



Rocky Mountain State Games Track & Field Implements Reference Sheet

Shot Put	
Boys 12 & Under	6 lbs
Boys 13-14	4 kg
Men 15-18	12 lbs
Men 19-49	16 lbs
Men 50-59	6 kg
Men 60-69	5 kg
Men 70-79	4 kg
Men 80+	3 kg
Girls 14 & Under	6 lbs
Women 15-49	4 kg
Women 50-74	3 kg
Women 75+	2 kg

Javelin	
Boys & Girls 12 & Under – mini javelin	300g
Boys & Girls 13-14	600g
Men 15-49	800g
Men 50-59	700g
Men 60-69	600g
Men 70-79	500g
Men 80+	400g
Women 15-49	600g
Women 50-59	500g
Women 60-74	500g
Women 75+	400g

Discus	
Boys 14 & Under	1 kg
Men 15-18	1.6 kg
Men 19-49	2 kg
Men 50-59	1.5 kg
Men 60+	1 kg
Women 74 & Under	1 kg
Women 75+	.75 kg

Hammer (50+ Only)	
Men 50-59	6kg
Men 60-69	5kg
Men 70+	4kg
Women 50-74	3kg
Women 75+	2kg

Weight Throw (50+ Only)	
Men 50-59	25lb
Men 60-69	20lb
Men 70+	16lb
Women 50-59	16lb
Women 60-74	12lb
Women 75+	4kg

Hurdle Heights	80 M	100 M	110 M	300 M	400 M
30"	11-12 Female 40-59 Female 11-12 Male 70-79 Male	13-14 Female		14+ Female	15-75+ Female
33"		15-39 Female 13-14 Male 60-69 Male			
36"		50-59 Male		14+ Male	15-75+ Male
39"			15-18 Male 30-49 Male		
42"			19-29 Male		