

DISCUS/SHOT PUT

The following items should be at each of the throwing areas:

- 12 numbered spikes
- 1 curved barrier (to be placed at front of circle on inside of the line)
- 3 tent pegs for holding down curved barrier
- A long measuring tape and spike
- Cones
- Shot puts and/or discus of various sizes

Discus weights

350 grams	U/6 and U/7 boys & girls
500 grams	U/8, U/9 & U/10 boys & girls
750 grams	U/11 & U/12 boys U/11, U/12 & U/13 girls
1kg	U/13, U/14, U/15, U/16 & U/17 boys U/14, U/15, U/16 & U/17 girls

Shot Put weights

1kg (blue)	U/6 & U/7 boys & girls (same circumference as 2kg)
1.5kg (yellow)	U/8 boys & girls (same circumference as 2kg)
2kg (orange)	U/9, U/10/ U/11 boys U/9, U/10, U/11, U/12 girls
3kg (white)	U/12, U/13 boys U/13, U/14, U/15, U/16 & U/17 girls
4kg (red)	U/14, U/15, U/16 & U/17 boys