

Senior - Over 16 as at 31 December of year of competition  
 Junior - Under 16 as at 31 December of year of competition

**Discus**

| Impairment Group        |           | Senior Boys (U19) | Junior Boys (U16) | Senior Girls (U19) | Junior Girls (U16) |
|-------------------------|-----------|-------------------|-------------------|--------------------|--------------------|
| Visual Impairment       | F11 - F13 | 1.50kg            | 1.00kg            | 1.00kg             | 1.00kg             |
| Intellectual Impairment | F20       | 1.50kg            | 1.00kg            | 1.00kg             | 1.00kg             |
| Cerebral Palsy          | F35 - F36 | 1.00kg            | 750g              | 1.00kg             | 750g               |
|                         | F37       | 1.00kg            | 750g              | 1.00kg             | 750g               |
|                         | F38       | 1.50kg            | 750g              | 1.00kg             | 750g               |
| Short Stature           | F40 / F41 | 1.00kg            | 1.00kg            | 750g               | 750g               |
| Amputee & Others        | F42 - F47 | 1.50kg            | 1.00kg            | 1.00kg             | 1.00kg             |
| Wheelchair              | F33       | 1.00kg            | 750g              | 1.00kg             | 750g               |
|                         | F34       | 1.00kg            | 750g              | 1.00kg             | 750g               |
|                         | F52       | 1.00kg            | 750g              | 1.00kg             | 750g               |
|                         | F53       | 1.00kg            | 750g              | 1.00kg             | 750g               |
|                         | F54 - F56 | 1.00kg            | 750g              | 1.00kg             | 750g               |
|                         | F57       | 1.00kg            | 1.00kg            | 1.00kg             | 750g               |
|                         | F58       | 1.00kg            | 1.00kg            | 1.00kg             | 750g               |

**Javelin**

| Impairment Group        |           | Senior Boys (U19) | Junior Boys (U16) | Senior Girls (U19) | Junior Girls (U16) |
|-------------------------|-----------|-------------------|-------------------|--------------------|--------------------|
| Visual Impairment       | F11 - F13 | 700g              | 700g              | 500g               | 500g               |
| Intellectual Impairment | F20       | 700g              | 700g              | 500g               | 500g               |
| Cerebral Palsy          | F35 - F36 | 600g              | 500g              | 500g               | 500g               |
|                         | F37       | 600g              | 500g              | 500g               | 500g               |
|                         | F38       | 700g              | 600g              | 500g               | 500g               |
| Short Stature           | F40 / F41 | 600g              | 400g              | 400g               | 400g               |
| Amputee & Others        | F42 - F47 | 700g              | 600g              | 500g               | 400g               |
| Wheelchair              | F33       | 600g              | 500g              | 500g               | 500g               |
|                         | F34       | 600g              | 500g              | 500g               | 500g               |
|                         | F52       | 600g              | 400g              | 500g               | 400g               |
|                         | F53       | 600g              | 400g              | 500g               | 400g               |
|                         | F54 - F56 | 600g              | 400g              | 500g               | 400g               |
|                         | F57       | 600g              | 500g              | 500g               | 400g               |
|                         | F58       | 600g              | 500g              | 500g               | 400g               |

**Shot Put**

| Impairment Group        |           | Senior Boys (U19) | Junior Boys (U16) | Senior Girls (U19) | Junior Girls (U16) |
|-------------------------|-----------|-------------------|-------------------|--------------------|--------------------|
| Visual Impairment       | F11 - F13 | 5.00kg            | 4.00kg            | 3.00kg             | 3.00kg             |
| Intellectual Impairment | F20       | 5.00kg            | 4.00kg            | 3.00kg             | 3.00kg             |
| Cerebral Palsy          | F35 - F36 | 4.00kg            | 3.00kg            | 3.00kg             | 2.00kg             |
|                         | F37       | 5.00kg            | 3.00kg            | 3.00kg             | 2.00kg             |
|                         | F38       | 5.00kg            | 3.00kg            | 3.00kg             | 2.00kg             |
| Short Stature           | F40 / F41 | 4.00kg            | 3.00kg            | 3.00kg             | 2.00kg             |
| Amputee & Others        | F42 - F47 | 5.00kg            | 4.00kg            | 3.00kg             | 3.00kg             |
| Wheelchair              | F33       | 3.00kg            | 2.00kg            | 3.00kg             | 2.00kg             |
|                         | F34       | 4.00kg            | 3.00kg            | 3.00kg             | 2.00kg             |
|                         | F52       | 2.00kg            | 2.00kg            | 2.00kg             | 2.00kg             |
|                         | F53       | 3.00kg            | 2.00kg            | 3.00kg             | 2.00kg             |
|                         | F54 - F56 | 4.00kg            | 2.00kg            | 3.00kg             | 2.00kg             |
|                         | F57       | 4.00kg            | 2.00kg            | 3.00kg             | 2.00kg             |
|                         | F58       | 5.00kg            | 3.00kg            | 3.00kg             | 3.00kg             |