

HEAVY WEIGHT PENTATHLON - EVENT SPECIFICATIONS AND RULES

HEAVY WEIGHT PENTATHLON:

This event must be run in the following sequence:

Weight #1 > Weight #2 > Weight #3 > Weight #4 > Weight #5.

You are allowed three throws of each discipline and the furthest throws is awarded points.

These points are combined at the end to give a total point score for each athlete.

If the athlete does not take part in one or more of the disciplines, they will not receive a score at the end.

	Weight #1	Weight #2	Weight #3	Weight #4	Weight #5
Women					
30-49	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)	15.880 (35lb)
50-59	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)
60-74	3.000 (6.6lb)	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)
75+	2.000 (4.4lb)	3.000 (6.6lb)	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)
Men					
30-49	9.080 (20lb)	11.340 (25lb)	15.880 (35lb)	20.000 (45lb)	25.400 (56lb)
50-59	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)	15.880 (35lb)	20.000 (45lb)
60-69	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)	15.880 (35lb)
70-79	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)
80+	3.000 (6.6lb)	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)