

Weights of Track and Field Implements

Age Division				USATF			AAU	
				Girls	Boys		Girls	Boys
8 and under								
	Shot put			2kg	2kg		4lb	4lb
	Javelin		mini	300g	300g	turbo	300g	300g
9-10 Div								
	Shot put			6lb	6lb		6lb	6lb
	Javelin		mini	300g	300g	turbo	400g	400g
11-12 Div								
	Shot put			6lb	6lb		6lb	6lb
	Javelin		aero	450g	450g	turbo	400g	400g
	Discus			1kg	1kg		1kg	1kg
13-14 Div								
	Shot put			6lb	4kg		6lb	4kg
	Javelin			600g	600g		600g	600g
	Discus			1kg	1kg		1kg	1kg
15-16 Div								
	Shot put			4kg	12lb		4kg	12lb
	Javelin			600g	800g		600g	800g
	Discus			1kg	1.6kg		1kg	1.6kg
	Hammer			4kg	12lb			
17-18 Div								
	Shot put			4kg	12lb		4kg	12lb
	Javelin			600g	800g		600g	800g
	Discus			1kg	1.6kg		1kg	1.6kg
	Hammer			4kg	12lb			