

NSWPSSA Athletics Implement Specifications

Athletes throw the following applicable to their age group, regardless of gender, as per the table below:

Age	Junior 8-10 years	11 years	12-13 years
Shot Put	2 kg	2 kg	3 kg
Discus	500 gms	750 gms	750 gms

Multi-class Athletics Implement Specifications

Athletes competing in multi-class events throw the following, applicable to their classification class, gender and age group, as per the table below:

Class	Junior 8-10 years		11 years		12-13 years	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F01	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F11-13	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F20	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F21	2 kg (1.5kg)	500 g (350g)	2 kg	500g	3 kg (2kg)	750 g (500g)
F32	1 kg	500 gms	1 kg	500 gms	1 kg	500 gms
F33	1 kg	500 gms	1 kg	500 gms	2 kg (1 kg)	500 gms
F34	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F35	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F36	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F37	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F38	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F40	1.5 kg	500 gms	1.5 kg	500 gms	2 kg	750 g (500 g)
F41	1.5 kg	500 gms	1.5 kg	500 gms	2 kg	750 g (500 g)
F42	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F43	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F44	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F45	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F46	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F51	No event	350 gms	No event	500 gms	No event	500 gms
F52	1.5 kg	350 gms	1.5 kg	500 gms	2 kg	500 gms
F53	1.5 kg	350 gms	1.5 kg	500 gms	2 kg	500 gms
F54	1.5 kg	350 gms	2 kg (1.5 kg)	500 gms	2 kg	500 gms
F55	1.5 kg	350 gms	2 kg (1.5 kg)	500 gms	2 kg	500 gms
F56	1.5 kg	350 gms	2 kg (1.5 kg)	500 gms	2 kg	500 gms
F57	1.5 kg	350 gms	2 kg (1.5 kg)	500 gms	2 kg	500 gms
F60	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F61	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F62	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F63	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F64	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms

Where boys and girls in a classification group throw different weights, the weight for the girls is indicated in brackets.