

# IMPLEMENT WEIGHT by AGE GROUP



All Shot, Discus and Hammer throwing sectors are 34.92°

<b>Shot</b>		ENDURO Events Color code
<b>4 lb</b>	PG, PB (AAU only)	BLACK
<b>6 lb</b>	BG, BB, MG, MB, YG	ORANGE
<b>3 kg</b>	Masters Women (50+) Masters Men (80+)	RED
<b>4 kg</b>	YB, IG, YW Open Women Masters Women (30-49) Masters Men (70-79)	GREEN
<b>5 kg</b>	Masters Men (60-69)	YELLOW
<b>12 lb</b>	IB, YM	PURPLE
<b>6 kg</b>	Masters Men (50-59)	BLUE
<b>16 lb</b>	Open Men Masters Men (30-49)	GOLD

<b>Discus</b>	
<b>0.75 kg</b>	Masters Women (80+)
<b>1 kg</b>	MG, MB, YG, YB, IG, YW Open Women Masters Women (30-79) Masters Men (60+)
<b>1.5 kg</b>	Masters Men (50-59)
<b>1.6 kg</b>	IB, YM
<b>2 kg</b>	Open Men Masters Men (30-49)

<b>Hammer</b>	
<b>3 kg</b>	Masters Women (50+)
<b>4 kg</b>	IG, YW Open Women Masters Women (30-49) Masters Men (70+)
<b>12 lb</b>	IB, YM
<b>5 kg</b>	Masters Men (60-69)
<b>6 kg</b>	Masters Men (50-59)
<b>16 lb</b>	Open Men Masters Men (30-49)

<b>Javelin</b>	
<b>300g (mini)</b>	MG, MB
<b>400g</b>	Masters Women (60+) Masters Men (80+)
<b>500g</b>	Masters Women (50-59) Masters Men (70-79)
<b>600g</b>	YG, YB IG, YW Open Women Masters Women (30-49) Masters Men (60-69)
<b>700g</b>	Masters Men (50-59)
<b>800g</b>	IB, YM Open Men Masters Men (30-49)

## \*Metric Conversion

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