

**Appendix 1: Throwing Implement Weights**

10-12 Years Able Body Implement Weights:

|          | 10 Years | 11 Years | 12 Years |
|----------|----------|----------|----------|
| Shot Put | 2kg      | 2kg      | 3kg      |
| Discus   | 500g     | 750g     | 750g     |

10-12 Years Multi Class Athlete Implement Weights: The Multi Class Athletes will throw the shot put or discus weight applicable for their classification and age group. The implement weights for athletes with a disability will be no heavier than those thrown by the able body athletes.

Note: Where boys and girls in a classification group throw different weight shot puts, the weight for the girls' shot put is indicated in brackets.

| Classification | 10 Years      |               | 11 Years |        | 12 Years    |               |
|----------------|---------------|---------------|----------|--------|-------------|---------------|
|                | Shot Put      | Discus        | Shot Put | Discus | Shot Put    | Discus        |
| F01            | 2 kg          | 500 g         | 2 kg     | 750 g  | 3 kg        | 750 g         |
| F11-13         | 2 kg          | 500 g         | 2 kg     | 750 g  | 3 kg        | 750 g         |
| F20            | 2 kg          | 500 g         | 2 kg     | 750 g  | 3 kg        | 750 g         |
| F21            | 2 kg (1.5 kg) | 500 g (350 g) | 2 kg     | 500 g  | 3 kg (2 kg) | 750 g (500 g) |
| F32            | 1 kg          | 500 g         | 1 kg     | 500 g  | 1 kg        | 500 g         |
| F33            | 1 kg          | 500 g         | 1 kg     | 500 g  | 2 kg (1 kg) | 500 g         |
| F34            | 2 kg          | 500 g         | 2 kg     | 500 g  | 2 kg        | 500 g         |
| F35            | 2 kg          | 500 g         | 2 kg     | 500 g  | 2 kg        | 500 g         |
| F36            | 2 kg          | 500 g         | 2 kg     | 500 g  | 2 kg        | 500 g         |
| F37            | 2 kg          | 500 g         | 2 kg     | 500 g  | 2 kg        | 500 g         |
| F38            | 2 kg          | 500 g         | 2 kg     | 500 g  | 2 kg        | 500 g         |
| F40/41         | 1.5 kg        | 500 g         | 1.5 kg   | 500 g  | 2 kg        | 750 g (500 g) |
| F42            | 2 kg          | 500 g         | 2 kg     | 750 g  | 3 kg        | 750 g         |
| F43/44         | 2 kg          | 500 g         | 2 kg     | 750 g  | 3 kg        | 750 g         |
| F45            | 2 kg          | 500 g         | 2 kg     | 750 g  | 3 kg        | 750 g         |
| F46            | 2 kg          | 500 g         | 2 kg     | 750 g  | 3 kg        | 750 g         |
| F51            | No Event      | 350 g         | No Event | 500 g  | No Event    | 500 g         |
| F52            | 1.5 kg        | 350 g         | 1.5 kg   | 500 g  | 2 kg        | 500 g         |
| F53            | 1.5 kg        | 350 g         | 1.5 kg   | 500 g  | 2 kg        | 500 g         |



### 13-19 Years Multi Class Athlete Implement Weights

13-19 Years Multi Class Athlete Implement Weights are in accordance with the Athletics Australia Para Athletics Throwing Implement Weights: The Multi Class Athletes will throw the shot put, discus or javelin weight applicable for their classification and age group. **The implement weights for multiclass athletes will be no heavier than those thrown by the able body, same age peers.** No event for Multi-class Hammer Throw will be conducted at these Championships. These tables are from the Athletics Australia Para Athletics Throwing Weights Tables and are accurate as at February 2024 and will be checked by Competition Multi-Class Convenors by July each Calendar year and will be distributed to regions in the Multi-Class Information Pack.

F01, F11, F12, F13, F20, F60, I13

| Age   | Discus Men | Discus Women | Shot Put Men | Shot Put Women | Javelin Men | Javelin Women |
|-------|------------|--------------|--------------|----------------|-------------|---------------|
| 17-19 | 1.75kg     | 1.0kg        | 6.0kg        | 4.0kg          | 800g        | 600g          |
| 15-16 | 1.5kg      | 1.0kg        | 5.0kg        | 3.0kg          | 700g        | 500g          |
| 13-14 | 1.0kg      | 1.0kg        | 4.0kg        | 3.0kg          | 700g        | 500g          |

F21 (I12)

| Age   | Discus Men | Discus Women | Shot Put Men | Shot Put Women | Javelin Men | Javelin Women |
|-------|------------|--------------|--------------|----------------|-------------|---------------|
| 17-19 | 1.0kg      | 750g         | 4.0kg        | 3.0kg          | 600g        | 400g          |
| 15-16 | 1.0kg      | 750g         | 3.0kg        | 2.0kg          | 500g        | 400g          |
| 13-14 | 1.0kg      | 750g         | 3.0kg        | 2.0kg          | 500g        | 400g          |

F31, F32, F33, F34, F35, F46, F37, F38

| Age   | Class | Discus Men | Discus Women | Shot Put Men | Shot Put Women | Javelin Men | Javelin Women |
|-------|-------|------------|--------------|--------------|----------------|-------------|---------------|
| 17-19 | F31   | NE         | NE           | NE           | NE             | NE          | NE            |
|       | F32   | 1.0kg      | 1.0kg        | 2.0kg        | 2.0kg          | NE          | NE            |
|       | F33   | 1.0kg      | 1.0kg        | 3.0kg        | 3.0kg          | 600g        | 600g          |
|       | F34   | 1.0kg      | 1.0kg        | 4.0kg        | 3.0kg          | 600g        | 600g          |
|       | F35   | 1.0kg      | 1.0kg        | 4.0kg        | 3.0kg          | 600g        | 600g          |
|       | F36   | 1.0kg      | 1.0kg        | 4.0kg        | 3.0kg          | 600g        | 600g          |
|       | F37   | 1.0kg      | 1.0kg        | 5.0kg        | 3.0kg          | 600g        | 600g          |
|       | F38   | 1.5kg      | 1.0kg        | 5.0kg        | 3.0kg          | 800g        | 600g          |
| 15-16 | F31   | NE         | NE           | NE           | NE             | NE          | NE            |
|       | F32   | 750g       | 750g         | 1.0kg        | 1.0kg          | NE          | NE            |
|       | F33   | 750g       | 750g         | 2.0kg        | 2.0kg          | 500g        | 500g          |
|       | F34   | 750g       | 750g         | 3.0kg        | 2.0kg          | 500g        | 500g          |
|       | F35   | 750g       | 750g         | 3.0kg        | 2.0kg          | 500g        | 500g          |
|       | F36   | 750g       | 750g         | 3.0kg        | 2.0kg          | 500g        | 500g          |
|       | F37   | 750g       | 750g         | 4.0kg        | 2.0kg          | 500g        | 500g          |
|       | F38   | 1.0kg      | 750g         | 4.0kg        | 2.0kg          | 600g        | 500g          |
| 13-14 | F31   | NE         | NE           | NE           | NE             | NE          | NE            |
|       | F32   | 750g       | 750g         | 1.0kg        | 1.0kg          | NE          | NE            |
|       | F33   | 750g       | 750g         | 2.0kg        | 2.0kg          | 500g        | 400g          |
|       | F34   | 750g       | 750g         | 3.0kg        | 2.0kg          | 500g        | 400g          |
|       | F35   | 750g       | 750g         | 3.0kg        | 2.0kg          | 500g        | 400g          |
|       | F36   | 750g       | 750g         | 3.0kg        | 2.0kg          | 500g        | 400g          |
|       | F37   | 750g       | 750g         | 3.0kg        | 2.0kg          | 500g        | 400g          |
|       | F38   | 750g       | 750g         | 3.0kg        | 2.0kg          | 500g        | 400g          |

F40, F41

