

**APPENDIX A / ANEXO A / ANNEXE A / ANHANG A**  
**WMA Hurdles and Implement Specifications**  
**WMA Valles y Implementos**  
**WMA Specifications pour les Haies et les Engins**  
**WMA Hürden und Geräte**

**1. Hurdles / Haies / Hürden / Vallas**

<b>WOMEN</b>	Age Groups	Race Distance	Hurdle Height	Number of Hurdles	Distance To First	Distance Between	To Finish
<b>Indoor</b>	W35-39	60m	.840m(33")	5	13m	8.5m	13m
	W40-49	60m	.762m(30")	5	12m	8m	16m
	W50-59	60m	.762m(30")	5	12m	7m	20m
	W60+	60m	.686m(27")	5	12m	7m	20m
<b>Short</b>	W35-39	100m	.840m(33")	10	13m	8.5m	10.5m
	W40-49	80m	.762m(30")	8	12m	8m	12m
	W50-59	80m	.762m(30")	8	12m	7m	19m
	W60+	80m	.686m(27")	8	12m	7m	19m
<b>Long</b>	W35-49	400m	.762m(30")	10	45m	35m	40m
	W50-59	300m	.762m(30")	7	50m	35m	40m
	W60-69	300m	.686m(27")	7	50m	35m	40m
	W70+	200m	.686m(27")	5	20m	35m	40m

**Steeplechase**

W35+ 2000m .762m(30") 18 barriers & 5 water jumps

<b>MEN</b>	Age Groups	Race Distance	Hurdle Height	Number of Hurdles	Distance To First	Distance Between	To Finish
<b>Indoor</b>	M35-49	60m	.991m(39")	5	13.72m	9.14m	9.72m
	M50-59	60m	.914m(36")	5	13m	8.5m	13m
	M60-69	60m	.840m(33")	5	12m	8m	16m
	M70-79	60m	.762m(30")	5	12m	7m	20m
	M80+	60m	.686m(27")	5	12m	7m	20m
<b>Short</b>	M35-49	110m	.991m(39")	10	13.72m	9.14m	14.02m
	M50-59	100m	.914m(36")	10	13m	8.5m	10.5m
	M60-69	100m	.840m(33")	10	12m	8m	16m
	M70-79	80m	.686m(30")	8	12m	7m	19m
	M80+	80m	.686m(27")	8	12m	7m	19m
<b>Long</b>	M35-49	400m	.914m(36")	10	45m	35m	40m
	M50-59	400m	.840m(33")	10	45m	35m	40m
	M60-69	300m	.762m(30")	7	50m	35m	40m
	M70-79	300m	.686m(27")	7	50m	35m	40m
	M80 +	200m	.686m(27")	5	20m	35m	40m

**Steeplechase**

M35-59 3000m .914m(36") 28 barriers & 7 water jumps

M60+ 2000m .762m(30") 18 barriers & 5 water jumps

## APPENDIX A continued

### 2. Implements / Implementos / Engins / Gerate

	Age	Hammer	Shot Put	Discus	Javelin	Weight
<b>WOMEN</b>	W35-49	4K	4K	1.0K	600G	9.08K (20#)
	W50-59	3K	3K	1.0K	500G	7.26K (16#)
	W60-74	3K	3K	1.0K	400G	5.45K (12#)
	W75+	2K	2K	.75K	400G	4.00K (8.9#)
<b>MEN</b>	M35-49	7.26K(16#)	7.26K(16#)	2.0K	800G	15.88K (35#)
	M50-59	6K	6K	1.5K	700G	11.34K (25#)
	M60-69	5K	5K	1.0K	600G	9.08K (20#)
	M70-79	4K	4K	1.0K	500G	7.26K (16#)
	M80+	3K	3K	1K	400G	5.45K (12#)

### 3. Shot Put / Poids / Kugel / Peso

Weight minimum  
for admission to  
Competition and for  
acceptance of a record

Information for Manufacturers :  
Usual range for supply  
of implements for  
competition

#### Diameters :

		Min. Men	Max. Men	Max. Women
7.260K	7.265K -7.285K	110mm	130mm	
6.000K	6.005K -6.025K	105mm	125mm	
5.000K	5.005K -5.025K	100mm	120mm	
4.000K	4.005K -4.025K	95mm	120mm	110mm
3.000K	3.005K -3.025K	85mm	120mm	110mm
2.000K	2.005K- 2.025K	80mm	90mm	

### 4. Discus / Disco / Disque / Diskus

Weight Minimum for admission to competition  
and for acceptance of record.

.750 K

Range for supply of implement for competition

.755-.775K

Outside Diameter of metal rim

166-169mm

Dia. Of metal plate or flat center area

50-57mm

Thickness of metal plate or flat center area

33-37mm

Thickness of rim (6mm from edge)

10-13mm

## APPENDIX A continued

### 5. Javelin/ Jabalina / Javelot / Speer

Weight minimum for admission

to competition and for

acceptance of a record

**800g    700g    600g    500g    400g**

Range for supply of implement

for competition                      805-825g 705-725g 605-625g 505-525g 405-425g

Overall length	min	2.60m	2.30m	2.20m	2.00m	1.85m
	max	2.70m	2.40m	2.30m	2.10m	1.95m
Length of metal head	min	250mm	250mm	250mm	220mm	200mm
	max	330mm	330mm	330mm	270mm	250mm
Distance from tip of metal head to center of gravity	min	0.90m	0.86m	0.80m	0.78m	0.75m
	max	1.06m	1.00m	0.92m	0.88m	0.80m
Diameter of shaft at thickest point	min	25mm	23mm	20mm	20mm	20mm
	max	30mm	28mm	25mm	24mm	23mm
Width of cord	min	150mm	150mm	140mm	135mm	130mm
Grip	max	160mm	160mm	150mm	145mm	140mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

### 6. Hammer / Martillo / Marteau / Hammer

Weight minimum for Admission to competition and for acceptance of a record	Information for Manufacturers : Usual range for supply of implements for competition	Diameter of Head
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	Minimum / Maximum	Minimum / Maximum
7.260K	7.265K -7.285K	110mm 130mm
6.000K	6.005K -6.025K	105mm 125mm
5.000K	5.005K -5.025K	100mm 120mm
4.000K	4.005K -4.025K	95mm 110mm
3.000K	3.005K -3.025K	85mm 100mm
2.000K	2.005K- 2.025K	80mm 90mm

#### Length measured from inside the handle

Weight	Minimum	/	Maximum
7.26 & 6.0 K	1175mm		1215mm
5.0 K	1165mm		1200mm
4.0 -3.0-2.0K	1160mm		1195mm

# APPENDIX A continued

## 7. Weight / Pesa / Grand Poids / Gewicht

### Outdoor Implement:

**Construction:** The weight shall consist of three parts: a metal head, the link, and a Handle (grip).

**Head:** The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9MM from the center of the sphere.

**Link:** The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to insure that the link(s) cannot stretch appreciably while the weight is being thrown.

**Handle (Grip):** The handle (grip) may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.

**Connections:** The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).

Weight minimum for admission to competition and for acceptance of records	Information for Manufacturers : Usual range for supply of implements for competition	Diameter of Head	
	Minimum / Maximum	Minimum	Maximum
15.88K	15.885K -15.905K	145mm	165mm
11.34K	11.345K -11.365K	130mm	150mm
9.08K	9.085K - 9.105K	120mm	140mm
7.26K	7.265K - 7.285K	110mm	130mm
5.45K	5.455K - 5.475K	100mm	120mm
4.00K	4.005K- 4.025K	95mm	110mm

**Length:** The length shall be not more than 410mm measured from inside of the handle (grip).

# APPENDIX A continued

## Weight / Pesa / Grand Poids / Gewicht

### Indoor Implement:

**Construction:** The weight shall consist of three parts: a head, a handle (grip), and a connection assembly which may contain a harness. The construction shall be such that no damage will be caused when landing on a normal sport hall floor.

**Head:** The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The center of gravity shall be not more than 9mm from the center of the head with the connection, handle, and harness removed or suspended.

**Handle:** The handle may be as permitted in the hammer or may be made of round metal rod not to exceed 12.7mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner so as to not stretch appreciably during a throw.

**Connection:** The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel, and harness must not stretch appreciably during a throw.

Weight minimum for admission to competition and for acceptance of records	Information for Manufacturers :		Diameter of Head	
	Usual range for supply of implements for competition			
	Minimum / Maximum		Minimum / Maximum	
15.88K	15.885K -15.905K		145mm	180mm
11.34K	11.345K -11.365K		130mm	165mm
9.08K	9.085K - 9.105K		120mm	155mm
7.26K	7.265K - 7.285K		110mm	145mm
5.45K	5.455K - 5.475K		100mm	135mm
4.00K	4.005K- 4.025K		95mm	110mm

**Length:** The length shall be not more than 410mm measured from inside of the handle.