

Technical Specifications



Implement Weights for Little Athletics Competitions – Season 2026 - 2027

GIRLS	Year of Birth	Shot Put	Discus	Javelin
U6	2021	1kg	350g	Vortex – 300g
U7	2020	1kg	350g	Vortex – 300g
U8	2019	1.5kg	500g	Vortex / Turbo Jav – 300g
U9	2018	2kg	500g	Vortex / Turbo Jav – 300g
U10	2017	2kg	500g	Vortex / Turbo Jav – 300g
U11	2016	2kg	500g	400g
U12	2015	2kg	750g	400g
U13	2014	3kg	750g	400g
U14	2013	3kg	1kg	400g
U15	2012	3kg	1kg	500g
U16	2011	3kg	1kg	500g
U17	2010	3kg	1kg	500g

BOYS	Year of Birth	Shot Put	Discus	Javelin
U6	2021	1kg	350g	Vortex – 300g
U7	2020	1kg	350g	Vortex – 300g
U8	2019	1.5kg	500g	Vortex / Turbo Jav – 300g
U9	2018	2kg	500g	Vortex / Turbo Jav – 300g
U10	2017	2kg	500g	Vortex / Turbo Jav – 300g
U11	2016	2kg	500g	400g
U12	2015	2kg	750g	400g
U13	2014	3kg	750g	600g
U14	2013	3kg	1kg	600g
U15	2012	4kg	1kg	700g
U16	2011	4kg	1kg	700g
U17	2010	5kg	1.5kg	700g

Note: Turbo Jav is only permitted from U8.

Javelin is only permitted from U11, at all levels of competition.