

PSSA Open-class Athletics Implement Specifications

Athletes in open-class events throw the following implement weights:

Age	Junior 8-10 years	11 years	12-13 years
Shot Put	2 kg	2 kg	3 kg
Discus	500 gms	750 gms	750 gms

PSSA Multi-class Athletics Implement Specifications

Athletes in multi-class events throw the following implement weights:

Class	Junior 8-10 years		11 years		12-13 years	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F01	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F11	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F12	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F13	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F20	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F21	2 kg (1.5 kg)	500 g (350 g)	2 kg	500 gms	3 kg (2 kg)	750 g (500 g)
F32	1 kg	500 gms	1 kg	500 gms	1 kg	500 gms
F33	1 kg	500 gms	1 kg	500 gms	2 kg (1 kg)	500 gms
F34	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F35	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F36	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F37	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F38	2 kg	500 gms	2 kg	500 gms	2 kg	500 gms
F40	1.5 kg	500 gms	1.5 kg	500 gms	2 kg	750 g (500 g)
F41	1.5 kg	500 gms	1.5 kg	500 gms	2 kg	750 g (500 g)
F42	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F43	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F44	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F45	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F46	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F51	No event	350 gms	No event	500 gms	No event	500 gms
F52	1.5 kg	350 gms	1.5 kg	500 gms	2 kg	500 gms
F53	1.5 kg	350 gms	1.5 kg	500 gms	2 kg	500 gms
F54	1.5 kg	350 gms	2 kg (1.5 kg)	500 gms	2 kg	500 gms
F55	1.5 kg	350 gms	2 kg (1.5 kg)	500 gms	2 kg	500 gms
F56	1.5 kg	350 gms	2 kg (1.5 kg)	500 gms	2 kg	500 gms
F57	1.5 kg	350 gms	2 kg (1.5 kg)	500 gms	2 kg	500 gms
F60	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F61	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F62	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F63	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
F64	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms
ii-3	2 kg	500 gms	2 kg	750 gms	3 kg	750 gms

Where boys & girls in a specific class throw different weights, the weight for girls is indicated in brackets.

Multi-class matrix of eligible events

Class	100m	200m	800m	Long Jump	Shot Put	Discus
01	✓	✓	✓	✓	✓	✓
11	✓	✓	✓	✓	✓	✓
12	✓	✓	✓	✓	✓	✓
13	✓	✓	✓	✓	✓	✓
20	✓	✓	✓	✓	✓	✓
21	✓	✓	✓	✓	✓	✓
32	✓	✓	✓		✓	✓
33	✓	✓	✓		✓	✓
34	✓	✓	✓		✓	✓
35	✓	✓	✓	✓	✓	✓
36	✓	✓	✓	✓	✓	✓
37	✓	✓	✓	✓	✓	✓
38	✓	✓	✓	✓	✓	✓
40	✓	✓			✓	✓
41	✓	✓			✓	✓
42	✓	✓	✓	✓	✓	✓
43	✓	✓	✓	✓	✓	✓
44	✓	✓	✓	✓	✓	✓
45	✓	✓	✓	✓	✓	✓
46	✓	✓	✓	✓	✓	✓
47	✓	✓		✓		
51	✓	✓	✓			✓
52	✓	✓	✓		✓	✓
53	✓	✓	✓		✓	✓
54	✓	✓	✓		✓	✓
55					✓	✓
56					✓	✓
57					✓	✓
60	✓	✓	✓	✓	✓	✓
61	✓	✓	✓	✓	✓	✓
62	✓	✓	✓	✓	✓	✓
63	✓	✓	✓	✓	✓	✓
64	✓	✓	✓	✓	✓	✓
71	✓	✓				
72	✓	✓				
ii-3	✓	✓	✓	✓	✓	✓

APPENDIX 1: MULTI-CLASS EVENTS

Outlined below is the list of classes for the SSA 10 – 12 Years Track & Field Championships to guide each state/territory when identifying potential athletes.

TRACK & JUMPS (prefix T for Track)

Discipline: Running and Jumping

- T01 Deaf & hard of hearing
- T11 - 13 Vision impaired T20 Intellectual impairment
- T21 Intellectual – Significant additional impairment e.g. Down Syndrome
- T35 - 38 Coordination impairments - hypertonia, ataxia & athetosis
- T40 - 41 Short stature
- T42 - 44 Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
- T45 - 47 Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement
- T60 Transplant
- T61 - 64 Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference
- ii-3 Autism

Discipline: Wheelchair racing

- T32 - 34 Coordination impairments - hypertonia, ataxia & athetosis
- T51 - 54 Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement

Discipline: Frame Running

- TR71 - 72 Athletes with severe co-ordination impairment (hypertonia, ataxia, athetosis)

THROWS (prefix F for Field)

Discipline: Standing throws (ambulant)

- F01 Deaf & hard of hearing
- F11 - 13 Vision impaired
- F20 Intellectual impairment
- F21 Intellectual – Significant additional impairment e.g. Down Syndrome
- F35 - 38 Co-ordination impairments(hypertonia, ataxia and athetosis)
- F40 - 41 Short stature
- F42 - 44 Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
- F45 - 46 Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement
- F60 Transplant
- F61 - 64 Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference
- ii-3 Autism

Discipline: Seated throws

- F32 - 34 Co-ordination impairments (hypertonia, ataxia and athetosis)
- F51-57 Limb deficiency, leg length difference, impaired muscle power or impaired range of movement