

## DETAILED SPECIFICATIONS

### Hammers:

Min weight kg	Max weight kg	Diameter range (mm)	Length Max (*) (mm)
7.260	7.285	110 – 130	1215
6.000	6.025	105 – 125	1215
5.000	5.025	100 – 120	1200
4.000	4.025	95 – 110	1195
3.000	3.025	85 – 100	1195
2.000	2.025	75 - 100	1195

Length is measured from the inside of the grip to the end of the hammer. There is no longer a minimum length.

### Javelins:

Weight range (gm)	800 - 825	700 - 725	600 - 625	500 - 525	400 – 425
Overall length (m)	2.60 – 2.70	2.30 – 2.40	2.20 – 2.30	2.00 – 2.10	1.85 – 1.95
Distance from tip of metal head to Centre of Gravity (m)	0.90 – 1.06	0.86 – 1.00	0,80 – 0.92	0.78 – 0.88	0.75 – 0.80
Length of metal head (mm)	250 - 330	250 - 330	250 - 330	220 – 270	200 – 250
Diameter of shaft at thickest point (mm)	25 - 30	23 - 28	20 - 25	20 - 24	20 – 23
Width of cord grip (mm)	150 - 160	150 - 160	140 - 150	135 - 145	130 – 140

### Discus:

Weight range (kg)	Outside dia. (mm)	Dia. of metal plate or flat centre area (mm)	Thickness of flat metal plate area (mm)	Thickness of rim – 6mm from edge (mm)
2.000 – 2.025	219 – 221	50 – 57	44 – 46	12 – 13
1.500– 1.525	200 – 202	50 – 57	38 – 40	12 – 13
1.000 – 1.025	180 – 182	50 – 57	37 – 39	12 – 13
0.750 – 0.775	166 - 182	50 - 57	33 – 37	10 - 13

### Heavy Weight:

Weight range (kg)	Diameter range (mm)	Length (*) Max (mm)
15.880 – 15.905	145 – 165	410
11.340 – 11.365	130 – 150	410
9.080 – 9.105	120 – 140	410
7.260 – 7.285	110 – 130	410
5.450 – 5.475	100 – 120	410
4.000 - 4.025	95 - 110	410

Length is measured from the inside of the grip to the end of the weight

**Shot:**

Weight range (kg)	Diameter range (mm)
7.260 – 7.285	110 – 130
6.000 – 6.025	105 – 130
5.000 – 5.025	100 – 130
4.000 – 4.025 Men	95 – 130
4.000 – 4.025 Women	95 -110
3.000 – 3.025 Men	85 – 130
3.000 – 3.025 Women	85 - 110
2.000 –2.025	80 – 110