

MASTERS/WMA IMPLEMENTS

| SHOT | | JAVELIN | |
|-------|-------|---------|-------|
| MEN | WOMEN | MEN | WOMEN |
| 30-49 | 16 LB | 800g | 600g |
| 50-59 | 6 K | 700g | 500g |
| 60-69 | 5 K | 600g | 400g |
| 70-79 | 4 K | 500g | 400g |
| 80- + | 3 K | 400g | 400g |

DISCUS

HAMMER

| | | | |
|-------|-------|--------|-----|
| 30-49 | 2 K | 16 LBS | 4 K |
| 50-59 | 1.5 K | 6 K | 3 K |
| 60-69 | 1 K | 5 K | 3 K |
| 70-79 | 1 K | 4 K | |
| 80- + | 1 K | 4 K | |

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