

WMA WOMENS AGE FACTORS - 2023 taken from the "WMA 2023 Age Factors"

	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100	W105	W110
Hammer 4kg	1.0000	1.0573	1.1616	1.2787													
Hammer 3kg					1.2225	1.3551	1.5099	1.6940	1.9176								
Hammer 2kg										1.6730	1.9458	2.3110	2.8273	3.6161	4.9754	7.6645	13.1951
Shot Put 4kg	1.0000	1.0368	1.1164	1.2062													
Shot Put 3kg					1.1330	1.2347	1.3534	1.4938	1.6631								
Shot Put 2kg										1.5282	1.7433	2.0244	2.4079	2.9631	3.8399	5.1792	7.0711
Discus 1kg	1.0000	1.0000	1.0733	1.1772	1.2949	1.4300	1.5873	1.7735	1.9985								
Discus 0.75kg										1.9717	2.2786	2.6843	3.2477	4.0861	5.4702	8.2642	17.3205
Javelin 600g	1.0000	1.0236	1.1298	1.2495													
Javelin 500g					1.2650	1.4077	1.5732	1.7680	2.0006								
Javelin 400g										2.0428	2.3589	2.7698	3.3387	4.1830	5.5753	8.3220	16.3299
Weight 9.08kg	1.0000	1.0355	1.1186	1.2126													
Weight 7.26kg					1.1544	1.2633											
Weight 5.45kg							1.1715	1.3004	1.4577								
Weight 4kg										1.3741	1.5846	1.8666	2.2647	2.8706	3.9056	5.9984	12.2297

EVENT FACTORS - 2023 taken from "Scoring of WMA Combined Events Competitions"

	Factor a	Factor b (metres)	Factor c
Shot Put	56.0211	1.5	1.05
Discus	12.3311	3	1.10
Hammer	13.3174	5	1.05
Javelin	15.9803	3.8	1.04
Weight	44.2593	1.5	1.05