

Shot Put Male

Age 40 - 49	16 lb
Age 50 - 59	6k
Age 60 - 69	5k
Age 70 - 79	4k

Shot Put Female

Age 40 - 49	4k
Age 50 - 59	3k
Age 60 - 79	3k

Discus Male

Age 40 -49	2k
Age 50 - 59	1.5k
Age 60 - 69	1k
Age 70 - 79	1k

Discus Female

Age 40 - 49	1k
Age 50 - 59	1k
Age 60 - 79	1k

All Masters competitors in the Discus and Shot Put must supply their own implements