

## South Island Masters Games

### Female Implement Weights

Age Grade	Shot Put	Discus	Javelin	Hammer
Senior Women	4.00 kg	1.00 kg	600 gm	4.00 kg
Masters Women 35-49	4.00 kg	1.00 kg	600 gm	4.00 kg
Masters Women 50-59	3.00 kg	1.00 kg	500 gm	3.00 kg
Masters Women 60+	3.00 kg	1.00 kg	400 gm	3.00 kg

### Male Implement Weights

Age Grade	Shot Put	Discus	Javelin	Hammer
Senior Men	7.26 kg	2.00 kg	800 gm	7.26 kg
Masters Men 35-49	7.26 kg	2.00 kg	800 gm	7.26 kg
Masters Men 50-59	6.00 kg	1.50 kg	700 gm	6.00 kg
Masters Men 60-69	5.00 kg	1.00 kg	600 gm	5.00 kg
Masters Men 70-79	4.00 kg	1.00 kg	500 gm	4.00 kg
Masters Men 80+	4.00 kg	1.00 kg	400 gm	4.00 kg