

Effective 1/1/2011

USATF Masters Implements

Event/Age	Men													
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99+
Shot	7.260 kg				6 kg		5 kg		4 kg		3 kg			
Discus	2 kg				1.5 kg		1 kg							
Javelin	800 g				700 g		600 g		500 g		400 g			
Hammer	7.260 kg				6 kg		5 kg		4 kg		3 kg			
Weight	35 lb				25 lb		20 lb		16 lb		12 lb			
Superweight	56 lb						20 kg		35 lb		25 lb			
Ultraweight	98 lb, 200 lb, 300 lb						56, 98, 200 lb		20 kg; 56, 98 lb		35 lb, 20 kg, 56 lb			

Event/Age	Women													
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99+
Shot	4 kg				3 kg					2 kg				
Discus	1 kg									750 g				
Javelin	600 g				500 g		400 g							
Hammer	4 kg				3 kg					2 kg				
Weight	20 lb				16 lb		12 lb			4 kg				
Superweight	35 lb				25 lb		20 lb			16 lb				
Ultraweight	20 kg, 56 lb, 98 lb				35 lb, 20 kg, 56 lb		25 lb, 35 lb, 20 kg			20 lb, 25 lb, 35 lb				

Effective 1/1/2011

USATF Youth Athletics Implements

Event/Division	Boys					
	Sub Bantam	Bantam	Midget	Youth	Intermediate	Young Men
Shot	2 kg	6 lb		4 kg	12 lb	
Discus			1 kg		1.6 kg	
Javelin	300 g mini			600 g	800 g	
Hammer					12 lb	

Event/Division	Girls					
	Sub Bantam	Bantam	Midget	Youth	Intermediate	Young Women
Shot	2 kg	6 lb			4 kg	
Discus			1 kg			
Javelin	300 g mini			600 g		
Hammer					4 kg	

age	8 & below	9-10	11-12	13-14	15-16	17-18
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Per 2011 USATF Rules 300.1.b & 301

Rev. F

effective 1/1/12

IAAF Athletics Implements

Event/Division	Men		
	Boys (Youth)	Men (Junior)	Men (Senior)
Shot	5 kg	6 kg	7.260 kg
Discus	1.5 kg	1.75 kg	2 kg
Javelin	700 g	800 g	800 g
Hammer	5 kg	6 kg	7.260 kg

Event/Division	Women			
	Girls (Youth)	Women (Junior)	Women (Senior)	
	Shot	3 kg	4 kg	
	Discus	1 kg		
	Javelin	500 g	600 g	
	Hammer	3 kg	4 kg	

age	16-17	18-19	20-34
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Per 2012 IAAF Rules 141, 187.1

Rev. G

World Masters Athletics Implements

Effective 5/1/2010

Event/Age	Men												
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99+
Shot	7.260 kg			6 kg		5 kg		4 kg		3 kg			
Discus	2 kg			1.5 kg		1 kg							
Javelin	800 g			700 g		600 g		500 g		400 g			
Hammer	7.260 kg			6 kg		5 kg		4 kg		3 kg			
Weight	35 lb			25 lb		20 lb		16 lb		12 lb			

Event/Age	Women															
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99+			
	Shot			4 kg					3 kg					2 kg		
	Discus								1 kg					750 g		
	Javelin			600 g		500 g		400 g								
	Hammer			4 kg		3 kg					2 kg					
	Weight			20 lb		16 lb		12 lb			4 kg					

Per 2010 WMA Rules 4.1, A-2
(renumbered for 2012 as Rule 141 & Appendix A)

Rev. E