



## **Para Athletics Implement Weights**

### **U13, U15, U17, U20 & Open Age Groups**

This document outlines the Implement Weights for Para Athletics competition under Athletics Australia Rules.

Athletics Australia adopts the World Para Athletics U17, U20 and Open Implement weight lists (WPA Rules and Regulations, February 2020-2021).

To ensure progression through the age groups and to align with WPA U17, U20 and Open Implement weight lists, the implement weights for U12, U14, U16 and U18 have been removed and the U13 and U15 implement weights have been amended accordingly as at 01/08/2020.

**Competition at National Championships;** For clarity, para-athletes must throw their age-appropriate weight when they compete at National Championships.

U15 Age Group – U13 and U15 Athletes Implement weights

U17 Age Group – U17 Implement weights

U20 Age Group – U20 Implement weights

Open Age Group – Open Implement weights

*If an athlete qualifies for and chooses to compete in an older age group – the athlete must throw the minimum weight of that age group e.g. An U17 athlete competing in the U20 Shot Put must throw the U20 Shot Put weight. An exception is made for the U13 athletes whose age group is not offered at the Australian National Championships and therefore can throw the U13 Implement weight in the U15 age group.*

All Athletics Australia events, records and underage eligibility is determined by the athlete's age as at the 31<sup>st</sup> of December in the year of competition e.g. an athlete cannot claim a U17 record if the performance is achieved in the year they turn 17.

School Sport Australia implement weights for ages 10,11 and 12 can be found

<http://www.schoolsportaustralia.edu.au/track-and-field/>

For further information contact; Athletics Australia Sport Delivery Department

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**F01, F11, F12, F13, F20, F60**

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
Open	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg
U20	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
U17	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U15	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg
U13	750g	750g	3.0kg	3.0kg	600g	400g	NE	NE

**F21 (II2)**

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
Open	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U15	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U13	750g	500g	3.0kg	2.0kg	400g	400g	NE	NE

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

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
<b>Open</b>	<b>F31</b>	NE	NE	NE	NE	NE	NE	397g	397g
	<b>F32</b>	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE	397g	397g
	<b>F33</b>	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	<b>F34</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	<b>F35</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	<b>F36</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	<b>F37</b>	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g	NE	NE
<b>U20</b>	<b>F38</b>	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g	NE	NE
	<b>F31</b>	NE	NE	NE	NE	NE	NE	397g	397g
	<b>F32</b>	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE	397g	397g
	<b>F33</b>	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	<b>F34</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	<b>F35</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	<b>F36</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
<b>U17</b>	<b>F37</b>	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g	NE	NE
	<b>F38</b>	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g	NE	NE
	<b>F31</b>	NE	NE	NE	NE	NE	NE	397g	397g
	<b>F32</b>	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	<b>F33</b>	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	<b>F34</b>	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	<b>F35</b>	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
<b>F36</b>	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE	
<b>F37</b>	750g	750g	4.0kg	2.0kg	500g	500g	NE	NE	

	<b>F38</b>	1.0kg	750g	4.0kg	2.0kg	600g	500g	NE	NE
<b>U15</b>	<b>F31</b>	NE	NE	NE	NE	NE	NE	397g	397g
	<b>F32</b>	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	<b>F33</b>	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
	<b>F34</b>	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	<b>F35</b>	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	<b>F36</b>	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	<b>F37</b>	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	<b>F38</b>	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
<b>U13</b>	<b>F31</b>	NE	NE	NE	NE	NE	NE	397g	397g
	<b>F32</b>	500g	500g	1.0kg	1.0kg	NE	NE	397g	397g
	<b>F33</b>	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE
	<b>F34</b>	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	<b>F35</b>	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	<b>F36</b>	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	<b>F37</b>	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	<b>F38</b>	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE

#### F40, F41

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
Open	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
U15	1.0kg	750g	3.0kg	2.0kg	400g	400g	NE	NE
U13	750g	500g	2.0kg	2.0kg	400g	400g	NE	NE

#### F42, F43, F44, F45, F46, F61, F62, F63, F64

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women
Open	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
U20	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg
U17	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg
U15	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g	4.0kg	3.0kg
U13	750g	750g	3.0kg	3.0kg	500g	400g	NE	NE

#### F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
<b>Open</b>	<b>F51</b>	1.0kg	1.0kg	NE	NE	NE	NE	397g	397g
	<b>F52</b>	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g	NE	NE
	<b>F53</b>	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	<b>F54</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	<b>F55</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	<b>F56</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE

	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
U20	F51	1.0kg	1.0kg	NE	NE	NE	NE	397g	397g
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g	NE	NE
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE
U17	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F54	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F55	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F56	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g	NE	NE
U15	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
U13	F51	500g	500g	NE	NE	NE	NE	397g	397g
	F52	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE

F01 – Hearing Impairment

F11-F13 – Vision Impairment

F20 – Intellectual Impairment

F21 (II2) – Formal diagnosis of Trisomy 21 or Translocation Down Syndrome

F31-F34 – Hypertonia, Athetosis or Ataxia – Seated

F35-F38 - Hypertonia, Athetosis or Ataxia – Standing

F40 – Short Stature

F41 - Short Stature

F42-F46 – Affected by a limb deficiency, impaired PROM, Muscle Power, Leg length difference

F60 – Transplant

F61-F64 – Affected by a lower limb deficiency and/or leg length difference who use unilateral P Prosthesis or bilateral Prostheses

NE – No Event for this Class/Age Group