

SINGLE ARM WEIGHT - EVENT SPECIFICATIONS AND RULES

SINGLE ARM WEIGHT

Single Arm Weight event: This event used to be called the Weight for Distance – it was renamed in 2022. The weight used for this event is the weight under the usual Weight Throw individual event thrown. The weight must be thrown from a discus circle, using any technique but with only one hand.

| | Single Arm Weight – kg/lb |
|--------------|------------------------------|
| Women | |
| 30-49 | 7.260 (16lb) |
| 50-59 | 5.450 (12lb) |
| 60-74 | 4.000 (8.8lb) |
| 75+ | 3.000 (6.6lb) |
| Men | |
| 30-49 | 11.340 (25lb) |
| 50-59 | 9.080 (20lb) |
| 60-69 | 7.260 (16lb) |
| 70-79 | 5.450 (12lb) |
| 80+ | 4.000 (8.8lb) |