TECHNICAL REGULATIONS

2026 Australian Masters Athletics National Track & Field Championships

March 6 – 9, 2026

COMPETITION RULES - GENERAL

Competition will be conducted according to WA Rules other than when modified by World Masters Athletics (WMA) and/or Australian Masters Athletics (AMA) Rules. Entry signifies agreement with these rules. Copies of the current Rules and Regulations can be found at:

• https://worldathletics.org/about-iaaf/documents/book-of-rules

• https://world-masters-athletics.org/documents/competition-rules/

- https://www.paralympic.org/athletics/rules

Eligibility - Age Groups

Competitors' age groups commence at 30 years and proceed in five-year increments, i.e.30-34,35-39, etc. Your age group is determined by your age on the first day of competition.

Competition Bibs

The competition bibs issued to athletes must be worn on the front and back (except for field events where athletes may choose to wear the one bib on either the front or the back) of their competition uniform firmly attached with no less than four (4) pins. Numbers must not be folded or creased to obscure the competition number or sponsor's details. Numbers must be retained for use in all events entered.

Numbers issued for track and field are the same numbers to be worn for the Road Walk and Cross Country.
There will be additional numbers for those athletes aged 65 and over for the Fitness Walk

Adverse Conditions

In the event of adverse weather conditions, the Competition Director has the authority to halt, delay, defer, change, or cancel affected events.

Medal Presentations & Additional Awards

After finals, medal presentations will be made as soon as possible after the event. All placegetters should assist with this procedure by going to the medal presentation area at the completion of the event. Medals (gold, silver, and bronze) will be awarded to the first three Australian athletes in the

event. If an international athlete places, they will also receive a medal. Medals will be presented as soon as possible after arriving in the area. If you are scheduled for an overlapping event, please inform the medal presentation volunteers who will then make alternative arrangements for the presentation.

There are no longer any Champion of Champions Throws awards, or Age Grade Sprint Champion awards, or the Royce Foley award or the Brian Foley Award given at these championships. This decision was approved by the AMA Council in April 2025.

Check In - Athletes in all track events MUST sign in at least 60 minutes prior to the start time of their event. If your event is on before 9:00am in the morning, you WILL be able to sign in the day before. Athletes who do not sign in by this time will be unable to participate in that event.

There is no sign in required for field events.
There will be no Call Room.
Please note: Women in the Outdoor Pentathlon MUST check in as your first event is a track event.

Marshalling

Competitors must be at the event site as per the following times:

- Track events - 10 mins before the advertised start time
- Field events (except pole vault) -20 mins before the advertised start time
- Pole vault - 30 minutes prior to the advertised start time

Hip Numbers

For events 800m and above, hip numbers will need to be collected from the track officials at the start area and returned to the finish area upon completion of that track event.
Track events take precedence over field and while officials will attempt to meet the needs of athletes in conflicting events, events will not be held up to meet those requirements.

Spike Lengths

Spikes projecting from the sole or the heel of a shoe shall not exceed 7mm except for High Jump and Javelin where they shall not exceed 9mm. Up to 11 spikes may be used on each shoe. Only conical /Christmas Tree spikes and pyramid spikes are permitted at the AIS Track & Field Centre and Woden Athletic Park.

Pyramid

Christmas Tree

Protests

Any protests concerning an athlete's right to compete must be lodged with the relevant Referee before the start of the relevant event. If the matter is not promptly resolved, the athlete in question shall be allowed to compete "under protest" pending a subsequent decision. Any protest arising from the competition shall be made to the Referee not later than 30 minutes after completion of the relevant event. Any appeal against the Referee's decision shall be in writing to the Jury of Appeal and accompanied by a deposit of $50 which shall be forfeited if the appeal is considered frivolous, returned if upheld and otherwise at the discretion of the Jury.

Records

You are eligible to break records at these championships. If you think you will break an Australian or World record, please notify the official when you report in. If you do break a record, please notify the officials to ensure all information required is recorded.

Results, with wind readings, photo-finish print-outs and any other relevant data will need to be forwarded to the relevant bodies no later than 10 days after the completion of the Championships. It is the responsibility of the athlete to ensure this occurs. (In the case of a world record a Zero Test Image from the photo-finish system will also be required.) For Field events and multi-events, athletes will need to ensure that distances are checked against a calibrated steel tape if Electronic Distance Measurement is not used.

COMPETITION RULES - TRACK

Heats and Finals

Heats will be conducted for the 60m, 100m, and 200m.

Progression to finals will be as follows:

- 2 heats - first 3 in each heat, then next 2 based on time
- 3 heats - first 2 in each heat, then next 2 based on time
- 4 heats - first in each heat, then next 4 based on time

All other track events will be conducted as timed finals. Age groups may be combined, but medals will still be awarded based on age groups.

For events that involve heats and finals at the time of publication of the program of events, if the final number of athletes after the close of sign-in is only sufficient to support a single heat, then the event will be run as a straight final at the time that was scheduled for the heats.

Bona Fide Effort

Competitors in running races, including cross country, must make a genuine attempt to run most of the race, predominantly walking is not acceptable and will be subject to disqualification.

Shoes

Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).

Race Walks

The No Advantage concept will be applied as a modification to WA Rule 54.2 for athletes aged 65 and older

Where older athletes are unable to fully comply with the required "straightened" leg, but are not gaining any speed advantage because of a soft knee, then judges shall apply the No Advantage concept and not issue a yellow or red card.

Due to the difficulty in getting enough Judges who will work with this concept, we have also introduced a "fitness Walk" event for athletes 65 and older event for those athletes who are interested in walking, but are not able to work with the "No Advantage" concept.

Athletes aged 65 years and over who are competing in the Race-Walking events will be asked at the registration desk when you collect your registration pack to inform the organisers which race walking type will you be competing in – Fitness walking or the No Advantage rule group.

Relays

- 4 x 100m and Mixed 4 x 400m relays will be conducted for state-based teams.
- Mixed relay teams must compete in the following order: male, female, male, female. There are no single gender 4 x 400m relays
- Age groups for women and men are 120-179, 180-239 and 240+
- States may enter more than one team in an age group however, only the highest placed team from that State is eligible for medals. The exception to this is when two or less states compete in a relay age group - then any additional teams competing become eligible for thebronze (or silver and bronze if only two or one State(s) medal(s).
- If more than one State nominates a second team and there are not sufficient lanes, then the Competition Director shall draw second teams for the available lanes from a hat.
- If sufficient lanes are available, composite teams can be entered at the discretion of theCompetition Director. Composite teams of the same gender are eligible for medals.
- **Age is based on adding together the age group of each athlete and not actual age.**

- All teams, indicating team members and up to two reserves must be submitted to the LOCCompetition Director at least two hours before the nominated event.
- Athletes can be nominated for more than one age division but can only compete in one agedivision.
- A team can only race with the athletes nominated on their final entry form. Substitutions can be made up until the final marshalling call.
- Athletes must run in the nominated order on the entry form.

Starting

It is not compulsory in Masters Athletics to use crouch starts or starting blocks or have both hands in contact with the track. Start directions for races below 800m shall be "On your marks; Set; Gun (or approved substitute). For events 800m and over the starting instruction shall be "On your marks; Gun (or approved substitute). In any race, athletes who are charged with a false start, as determined by the Starter, shall be warned. Athletes who are charged with a second false start in the same race shall be disqualified. Athletes who are disqualified for two false starts may not compete' under protest'.

Athletes may not use personal blocks - blocks will be supplied.

All races 1500m and longer will be 'waterfall" or 'pack' starts, 800m will be a laned start.

Lap Scoring

Lap scoring is to be conducted for all running events 5000m and longer.

Slow Runners/Walkers

The program is designed to allow sufficient time for events to allow all runners to finish their event before the next event starts. Should an event take longer than anticipated, the runner(s)/walker(s) concerned may be asked to move to the outer lanes to complete their race and allow the next race to commence. If this occurs, times will be hand-timed, not Fully Automatic Timing (FAT).
Please note that
5km walk will be hand timed after 40 minutes
5 Km run will be hand time after 30 minutes
10 Km rum will be hand timed after 70 minutes .

Steeplechase

	Event	Barriers	Barriers	Water Jumps
Women 30+	2000m	0.762m	18	5
Men 30-59	3000m	0.838m	28	7
Men 60+	2000m	0.762m	18	5

Hurdles

Competitors in hurdling events must hurdle with a continuous motion thus ensuring that both feet are off the ground for at least an instant.

	Race Distance	Hurdle Height	Number of Hurdles	To first Hurdle	Between Hurdles	To Finish
Women: Short						
30 – 39	100m	0.840m	10	13m	8.5m	10.5m
40 – 49	80m	0.762m	8	12m	8m	12m
50 - 59	80m	0.762m	8	12m	7m	19m
60 - 69	80m	0.686m	8	12m	7m	19m
70+	80m	0.686m	8	11m	6m	27m
Women: Long						
30 - 49	400m	0.762m	10	45m	35m	40m
50 -59	300m	0.762m	7	50m	35m	40m
60 - 69	300m	0.686m	7	50m	35m	40m
70+	200m	0.686m	5	20m	35m	40m
Men: Short						
30 - 49	110m	0.991m	10	13.72m	9.14m	14.02m
50-59	100m	0.914m	10	13m	8.5m	10.5m
60-69	100m	0.840m	10	12m	8m	16m
70-79	80m	0.762m	8	12m	7m	19m
80+	80m	0.686m	8	11m	6m	27m
Men: Long						
30 – 49	400m	0.914m	10	45m	35m	40m
50-59	400m	0.840m	10	45m	35m	40m
60-69	300m	0.762m	7	50m	35m	40m
70-79	300m	0.686m	7	50m	35m	40m
80+	200m	0.686m	5	20m	35m	40m

COMPETITION RULES - FIELD

Competitors will compete in the order shown on the start sheet except where the Referee rules otherwise. In the Throwing events, Long Jump and Triple Jump, the best eight competitors in each age group after three rounds will be eligible for a further three trials.
When there are eight or less competitors in any age group, all competitors will be eligible for six trials. No competitor will be allowed to enter the competition after the commencement of the fourth round.
Competitors who need to leave during an event may compete out of turn for that round. On return, athletes may only continue at the round in progress (but may do so in that round even if their normal position in the round has passed).

Throws Events

Competitors will usually be allowed one or two warm-up throws. All throws during competition are to be measured. In the hammer and weight throw, the throwing motion MUST be done with two hands holding the handle. The moment of release is when both hands move away from the handle of the implement almost simultaneously. One hand release is not allowed.

Long Jump

Athletes can choose from a 2m or 1m take off board.

Triple Jump

For all age groups, competitors may elect to jump from the 5m, 7m, 9m, 11m or 13m boards.

High Jump and Pole Vault

Starting height will be determined by the Chief Judge in consultation with the competitors. The minimum bar height is 80cm for High Jump and 100cm for Pole Vault.

Both feet must be off the ground during the vault or jump. Competitors are allowed to touch the landing area before clearing the bar, but may not use the landing area to any advantage as determined by the Field Judge.

Advancement will normally be by 3cm increments in High Jump and 10 cm increments in Pole Vault, unless all competitors agree to a higher figure. When a High Jump or Pole Vault competition includes competitors in different age groups and there is only one competitor left in an age group, the height to which the bar is raised shall be decided by that athlete, even though other competitors in other age groups may still be competing. Those competitors must continue in the normal progression and may not jump at these special heights.
Competitors joining the Pole Vault and High Jump after the start of competition must commence at the height at time of entry. There will be no jump off for first place.

Personal Equipment

Personal throwing equipment must be submitted to the Technical Manager for scrutiny at least **two hours prior to the schedules start time of the event**. If an event is due to start before 10am, implements must be submitted the day before.

Implements will be checked for compliance and delivered to the event site in time for athletes to warm up prior to the advertised starting time. Personal throwing equipment will be made available to all competitors for general use during the event.

A maximum of two implements per athlete, per event, will be allowed to be lodged. There should be no stickers on the discus. The ends of the hammer wire shall be covered by clear plastic tubing to prevent the wire unravelling during competition.

Pole-Vaulters will need to provide their own equipment. If you wish to borrow poles, please email: canberra2026@gmail.com with details of what you are seeking.

Throwing Equipment Specifications

	Hammer	Shot Put	Discus	Javelin	Weight
Women					
30 - 49	4.00kg	4.00kg	1.00kg	400gm	9.080kg
50 - 59	3.00kg	3.00kg	1.00kg	500gm	7.260kg
60 -74	3.00kg	3.00kg	1.00kg	500gm	5.450kg
75+	2.00kg	2.00kg	0.750kg	400gm	4.00kg
Men					
30 - 49	7.26kg	7.26kg	2.00kg	800gm	18.880kg
50 - 59	6.00kg	6.00kg	1.50kg	700gm	11.340kg
60 - 69	5.00kg	5.00kg	1.00kg	600gm	9.080kg
70 - 79	4.00kg	4.00kg	1.00kg	500gm	7.26kg
80+	3.00kg	3.00kg	1.00kg	400gm	5.450kg

Pentathlon

Competitors will be allowed three trials in throws and the Long Jump. Competing order will be random for each event. In sprints, all competitors are allowed one false start. A second false start

will result in disqualification. Failure to start in any event means that the competitor has abandoned the competition.

Order of Events

Women: 100m, Shotput, Long jump, Javelin, 800m

Men: Long Jump, Javelin, 200m, Discus, 1500m

Throws Pentathlon

Competitors will be allowed three trials in each throw event. Competing order will be random for each event. Failure to start in any one event means that the competitor has abandoned the competition.

Order of Events: Hammer, Shot put , Discus, Javelin, Weight

PARA EVENTS

All Para athletes will compete alongside their fellow master's athletes within their age groups using specifications below for their classification. World Para rules will apply if not covered by Masters rules. (eg timing/assistance for vision impaired athletes in throwing events). Separate medals will be awarded for each age group, gender, and classification. For this event baselines will not be used.

Competitors require at least a Provisional Classification to Para events.

Field Specifications

F01, F20 (II1), F22 (II3), F60

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women	Weight Throw Men	Weight Throw Women
30-34	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg	15.88kg	9.08kg
35-39	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg	15.88kg	9.08kg
40-44	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg	15.88kg	9.08kg
45-49	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg	15.88kg	9.08kg
50-54	1.5kg	1.0kg	6.0kg	3.0kg	700g	500g	6.0kg	3.0kg	11.34kg	7.26kg
55-59	1.5kg	1.0kg	6.0kg	3.0kg	700g	500g	6.0kg	3.0kg	11.34kg	7.26kg
60-64	1.0kg	1.0kg	5.0kg	3.0kg	600g	500g	5.0kg	3.0kg	9.08kg	5.45kg
65-69	1.0kg	1.0kg	5.0kg	3.0kg	600g	500g	5.0kg	3.0kg	9.08kg	5.45kg
70-74	1.0kg	1.0kg	4.0kg	3.0kg	500g	500g	4.0kg	3.0kg	7.26kg	5.45kg
75-79	1.0kg	750g	4.0kg	2.0kg	500g	400g	4.0kg	2.0kg	7.26kg	4.45kg
80-84	1.0kg	750g	3.0kg	2.0kg	400g	400g	3.0kg	2.0kg	5.45kg	4.45kg
85-89	1.0kg	750g	3.0kg	2.0kg	400g	400g	3.0kg	2.0kg	5.45kg	4.45kg
90-94	1.0kg	750g	3.0kg	1.0kg	400g	400g	3.0kg	2.0kg	4.0kg	4.0kg
95-99	750g	500g	2.0kg	1.0kg	400g	400g	2.0kg	2.0kg	4.0kg	4.0kg
100+	750g	500g	2.0kg	1.0kg	400g	400g	2.0kg	2.0kg	3.0kg	3.0kg

F11, F12, F13

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women	Weight Throw Men	Weight Throw Women
30-34	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	NE	NE	15.88kg	9.08kg
35-39	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	NE	NE	15.88kg	9.08kg
40-44	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	NE	NE	15.88kg	9.08kg
45-49	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	NE	NE	15.88kg	9.08kg
50-54	1.5kg	1.0kg	6.0kg	3.0kg	700g	500g	NE	NE	11.34kg	7.26kg
55-59	1.5kg	1.0kg	6.0kg	3.0kg	700g	500g	NE	NE	11.34kg	7.26kg
60-64	1.0kg	1.0kg	5.0kg	3.0kg	600g	500g	NE	NE	9.08kg	5.45kg
65-69	1.0kg	1.0kg	5.0kg	3.0kg	600g	500g	NE	NE	9.08kg	5.45kg
70-74	1.0kg	1.0kg	4.0kg	3.0kg	500g	500g	NE	NE	7.26kg	5.45kg
75-79	1.0kg	750g	4.0kg	2.0kg	500g	400g	NE	NE	7.26kg	4.0kg
80-84	1.0kg	750g	3.0kg	2.0kg	400g	400g	NE	NE	5.45kg	4.0kg
85-89	1.0kg	750g	3.0kg	2.0kg	400g	400g	NE	NE	5.45kg	4.0kg
90-94	1.0kg	750g	3.0kg	1.0kg	400g	400g	NE	NE	4.0kg	3.0kg
95-99	750g	500g	2.0kg	1.0kg	400g	400g	NE	NE	4.0kg	3.0kg
100+	750g	500g	2.0kg	1.0kg	400g	400g	NE	NE	3.0kg	3.0kg

F21 (II2)

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women	Weight Throw Men	Weight Throw Women
30-34	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	11.34kg	7.26kg
35-39	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	11.34kg	7.26kg
40-44	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	11.34kg	7.26kg
45-49	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	11.34kg	7.26kg
50-54	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	9.08kg	5.45kg
55-59	1.0kg	750g	3.0kg	2.0kg	600g	400g	NE	NE	9.08kg	5.45kg
60-64	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE	7.26kg	4.0kg
65-69	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE	7.26kg	4.0kg
70-74	750g	500g	2.0kg	1.0kg	400g	300g	NE	NE	5.45kg	4.0kg
75-79	750g	500g	2.0kg	1.0kg	400g	300g	NE	NE	5.45kg	4.0kg
80-84	750g	500g	1.0kg	1.0kg	400g	300g	NE	NE	4.0kg	3.0kg
85-89	750g	500g	1.0kg	1.0kg	400g	300g	NE	NE	4.0kg	3.0kg
90-94	500g	500g	1.0kg	500g	300g	300g	NE	NE	3.0kg	2.0kg
95-99	500g	500g	1.0kg	500g	300g	300g	NE	NE	3.0kg	2.0kg
100+	500g	500g	1.0kg	500g	300g	300g	NE	NE	3.0kg	2.0kg

F31, F32, F33, F34, F35, F36, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women	Weight Throw Men	Weight Throw Women
30-59	*F31*	1.0kg	1.0kg	NE	NE	NE	NE	NE	NE	2.0kg	2.0kg
	F32	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g	NE	NE	2.0kg	2.0kg
	F33	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE	3.0kg	3.0kg
	F34	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE	3.0kg	3.0kg
	F35	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE	3.0kg	3.0kg
	F36	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE	3.0kg	3.0kg
	F37	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE	3.0kg	3.0kg
	F38	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g	NE	NE	3.0kg	3.0kg
60-79	*F31*	750g	750g	NE	NE	NE	NE	NE	NE	2.0kg	2.0kg
	F32	750g	750g	1.0kg	1.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F33	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F34	750g	750g	3.0kg	2.0kg	400g	400g	NE	NE	3.0kg	2.0kg
	F35	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE	3.0kg	2.0kg
	F36	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE	3.0kg	2.0kg
	F37	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE	3.0kg	2.0kg
	F38	750g	750g	4.0kg	2.0kg	500g	400g	NE	NE	3.0kg	3.0kg
80+	*F31*	500g	500g	NE	NE	NE	NE	NE	NE	2.0kg	2.0kg
	F32	500g	500g	1.0kg	1.0kg	300g	300g	NE	NE	2.0kg	2.0kg
	F33	500g	500g	1.0kg	1.0kg	300g	300g	NE	NE	2.0kg	2.0kg
	F34	500g	500g	1.0kg	1.0kg	300g	300g	NE	NE	2.0kg	2.0kg
	F35	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F36	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F37	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F38	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE	2.0kg	2.0kg

F40

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women	Weight Throw Men	Weight Throw Women
30-34	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	4.0kg	3.0kg
35-39	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	4.0kg	3.0kg
40-44	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	4.0kg	3.0kg
45-49	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	4.0kg	3.0kg
50-54	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE	4.0kg	3.0kg
55-59	1.0kg	750g	3.0kg	2.0kg	600g	400g	NE	NE	3.0kg	2.0kg
60-64	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE	3.0kg	2.0kg
65-69	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE	3.0kg	2.0kg
70-74	750g	500g	2.0kg	1.0kg	400g	300g	NE	NE	2.0kg	2.0kg
75-79	750g	500g	2.0kg	1.0kg	400g	300g	NE	NE	2.0kg	2.0kg
80-84	750g	500g	1.0kg	1.0kg	400g	300g	NE	NE	2.0kg	2.0kg
85-89	750g	500g	1.0kg	1.0kg	400g	300g	NE	NE	2.0kg	2.0kg
90-94	500g	400g	1.0kg	500g	300g	300g	NE	NE	2.0kg	2.0kg
95-99	500g	400g	1.0kg	500g	300g	300g	NE	NE	2.0kg	2.0kg
100+	500g	400g	1.0kg	500g	300g	300g	NE	NE	2.0kg	2.0kg

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	Weight Throw Men	Weight Throw Women
30-34	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg	11.34kg	7.26kg
35-39	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg	11.34kg	7.26kg
40-44	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg	11.34kg	7.26kg
45-49	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g	6.0kg	4.0kg	11.34kg	7.26kg
50-54	1.0kg	750g	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg	9.08kg	5.45kg
55-59	1.0kg	750g	5.0kg	3.0kg	700g	500g	5.0kg	3.0kg	9.08kg	5.45kg
60-64	1.0kg	750g	4.0kg	3.0kg	600g	500g	4.0kg	3.0kg	7.26kg	4.45kg
65-69	1.0kg	750g	4.0kg	3.0kg	600g	500g	4.0kg	3.0kg	7.26kg	4.45kg
70-74	1.0kg	750g	3.0kg	3.0kg	500g	500g	3.0kg	3.0kg	5.45kg	4.45kg
75-79	1.0kg	750g	3.0kg	2.0kg	500g	400g	2.0kg	2.0kg	5.45kg	4.0kg
80-84	750g	500g	2.0kg	2.0kg	400g	400g	2.0kg	2.0kg	4.45kg	3.0kg
85-89	750g	500g	2.0kg	2.0kg	400g	400g	2.0kg	2.0kg	4.45kg	3.0kg
90-94	750g	500g	2.0kg	1.0kg	400g	400g	2.0kg	2.0kg	4.0kg	2.0kg
95-99	750g	500g	2.0kg	1.0kg	400g	400g	2.0kg	2.0kg	4.0kg	2.0kg
100+	750g	500g	2.0kg	1.0kg	400g	400g	2.0kg	2.0kg	3.0kg	2.0kg

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

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Hammer Men	Hammer Women	Weight Throw Men	Weight Throw Women
30-59	***F51***	1.0kg	1.0kg	NE	NE	NE	NE	NE	NE	NE	NE
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g	NE	NE	2.0kg	2.0kg
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g	NE	NE	3.0kg	3.0kg
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE	4.0kg	3.0kg
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE	4.0kg	3.0kg
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE	4.0kg	3.0kg
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g	NE	NE	4.0kg	3.0kg
60-79	***F51***	750g	750g	NE	NE	NE	NE	NE	NE	NE	NE
	F52	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F53	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F54	750g	750g	3.0kg	2.0kg	400g	400g	NE	NE	3.0kg	2.0kg
	F55	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE	3.0kg	2.0kg
	F56	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE	3.0kg	2.0kg
	F57	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE	3.0kg	2.0kg
80+	***F51***	500g	500g	NE	NE	NE	NE	NE	NE	NE	NE
	F52	500g	500g	1.0kg	1.0kg	300g	300g	NE	NE	2.0kg	2.0kg
	F53	500g	500g	1.0kg	1.0kg	300g	300g	NE	NE	2.0kg	2.0kg
	F54	500g	500g	1.0kg	1.0kg	300g	300g	NE	NE	2.0kg	2.0kg
	F55	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F56	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE	2.0kg	2.0kg
	F57	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE	2.0kg	2.0kg

F01) Hearing impairment	***F40)*** Short Stature
F11-F13) Vision impairment	***F41)*** Short Stature
F/T 20 (II1) Intellectual impairment	***F42-F46)*** Affected by a limb deficiency, impaired PROM, Muscle Power, Leg length difference
F/T21 (II2) - Trisomy 21 /Down syndrome plus Intellectual Disability with Significant additional impairment. **No High Jump, Pole vault, Steeplechase, Triple Jump or Hammer Throw**	***F51, F52, F53, F55, FD56, F57)*** Affected movement of the trunk, hands, and legs
F/T21 (II3)	***F60)*** Transplant
F31-F34) Hypertonia, Athetosis or Ataxia	***F61-F64)*** Affected by a lower limb deficiency and/or leg length difference who use unilateral Prosthesis or bilateral Prosthesis
F35-F38) Hypertonia, Athetosis or Ataxia - Standing	NE) No event for this class / Age Group