**ATHLETICS IRELAND**

**THROWS SPECIFICATIONS**

**FEMALE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Category** | **Shot** | **Discus** | **Javelin** | **Hammer** |
| U12 | 2k | - | Turbo | - |
| U13 | 2k | - | 400g | - |
| U14 | 2k | .75k | 400g | 2.5k |
| U15 | 2.72k | .75k | 400g | 2.5k |
| U16 | 3k | 1k | 500g | 3k |
| U17 | 3k | 1k | 500g | 3k |
| U18 | 3k | 1k | 500g | 3k |
| U19 | 4k | 1k | 600g | 4k |
| Junior | 4k | 1k | 600g | 4k |
| U23, IUAA & Senior | 4k | 1k | 600g | 4k |
| W35 - 49 | 4k | 1k | 600g | 4k |
| W50 - 59 | 3k | 1k | 500g | 3k |
| W60 - 74 | 3k | 1k | 400g | 3k |
| W75 + | 2k | .75k | 400g | 2k |

**MALE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Category** | **Shot** | **Discus** | **Javelin** | **Hammer** |
| U12 | 2k | - | Turbo | - |
| U13 | 2k | - | 400g | - |
| U14 | 2.5k | .75k | 400g | 2.5k |
| U15 | 3k | 1k | 500g | 3k |
| U16 | 4k | 1k | 600g | 4k |
| U17 | 5k | 1.5k | 700g | 5k |
| U18 | 5k | 1.5k | 700g | 5k |
| U19 | 6k | 1.75k | 800g | 6k |
| Junior | 6k | 1.75k | 800g | 6k |
| U23, IUAA & Senior | 7.26k | 2k | 800g | 7.26k |
| M35 - 49 | 7.26k | 2k | 800g | 7.26k |
| M50 - 59 | 6k | 1.5k | 700g | 6k |
| M60 - 69 | 5k | 1k | 600g | 5k |
| M70 - 79 | 4k | 1k | 500g | 4k |
| M80 + | 3k | 1k | 400g | 3k |