500 gram
60-74	1 kg (2.2 lbs)	3kg (6.6lbs)	500 gram
75+	.75 kg (1.65lbs)	2kg (4.4 lbs)	400 gram