

## HIGH SCHOOL IMPLEMENTS

SHOT		JAVELIN	
MEN	WOMEN	MEN	WOMEN
12 LB 5.433 kg	4 K 8 lb 13 oz	800g	600g
DISCUS		HAMMER	
1.6 K 3 lb 8.438 oz	1 K 2 lb 3.274 oz	12 LBS 5.433 kg	4 K 8 lb 13 oz

## NCAA IMPLEMENTS

SHOT		JAVELIN	
MEN	WOMEN	MEN	WOMEN
16 LB 7.260 kg	4 K 8 lb 13 oz	800g	600g
DISCUS		HAMMER	
2 K 4 lb 6.548 oz	1 K 2 lb 3.274 oz	16 LBS 7.260 kg	4 K 8 lb 13 oz