

IMPLEMENT SELECTION CHARTS

DISCUS SELECTION CHART

H.S. GIRLS

<i>RANGE</i>	<i>RIM WEIGHT</i>
100' to 125'	70% to 73%
120' to 150'	73% to 75%
140' to 160'	75% to 80%
150' to 165'	78% to 85%
160' or more	85% to 89%
175' to 190'	85% to 90%

H.S. BOYS

<i>RANGE</i>	<i>RIM WEIGHT</i>
100' to 130'	70% to 73%
125' to 150'	73% to 75%
145' to 160'	75% to 80%
155' to 170'	78% to 85%
165' to 180'	85% to 89%
190' or more	88% to 91%

DISCUS COMPETITION SPECS:

Women, H.S. plus	1 kilo.
H.S. boys	1.6 kilo.
College-masters men to 49	2 kilo.
Intl' jr. men (19 & under)	1.75 kilo.
Men 50 to 59	1.5 kilo.
Men 60 plus	1 kilo.

SHOT COMPETITION SPECS:

Women from H.S. through age 49	4.0 kilo.
Women age 50 plus	3.0 kilo.
Boys H.S.	12 lbs.
Men to age 49	16 lbs.
Men 50-59	6.0 kilo.
Men 60-69	5.0 kilo.
Men 70 plus	4.0 kilo.

JAVELIN COMPETITION CHART:

Men H.S. – 49	800 gram
Women H.S. – 49	600 gram
Men 50 – 59	700 gram
Men 60 – 69	600 gram
Men 70 – 79	500 gram
Men 80 plus	400 gram
Women 50 – 59	500 gram
Women 60 plus	400 gram