

**Commonwealth Bank  
Queensland Secondary Schools Track & Field Championships**

**Specifications – Throwing Events – 2010**

MEN	18 - 19 Years	17 Years	16 Years	15 Years	14 Years	13 Years
Shot Put	6 kg	5 kg	5 kg	4 kg	4 kg	3 kg
Discus Throw	1.75 kg	1.5 kg	1.5 kg	1 kg	1 kg	1 kg
Javelin Throw	800 g	700 g	700 g	700 g	700 g	600 g
Hammer Throw	6 kg	5 kg	5 kg *	4 kg	4 kg *	*

WOMEN	18 - 19 Years	17 Years	16 Years	15 Years	14 Years	13 Years
Shot Put	4 kg	4 kg	4 kg	4 kg	4 kg	3 kg
Discus Throw	1 kg	1 kg	1 kg	1 kg	1 kg	1 kg
Javelin Throw	600 g	600 g	600 g	600 g	600 g	400 g
Hammer Throw	4 kg	4 kg	4 kg *	4 kg	4 kg *	*

\* No event will be conducted for this age group. Hammer events are conducted as 16 – 17 years and 14 – 15 years age groups.

Competitors in the Hammer Throw must supply a Certificate of Competence authorised by an accredited Throwing Coach.