

# IMPLEMENT WEIGHT by AGE GROUP



All Shot, Discus and Hammer throwing sectors are 34.92°

Event Officials: By rule, only one implement weight should be contested at the same time. If appropriate at your event, it is allowed to combine all age groups that throw the same implement weight in competition. Be sure to indicate the respective age group, gender, and competition number on the field event score sheet.

**Each participant must provide their own implement.** If implements are not weighed in before competition, they shall be "pooled" for competition.

Shot		ENDURO Sports Implement Color Code
<b>4 lb</b>	N/A	
<b>6 lb</b>	5-8G	ORANGE
<b>3 kg</b>	Adult Women (50+) Adult Men (80+)	RED
<b>4 kg</b>	5-8B, 9-12G Teen-adult & Adult W (20-49) Adult Men (70-79)	GREEN
<b>5 kg</b>	Adult Men (60-69)	YELLOW
<b>12 lb</b>	9-12B	GRAY
<b>6 kg</b>	Adult Men (50-59)	BLUE
<b>16 lb</b>	Teen-adult M (18-19) Adult Men (20-49)	GOLD

Discus	
<b>0.75 kg</b>	Adult Women (80+)
<b>1 kg</b>	5-8 B&G, 9-12G Teen-adult, Adult (20-79) Adult Men (60+)
<b>1.5 kg</b>	Adult Men (50-59)
<b>1.6 kg</b>	9-12 B
<b>2 kg</b>	Teen-adult (18-19) Adult Men (20-49)

Hammer	
<b>3 kg</b>	Adult Women (50+)
<b>4 kg</b>	Teen-adult Women Adult Women (20-49) Adult Men (70+)
<b>12 lb</b>	N/A
<b>5 kg</b>	Adult Men (60-69)
<b>6 kg</b>	Adult Men (50-59)
<b>16 lb</b>	Teen-adult Men Adult Men (20-49)

YES-Athletics™ "Age Groups" are based on grade.
K-12th Gr Girls
K-12th Gr Boys
Teen-adult: 18-19
Adult: 20 - 24
25 - 29
30 - 34
35 - 39
40 - 44
45 - 49
50 - 54
55 - 59
60 - 64
65 - 69
70 - 74
75 - 79
80+

Javelin	
<b>400g</b>	Adult Women (60+) Adult Men (80+)
<b>500g</b>	Adult Women (50-59) Adult Men (70-79)
<b>600g</b>	9-12 G Teen-adults Women Adult Women (20-49) Adult Men (60-69)
<b>700g</b>	Adult Men (50-59)
<b>800g</b>	9-12 B Teen-adult Men Adult Men (20-49)



**Metric Conversion:**

3kg = 6.61386 pounds    4kg = 8.81849 Pounds    5kg = 11.0231 pounds    6kg = 13.2277 Pounds