



ATHLETICS SOUTH AFRICA (ASA)

TECHNICAL STANDARDS

2015

ATHLETICS SOUTH AFRICA TECHNICAL STANDARDS

AGE RESTRICTIONS IN ACCORDANCE WITH THE RULES

SENIOR EVENTS: (Track & Field)

To be able to compete in a Senior Track & Field competition, an athlete must be 16 years or older on 31st December in the year of the competition and as indicated in the specific Competition Rules. The following exceptions are applicable:

- 20km Race Walk and longer,
- The marathon road race and longer,

In these events an athletes must be 20 years or older on the day of competition.

JUNIOR EVENTS: (Track & Field)

To be able to compete in a Junior Track & Field event, an athlete must be 18 or 19 years on 31st December in the year of the competition.

YOUTH EVENTS: (Track & Field)

To be able to compete in a Youth Track & Field event, an athlete must be 16 or 17 years on 31st December in the year of the competition.

SUB - YOUTH EVENTS: (Track & Field)

To be able to compete in a Sub-Youth Track & Field event, an athlete must be 14 or 15 years on 31st December in the year of the competition.

PRIMARY SUB-YOUTH EVENTS: (6 - 13 years) (Track & Field)

To be able to compete in a Primary Sub-Youth Track & Field event, an athlete must be 6 years up to 13 years on 31st December in the year of the competition.

JUNIOR EVENTS: (Road Running)

To be able to compete as a Junior in a Road Running event, an athlete must be under the age of 20 on 31st December in the year of the competition.

IMPLEMENTS COLOUR CODING

Colour coding is not a fixed rule as each manufacturer has its own colours, therefore the mentioned colour coding can be done only for easy identification.

SHOTS and HAMMERS:

7,26kg	Red
6kg	Blue
5kg	Green
4kg	Yellow
3kg	Orange
2kg	White

DISCUSSES:

2kg	Red
1,75kg	Blue
1,5kg	Green
1kg	Yellow
0,75kg	White

TECHNICAL STANDARDS FOR TRACK EVENTS AND RACE WALKING ACCORDING TO THE VARIOUS AGE GROUPS

AGE CATEGORY	SUB-YOUTH (14 & 15 Years)		YOUTH (16 & 17 Years)		JUNIOR (18 & 19 Years)		SENIOR (16 years and older)	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
100m	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓
3000m	✓	✓	✓	✓	x	✓	x	x
5000m	x	x	x	x	✓	✓	✓	✓
10000m	x	x	x	x	✓	x	✓	✓
90mH	x	✓ (76,2 cm)	x	x	x	x	x	x
100m H	✓ (83,8 cm)	x	x	✓ (76,2 cm)	x	✓ (83,8 cm)	x	✓ (83,8 cm)
110m H	x	x	✓ (91,4 cm)	x	✓ (99,1 cm)	x	✓ (106,7 cm)	x
300m H	✓ (83,8cm)	✓ (76,2 cm)	x	x	x	x	x	x
400m H	x	x	✓ (83,8cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)
1500m SC	✓ (76,2 cm)	x	x	x	x	x	x	x
2000m SC	x	x	✓ (91,4 cm)	✓ (76,2 cm)	x	x	x	x
3000m SC	x	x	x	x	✓ (91,4 cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)
4 x 100m Relay	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200m Relay	✓	✓	✓	✓	✓	✓	✓	✓
4 x 400m Relay	x	x	x	x	✓	✓	✓	✓
4 x 800m Relay	x	x	x	x	✓	✓	✓	✓
4 x 1500m Relay	x	x	x	x	✓	✓	✓	✓
Standard Medley Relay	✓	✓	✓	✓	x	x	x	x
5000m Race Walk	✓	✓	x	✓	x	x	x	x
10000m Race Walk	x	x	✓	x	✓	✓	x	x
20 km Race Walk	x	x	x	x	x	x	✓	✓
50 km Race Walk	x	x	x	x	x	x	✓	x

TECHNICAL STANDARDS FOR PRIMARY SUB-YOUTH (SCHOOLS) TRACK EVENTS AND RACE WALKING ACCORDING TO THE VARIOUS AGE GROUPS

AGE CATEGORY	14 YEARS		13 YEARS		12 YEARS		11 YEARS		10 YEARS		9 YEARS		8 YEARS		7 YEARS		6 YEARS	
EVENTS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
60m	X	X	X	X	X	X	X	X	X	X	✓	✓	✓	✓	✓	✓	✓	✓
80m	X	X	X	X	X	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X
150m	X	X	X	X	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
200m	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400m	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
800m	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1200m	X	X	X	X	✓	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X
1500m	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3000m	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
70m H	X	X	X	X	X	X	✓	✓	✓	✓	X	X	X	X	X	X	X	X
							(68,0 cm)	(68,0 cm)	(68,0 cm)	(68,0 cm)								
75m H	X	X	X	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
				(76,2 cm)	(76,2 cm)	(68,0 cm)												
80m H	X	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
		(76,2 cm)	(76,2 cm)															
90m H	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	(76,2 cm)																	
150m H	X	X	X	X	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
					(68,0 cm)	(68,0 cm)												
200m H	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	(76,2 cm)	(68,0 cm)	(68,0 cm)	(68,0 cm)														
4 X 50m Relay	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4 x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X
Medley Relay	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1500m Race Walking	X	X	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
3000m Race Walking	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

TECHNICAL STANDARDS FOR HURDLE RACES

NUMBER OF HURDLES AND DISTANCES BETWEEN HURDLES FOR DIFFERENT EVENTS

EVENT	HURDLE QUANTITY	DISTANCE FROM START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE
70m Hurdles	8	10m	7m	11m
75m Hurdles	8	11m	7,5m	11,5m
80m Hurdles	8	12m	8m	12m
90m Hurdles	9	13m	8m	13m
100m Hurdles	10	13m	8,5m	10,5m
110m Hurdles	10	13,72m	9,14m	14,02m
150m Hurdles	3	40m	35m	40m
200m Hurdles	5	20m	35m	40m
300m Hurdles	7	50m	35m	40m
400m Hurdles	10	45m	35m	40m

TECHNICAL STANDARDS FOR FIELD EVENTS AND COMBINED EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

AGE CATEGORY	SUB-YOUTH (14 & 15 Years)		YOUTH (16 & 17 Years)		JUNIOR (18 & 19 Years)		SENIOR (16 years and older)	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓ (9m)	x	✓ (11m)	✓ (9m)	✓ (13m)	✓ (11m)	✓ (13m)	✓ (11m)
Pole Vault	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓ (4,00 kg)	✓ (3,00 kg)	✓ (5,00 kg)	✓ (3,00 kg)	✓ (6 kg)	✓ (4,00 kg)	✓ (7,26 kg)	✓ (4,00 kg)
Discus Throw	✓ (1,00 kg)	✓ (1,00 kg)	✓ (1,5 kg)	✓ (1,00 kg)	✓ (1,75 kg)	✓ (1,00 kg)	✓ (2,00 kg)	✓ (1,00 kg)
Javelin Throw	✓ (600 gm)	✓ (500 gm)	✓ (700 gm)	✓ (500 gm)	✓ (800 gm)	✓ (600 gm)	✓ (800 gm)	✓ (600 gm)
Hammer Throw	✓ (4,00 kg)	✓ (3,00 kg)	✓ (5,00 kg)	✓ (3,00 kg)	✓ (6 kg)	✓ (4,00 kg)	✓ (7,26 kg)	✓ (4,00 kg)
Pentathlon	✓	✓	x	x	x	x	x	x
Heptathlon	x	x	x	✓	x	✓	x	✓
Decathlon	x	x	✓	x	✓	x	✓	x

Recommended increments for High Jump: 1st two increments 5cm, then 3cm increments (The referee may vary these increments)

Recommended increments for Pole Vault: 10cm increments until only two competitors are left, then 5cm increments (The referee may vary these increments)

Combined Events consist of the following events in the order of competition:

Pentathlon (over one day):

Day 1

100m Hurdles (Boys) / 90m Hurdles (Girls)
High Jump
Shot Put
Long Jump
800m

Heptathlon (over two days):

Day 1

100m Hurdles
High Jump
Shot Put
200m

Day 2

Long Jump
Javelin Throw
800m

Decathlon (over two days):

Day 1

100m
Long Jump
Shot Put
High Jump
400m

Day 2

110m Hurdles
Discus Throw
Pole Vault
Javelin Throw
1500m

TECHNICAL STANDARDS FOR PRIMARY SUB-YOUTH (SCHOOLS) FIELD EVENTS AND COMBINED EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

AGE CATEGORY	14 YEARS		13 YEARS		12 YEARS		11 YEARS		10 YEARS	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	x	x	x	x	x	x	x	x	x	x
Pole Vault	✓	✓	✓	✓	x	x	x	x	x	x
Shot Put	✓ (4kg)	✓ (3kg)	✓ (4kg)	✓ (3kg)	✓ (3kg)	✓ (3kg)	✓ (2kg)	✓ (2kg)	✓ (2kg)	✓ (2kg)
Discus Throw	✓ (1kg)	✓ (1kg)	✓ (1kg)	✓ (0,75kg)	✓ (0,75kg)	✓ (0,75kg)	x	x	x	x
Javelin Throw	✓ (600g)	✓ (500g)	✓ (600g)	✓ (500g)	✓ (500g)	✓ (500g)	x	x	x	x
Hammer Throw	✓ (4kg)	✓ (3kg)	x	x	x	x	x	x	x	x
Pentathlon	✓	✓	✓	✓	x	x	x	x	x	x

Recommended increments for High Jump: 1st two increments 5cm, then 3cm increments (The referee may vary these increments)

Recommended increments for Pole Vault: 10cm increments until only two competitors are left, then 5cm increments (The referee may vary these increments)

Combined Events consist of the following events in the order of competition:

Pentathlon (over one day):

Day 1

100m Hurdles (Boys) / 90m Hurdles (Girls)

High Jump

Shot Put

Long Jump

800m

TECHNICAL STANDARDS FOR ROAD RACES ACCORDING TO THE VARIOUS AGE GROUPS

ROAD RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	5 km ROAD RACE	10 km ROAD RACE	15 km ROAD RACE	21,1 km ROAD RACE	32 km ROAD RACE	MARATHON ROAD RACE	ULTRA – MARATHON ROAD RACE
Minimum age of participation for men and women	X	X	X	X	X	X	X
	9 years and older	14 years and older	15 years and older	16 years and older	19 years and older	20 years and older	20 years and older

ROAD RELAY RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	15KM ROAD RELAY	½ MARATHON RELAY	MARATHON RELAY
	5 Athletes: 5 X 3 km	4 Athletes: 5 km; 5 km; 5 km; 6,1 km	6 Athletes: 5km; 10 km; 5 km; 10km; 5km; 7,2km
Minimum age of participation for men and women	X	X	X
	9 years and older	9 years and older	14 years and older

TECHNICAL STANDARDS FOR CROSS COUNTRY RACES ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	1 km	2 km	3 km	4 km	6 km	8 km	12 km
Senior Men: (16 And Older)				✓			✓
Junior Men: (18, 19 Years)						✓	
Boys: 17 Years					✓		
Boys: 16 Years					✓		
Boys: 15 Years				✓			
Boys: 14 Years				✓			
Boys: 13 Years				✓			
Boys: 12 Years			✓				
Boys: 11 Years			✓				
Boys: 10 Years		✓					
Boys: 9 Years		✓					
Boys: 8 Years (Beginners)	✓						

AGE CATEGORIES	1 km	2 km	3 km	4 km	6 km	8 km	12 km
Senior Women: (16 And Older)				✓		✓	
Junior Women: (18, 19 Years)					✓		
Girls: 17 Years				✓			
Girls: 16 Years				✓			
Girls: 15 Years				✓			
Girls: 14 Years				✓			
Girls: 13 Years			✓				
Girls: 12 Years			✓				
Girls: 11 Years			✓				
Girls: 10 Years		✓					
Girls: 9 Years		✓					
Girls: 8 Years (Beginners)	✓						

**WORLD MASTERS ASSOCIATION (WMA)
SOUTH AFRICA MASTERS ASSOCIATION (SAMA)**

TECHNICAL SPECIFICATIONS

TECHNICAL STANDARDS FOR SHORT HURDLE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
35 – 49	110	99,1	13,72	9,14	14,02	10
50 - 59	100	91,4	13	8,50	10,50	10
60 - 69	100	84,0	12	8	16	10
70 - 79	80	76,2	12	7	19	8
80+	80	68,6	12	7	19	8

AGE CATEGORIES: WOMAN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
35 – 39	100	84,0	13	8,5	10,5	10
40 - 49	80	76,2	12	8	12	8
50 - 59	80	76,2	12	7	19	8
60+	80	68,6	12	7	19	8

TECHNICAL STANDARDS FOR LONG HURDLE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
35 – 49	400	91,4	45	35	40	10
50 - 59	400	84,0	45	35	40	10
60 - 69	300	76,2	50	35	40	7
70 - 79	300	68,6	50	35	40	7
80 +	200	68,6	20	35	40	5

AGE CATEGORIES: WOMAN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
35 – 49	400	76,2	45	35	40	10
50 - 59	300	76,2	50	35	40	7
60 - 69	300	68,6	50	35	40	7
70 +	200	68,6	20	35	40	5

TECHNICAL STANDARDS FOR FIELD IMPLEMENTS ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF WEIGHTS AND AGE GROUPS

AGE CATEGORIES: MEN	SHOT PUT	DISCUSS	HAMMER	JAVELIN	WEIGHT
35 – 49	7,62	2,00	7,26	800	15,88
50 - 59	6,00	1,50	6,00	700	11,34
60 – 69	5,00	1,00	5,00	600	9,08
70 – 79	4,00	1,00	4,00	500	7,26
80+	3,00	1,00	3,00	400	5,45

AGE CATEGORIES: WOMAN	SHOT PUT	DISCUSS	HAMMER	JAVELIN	WEIGHT
35 – 49	4,00	1,00	4,00	600	9,08
50 - 59	3,00	1,00	3,00	500	7,26
60- 74	3,00	1,00	3,00	500	5,45
75+	2,00	0,75	2,00	400	4,00

Combined Events consist of the following events in the order of competition:

Throwing Pentathlon (over one day):

Day 1

Hammer Throw

Shot Put

Discus Throw

Javelin Throw

Weight Throw

TECHNICAL STANDARDS FOR STEEPLECHASE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF HEIGHTS AND AGE GROUPS

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM
35 – 59	3000	91,4
60 +	2000	76,2

AGE CATEGORIES: WOMEN	DISTANCE IN METER	HEIGHT IN CM
35 +	2000	76,2

INTERNATIONAL PARALYMPIC COMMITTEE (IPC)

TECHNICAL SPECIFICATIONS

TECHNICAL STANDARDS FOR PENTATHLON ACCORDING TO THE VARIOUS SPORT CLASSES

Pentathlon consists of five events which shall be held on one day. The events and the order which they are contested by the respective IPC Athletics Sports Classes at IPC Athletics Recognized Competitions are summarised in the Table below.

Sports Class/es	Gender/s	Event 1	Event 2	Event 3	Event 4	Event 5
P11 – 13	Males	Long Jump	Javelin	100m	Discus	1500m
P11 – 13	Females	Long Jump	Shot Put	100m	Discus	800m
P33 – 34	Males & Females	Shot Put	Javelin	100m	Discus	800m
P35 – 38	Males	Long Jump	Javelin	100m	Discus	1500m
P35 – 38	Females	Long Jump	Shot Put	100m	Discus	800m
P42	Males & Females	Long Jump	Shot Put	100m	Discus	200m
P44	Males & Females	Long Jump	Shot Put	100m	Discus	400m
P46	Males	Long Jump	Shot Put	100m	Discus	1500m
P46	Females	Long Jump	Shot Put	100m	Discus	800m
P51	Males & Females	100m	Club	400m	Discus	800m
P52 - 53	Males & Females	Shot put	Javelin	100m	Discus	800m
P54 - 58	Males & Females	Shot put	Javelin	200m	Discus	1500m

TECHNICAL STANDARDS FOR IPC IMPLEMENT WEIGHTS ACCORDING TO THE VARIOUS SPORT CLASSES

Sport Class F11 - 13

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open	F11 – 13	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F11 – 13	1.75kg	1.00kg	800gr	600gr	5.00kg	4.00kg
U/18	F11 – 13	1.50kg	1.00kg	700gr	600gr	5.00kg	4.00kg
U/16	F11 – 13	1.00kg	1.00kg	700gr	600gr	4.00kg	4.00kg

Sport Class F20

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open	F20	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F20	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F20	1.50kg	1.00kg	700gr	600gr	5.00kg	4.00kg
U/16	F20	1.00kg	1.00kg	700gr	600gr	4.00kg	4.00kg

Sports Classes F31-38

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club male & Female
	F31	NE	NE	NE	NE	NE	NE	397gr
Open, U/20 & U/18	F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
	F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600gr	600gr	5.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	NE
U/16	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	750gr	750gr	NE	NE	1.00kg	1.00kg	397gr
	F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F37	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
F38	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE	

Sport Classes F40-46

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open & U/20	F40	1.00kg	750gr	600gr	400gr	4.00kg	3.00kg
	F42, 41	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F44, 43	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F46	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F40	1.00kg	750gr	500gr	400gr	3.00kg	2.00kg
	F42, 41	1.00kg	1.00kgr	700gr	500gr	5.00kg	3.00kg
	F44, 43	1.00kg	1.00kgr	700gr	500gr	5.00kg	3.00kg
	F46, 45	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg
U/16	F40	1.00kg	750gr	400gr	400gr	3.00kg	2.00kg
	F42, 41	1.00kg	1.00kgr	600gr	400gr	4.00kg	3.00kg
	F44, 43	1.00kg	1.00kgr	600gr	400gr	4.00kg	3.00kg
	F46, 45	1.00kg	1.00kgr	600gr	400gr	4.00kg	3.00kg

Sport Classes F51- 58

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club male & Female
Open & U/20	F51	1.00kg	1.00kg	NE	NE	NE	NE	397gr
	F52	1.00kg	1.00kg	600gr	600gr	2.00kg	2.00kg	NE
	F53	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F54	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F55	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F56	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F57	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F58	1.00kg	1.00kg	600gr	600gr	5.00kg	4.00kg	NE
U/18	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F54	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F55	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F56	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F57	1.00kg	1.00kg	600gr	500gr	3.00kg	2.00kg	NE
	F58	1.00kg	1.00kg	600gr	500gr	4.00kg	2.00kg	NE
U/16	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F54	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F55	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F56	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F57	1.00kg	750gr	500gr	400gr	2.00kg	2.00kg	NE
	F58	1.00kg	750gr	500gr	400gr	3.00kg	3.00kg	NE