



QUALIFYING STANDARDS

Revised: May 21, 2009

The following are the qualifying standards for the 2009 Ontario ParaSport Summer Games and the 2009 Ontario Para-Athletics Championships. All questions relating to these standards should be addressed to the corresponding MSO; Ontario Wheelchair Sports Association, Ontario Blind Sports Association, Ontario Cerebral Palsy Sports Association, Ontario Amputee & Les Autres Sports Association.

Ontario ParaSport Summer Games

Performances must have been achieved outdoors between May 1, 2008 & June 6, 2009.

Ontario Para-Athletics Championships

Performances must have been achieved outdoors between May 1, 2008 & June 30, 2009.

All qualification results for entry into the Games and Championships will be checked and verified. Any false claims could result in non-participation in the meets.

Results must have been achieved at Athletics Ontario sanctioned &/or approved events (S, A or AC) and conform to IAAF/IPC/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity.

OPSSG:	Ontario ParaSport Summer Games
OPC:	Ontario Para-Athletics Championships
n/s:	No minimum standard
Junior:	12 to 15 years of age (on day of event)
Open:	16 years or age and older

Please note that if a bantam level athlete (U12) achieves the junior level entry standard, he/she may participate in the event(s).

Visually Impaired

MEN	opssg OPEN	opssg JUNIOR	opc OPEN	opc JUNIOR		WOMEN	opssg OPEN	opssg JUNIOR	opc OPEN	opc JUNIOR
100m	18.91	21.01	17.73	21.01	T11	100m	21.37	23.75	20.04	23.75
200m	38.33	42.59	35.94	42.59		200m	43.61	48.46	40.89	48.46
400m	1:25.47	1:34.96	1:20.13	1:34.96		400m	1:41.33	1:52.59	1:35.00	1:52.59
800m	3:27.99	3:51.10	3:14.99	3:51.10		800m	3:57.79	4:24.21	3:42.93	4:24.21
1500m	6:52.52	7:38.36	6:26.74	7:38.36		1500m	8:00.17	8:53.53	7:30.16	8:53.53
5000m	25:42.64		24:06.23			5000m	n/s		n/s	
10000m	53:15.64		49:55.91			10000m				
javelin	18.00m	7.20m	19.20m	7.20m	F11	javelin	15.00m	6.00m	16.00m	6.00m
shot	6.00m	2.40m	6.40m	2.40m		shot	5.25m	2.10m	5.60m	2.10m
long jump	3.60m	1.44m	3.84m	1.44m		long jump	2.85m	1.14m	3.04m	1.14m
triple jump	7.37m	2.95m	7.86m	2.95m		triple jump	n/s	n/s	n/s	n/s
discus	20.25m	8.10m	21.60m	8.10m		discus	16.50m	6.60m	17.60m	6.60m
high jump	0.91m	0.36m	0.97m	0.36m		high jump	0.83m	0.33m	0.88m	0.33m
100m	17.79	19.76	16.68	19.76		T12	100m	20.60	22.89	19.31
200m	35.88	39.87	33.64	39.87	200m		42.20	46.89	39.56	46.89
400m	1:18.92	1:27.69	1:13.99	1:27.69	400m		1:33.99	1:44.43	1:28.11	1:44.43
800m	3:01.07	3:21.19	2:49.75	3:21.19	800m		3:35.24	3:59.16	3:21.79	3:59.16
1500m	6:07.96	6:48.84	5:44.96	6:48.84	1500m		7:22.07	8:11.91	6:54.44	8:11.91
5000m	23:07.49		21:40.78		5000m		n/s		n/s	
10000m	59:03.81		55:22.33		10000m					
javelin	31.36m	12.54m	33.45m	12.54m	F12	javelin	15.00m	6.00m	16.00m	6.00m
shot	7.13m	2.85m	7.60m	2.85m		shot	6.98m	2.79m	7.44m	2.79m
long jump	4.00m	1.60m	4.26m	1.60m		long jump	3.15m	1.26m	3.36m	1.26m
triple jump	8.44m	3.38m	9.00m	3.38m		triple jump	n/s	n/s	n/s	n/s
discus	26.92m	10.77m	28.71m	10.77m		discus	23.90m	9.56m	25.50m	9.56m
high jump	1.05m	0.42m	1.12m	0.42m		high jump	0.89m	0.36m	0.95m	0.36m
100m	17.28	19.20	16.20	19.20		T13	100m	20.35	22.61	19.08
200m	35.05	38.95	32.86	38.95	200m		41.71	46.34	39.10	46.34
400m	1:18.11	1:26.79	1:13.23	1:26.79	400m		1:36.64	1:47.38	1:30.60	1:47.38
800m	2:57.8	3:17.56	2:46.69	3:17.56	800m		3:57.79	4:24.21	3:42.93	4:24.21
1500m	6:07.96	6:48.84	5:44.96	6:48.84	1500m		8:00.17	8:53.53	7:30.16	8:53.53
5000m	23:07.49		21:40.78		5000m		n/s		n/s	
10000m	54:56.53		51:30.50		10000m					
high jump	1.16m	0.46m	1.23m	0.46m	F13	high jump	0.89m	0.36m	0.95m	0.36m
discus	22.50m	9.00m	24.00m	9.00m		discus	23.90m	9.56m	25.50m	9.56m
javelin	27.38m	10.95m	29.20m	10.95m		javelin	15.00m	6.00m	16.00m	6.00m
shot	7.13m	2.85m	7.60m	2.85m		shot	6.98m	2.79m	7.44m	2.79m
triple jump	8.25m	3.30m	8.80m	3.30m		triple jump	n/s	n/s	n/s	n/s
long jump	4.19m	1.67m	4.46m	1.67m		long jump	3.05m	1.22m	3.25m	1.22m

Cerebral Palsy

MEN	opssg OPEN	opssg JUNIOR	opc OPEN	opc JUNIOR		WOMEN	opssg OPEN	opssg JUNIOR	opc OPEN	opc JUNIOR
club	6.00m	2.40m	6.40m	2.40m	F32	shot	1.67m	0.67m	1.78m	0.67m
shot	3.14m	1.26m	3.35m	1.26m		club	4.50m	1.80m	4.80m	1.80m
discus	8.08m	3.23m	8.62m	3.23m		discus	3.87m	1.55m	4.13m	1.55m
100m RR	28.81	n/s	27.60	n/s	T33	100m RR	28.81	n/s	27.60	n/s
200m RR	1:05.40	n/s	1:01.25	n/s		200m RR	1:05.40	n/s	1:01.25	n/s
400m RR	2:34.56	n/s	2:46.82	n/s		400m RR	2:34.56	n/s	2:46.82	n/s
discus	14.96m	5.98m	15.95m	5.98m	F33	discus	7.81m	3.12m	8.33m	3.12m
javelin	12.41m	4.96m	13.23m	4.96m		javelin	5.78m	2.31m	6.16m	2.31m
shot	4.33m	1.73m	4.62m	1.73m		shot	2.25m	0.90m	2.40m	0.90m
javelin	14.36m	5.74m	15.31m	5.74m	F34	javelin	6.75m	2.70m	7.20m	2.70m
discus	16.58m	6.63m	17.68m	6.63m		discus	6.00m	2.40m	6.40m	2.40m
shot	4.68	1.87m	4.99m	1.87m		shot	3.38m	1.35m	3.60m	1.35m
100m	21.28	23.64	19.95	23.64	T35	100m	25.4	28.22	23.81	28.22
200m	46.27	51.41	43.38	51.41		200m	1:12.40	1:20.44	1:07.88	1:20.44
400m	n/s	n/s	n/s	n/s		400m	2:12.87	2:27.63	2:04.56	2:27.63
discus	18.65m	7.46m	19.90m	7.46m	F35	discus	9.45m	3.78m	10.08m	3.78m
javelin	17.96m	7.19m	19.16m	7.19m		javelin	8.22m	3.29m	8.77m	3.29m
shot	6.00m	2.40m	6.40m	2.40m		shot	3.38m	1.35m	3.60m	1.35m
100m	20.71	23.01	19.41	23.01	T36	100m	24.17	26.86	22.66	26.86
200m	42.24	46.93	39.60	46.93		200m	1:12.40	1:20.44	1:07.88	1:20.44
400m	1:35.13	1:45.70	1:29.19	1:45.70		400m	2:12.87	2:27.63	2:04.56	2:27.63
800m	3:46.76	4:11.96	3:32.59	4:11.96		800m	n/s	n/s	n/s	n/s
1500m	8:11.75	9:06.39	7:41.01	9:06.39		1500m	n/s	n/s	n/s	n/s
discus	19.70m	7.88m	21.01m	7.88m	F36	discus	9.33m	3.73m	9.95m	3.73m
javelin	15.94m	6.38m	17.00m	6.38m		javelin	7.73m	3.09m	8.24m	3.09m
shot	6.73m	2.69m	7.18m	2.69m		shot	3.32m	1.33m	3.54m	1.33m
long jump	2.31m	0.92m	2.46m	0.92m		long jump	1.61m	0.65m	1.72m	0.65m
100m	19.84	22.04	18.60	22.04	T37	100m	23.45	26.06	21.99	26.06
200m	37.65	41.84	35.30	41.84		200m	49.04	54.49	45.98	54.49
400m	1:34.75	1:45.27	1:28.83	1:45.27		400m	2:00.95	2:14.39	1:53.39	2:14.39
800m	3:08.63	3:29.59	2:56.84	3:29.59		800m	n/s	n/s	n/s	n/s
1500m	7:39.03	8:30.03	7:10.34	8:30.03		1500m	n/s	n/s	n/s	n/s
javelin	20.60m	8.24m	21.98m	8.24m	F37	javelin	11.63m	4.65m	12.41m	4.65m
discus	18.75m	7.50m	20.00m	7.50m		discus	15.20m	6.08m	16.21m	6.08m
shot	5.33m	2.13m	5.68m	2.13m		shot	4.15m	1.66m	4.42m	1.66m
long jump	3.26m	1.31m	3.48m	1.31m		long jump	1.80m	0.72m	1.92m	0.72m
100m	18.47	20.52	17.31	20.52	T38	100m	23.89	26.55	22.40	26.55
200m	36.96	41.07	34.65	41.07		200m	48.23	53.59	45.21	53.59
400m	1:22.75	1:31.94	1:17.58	1:31.94		400m	1:52.49	2:04.99	1:45.46	2:04.99
800m	3:27.20	3:50.22	3:14.25	3:50.22		800m	n/s	n/s	n/s	n/s
1500m	7:40.39	8:31.54	7:11.61	8:31.54		1500m	n/s	n/s	n/s	n/s
5000m	29:16.20		27:26.44			5000m				
discus	18.56m	7.42m	19.79m	7.42m	F38	discus	12.17m	4.87m	12.98m	4.87m
javelin	19.90m	7.96m	21.22m	7.96m		javelin	10.50m	4.20m	11.20m	4.20m
shot	6.26m	2.50m	6.67m	2.50m		shot	5.85m	2.34m	6.24m	2.34m
long jump	3.33m	1.33m	3.55m	1.33m		long jump	1.95m	0.78m	2.08m	0.78m

Ambulatory

MEN	opssg OPEN	opssg JUNIOR	opc OPEN	opc JUNIOR		WOMEN	opssg OPEN	opssg JUNIOR	opc OPEN	opc JUNIOR
100m	21.28	23.64	19.95	23.64	T40	100m	25.4	28.22	23.81	28.22
200m	46.27	51.41	43.38	51.41		200m	1:12.40	1:20.44	1:07.88	1:20.44
400m	n/s	n/s	n/s	n/s		400m	2:12.87	2:27.63	2:04.56	2:27.63
shot	5.63m	2.25m	6.00m	2.25m	F40	shot	4.04m	1.62m	4.31m	1.62m
discus	n/s	n/s	n/s	n/s		discus	13.10m	5.24m	13.98m	5.24m
javelin	n/s	n/s	n/s	n/s		javelin	n/s	n/s	n/s	n/s
100m	21.21	23.57	19.89	23.57	T42	100m	28.4	31.56	26.63	31.56
200m	46.73	51.93	43.81	51.93		200m	1:09.68	1:17.42	1:05.33	1:17.42
400m	1:59.09	2:12.33	1:51.65	2:12.33		400m	n/s	n/s	n/s	n/s
discus	25.70m	10.28m	27.42m	10.28m	F42	discus	16.19m	6.48m	17.27m	6.48m
javelin	27.31m	10.92m	29.13m	10.92m		javelin	14.99m	5.99m	15.98m	5.99m
shot	5.33m	2.13	5.69m	2.13m		shot	3.72m	1.49m	3.97m	1.49m
long jump	2.51m	1.00m	2.67m	1.00m		long jump	1.32m	0.53m	1.41m	0.53m
100m	21.21	23.57	19.89	23.57	T43	100m	n/s	n/s	n/s	n/s
200m	n/s	n/s	n/s	n/s		200m	n/s	n/s	n/s	n/s
discus	25.70m	10.28m	27.42m	10.28m		discus	n/s	n/s	n/s	n/s
javelin	27.31m	10.92m	29.13m	10.92m	F43	javelin	n/s	n/s	n/s	n/s
shot	7.50m	3.00m	8.00m	3.00m		shot	n/s	n/s	n/s	n/s
100m	18.72	20.80	17.55	20.80		T44	100m	22.60	25.11	21.19
200m	37.96	42.18	35.59	42.18	200m		46.55	51.72	43.64	51.72
400m	1:28.05	1:37.84	1:22.55	1:37.84	400m		2:00.65	2:14.06	1:53.11	2:14.06
800m	3:40.44	4:04.93	3:26.66	4:04.93	F44	800m	4:53.25	3:25.84	4:34.93	3:25.84
discus	28.92m	11.57m	30.85m	11.57m		discus	15.08m	6.03m	16.08m	6.03m
javelin	30.26m	12.11m	32.28m	12.11m		javelin	18.08m	7.23m	19.28m	7.23m
shot	6.74m	2.69m	7.18m	2.69m		shot	5.06m	2.02m	5.39m	2.02m
long jump	3.68m	1.47m	3.93m	1.47m		long jump	2.63m	1.05m	2.81m	1.05m
high jump	1.13m	0.45m	1.20m	0.45m		high jump	n/s	n/s	n/s	n/s
100m	18.72	20.80	17.55	20.80	T45	100m	n/s	n/s	n/s	n/s
200m	37.96	42.18	35.59	42.18		200m	n/s	n/s	n/s	n/s
400m	1:28.05	1:37.84	1:22.55	1:37.84		400m	n/s	n/s	n/s	n/s
long jump	3.15m	1.26m	3.36m	1.26m	F45	long jump	n/s	n/s	n/s	n/s
high jump	n/s	n/s	n/s	n/s		high jump	n/s	n/s	n/s	n/s
100m	17.56	19.51	16.46	19.51		T46	100m	n/s	n/s	n/s
200m	35.36	39.29	33.15	39.29	200m		41.17	45.75	38.60	45.75
400m	1:18.07	1:26.74	1:13.19	1:26.74	400m		1:43.24	1:54.71	1:36.79	1:54.71
800m	3:00.63	3:20.70	2:49.34	3:20.70		800m	3:49.53	4:15.04	3:35.19	4:15.04
1500m	6:13.00	6:54.44	5:49.69	6:54.44		1500m	n/s	n/s	n/s	n/s
5000m	23:30.61		22:02.45			5000m				
discus	22.43m	8.97m	23.93m	8.97m	F46	discus	18.08m	7.23m	19.29m	7.23m
shot	7.04m	2.81m	7.50m	2.81m		shot	5.37m	2.15m	5.73m	2.15m
javelin	26.73m	10.69m	28.50m	10.69m		javelin	7.73m	3.09m	8.24m	3.09m
long jump	3.94m	1.58m	4.20m	1.58m		long jump	2.58m	1.03m	2.75m	1.03m
triple jump	6.38m	2.55m	6.81m	2.55m		triple jump	n/s	n/s	n/s	n/s
high jump	1.10m	0.44m	1.18m	0.44m		high jump	n/s	n/s	n/s	n/s

Wheelchair

MEN	opssg OPEN	opssg JUNIOR	opc OPEN	opc JUNIOR		WOMEN	opssg OPEN	opssg JUNIOR	opc OPEN	opc JUNIOR
club	6.00m	2.40m	6.40m	2.40m	F51	club	4.50m	1.80m	4.80m	1.80m
discus	5.57m	2.23m	5.94m	2.23m		discus	8.33m	3.33m	8.89m	3.33m
100m	28.20	31.33	26.44	31.33	T52 / T33	100m	34.97	38.86	32.79	38.86
200m	51.49	57.21	48.28	57.21		200m	1:04.40	1:11.56	1:00.38	1:11.56
400m	1:41.23	1:52.47	1:34.90	1:52.47		400m	2:09.33	2:23.70	2:01.25	2:23.70
800m	3:18.89	3:40.99	3:06.46	3:40.99		800m	4:06.13	4:33.48	3:50.75	4:33.48
1500m	6:26.67	7:09.63	6:02.50	7:09.63		1500m	n/s	n/s	n/s	n/s
5000m	19:22.29		19:22.29			5000m				
javelin	7.44m	2.98m	7.94m	2.98m		F52	javelin	3.62m	1.45m	3.86m
discus	9.64m	3.86m	10.28m	3.86m	discus		4.28m	1.71m	4.56m	1.71m
shot	4.92m	1.97m	5.25m	1.97m	T53 / T34	shot	1.65m	0.66m	1.76m	0.66m
100m	24.04	26.71	22.54	26.71		100m	28.08	31.20	26.33m	31.20
200m	42.73	47.48	40.06	47.48		200m	48.63	54.03	45.59m	54.03
400m	1:21.71	1:30.79	1:16.60	1:30.79		400m	1:34.55	1:45.05	1:28.64	1:45.05
800m	2:40.69	2:58.55	2:30.65	2:58.55		800m	3:14.47	3:36.07	3:02.31	3:36.07
1500m	4:45.64	5:17.38	4:27.79	5:17.38		1500m	5:50.67	6:29.63	5:28.75	6:29.63
5000m	16:29.20	18:19.11	15:27.38	18:19.11		5000m	20:54.00	23:13.33	19:35.63	23:13.33
10000m	34:03.07		31:55.38			10000m	n/s		n/s	
javelin	8.70m	3.48m	9.28m	3.48m	F53	javelin	5.58m	2.23m	5.95m	2.23m
discus	10.37m	4.15m	11.06m	4.15m		discus	6.98m	2.79m	7.44m	2.79m
shot	4.45m	1.78m	4.74m	1.78m	T54	shot	3.02m	1.21m	3.22m	1.21m
100m	22.48	24.98	21.08	24.98		100m	26.56	29.51	24.90	29.51
200m	39.95	44.39	37.45	44.39		200m	47.79	53.10	44.80	53.10
400m	1:15.23	1:23.59	1:10.53	1:23.59		400m	1:27.73	1:37.48	1:22.25	1:37.48
800m	2:40.00	2:57.78	2:30.00	2:57.78		800m	2:55.55	3:15.05	2:44.58	3:15.05
1500m	4:45.64	5:17.38	4:27.79	5:17.38		1500m	5:33.37	6:10.41	5:12.54	6:10.41
5000m	16:29.20	18:19.11	15:27.38	18:19.11		5000m	19:40.08	21:51.20	18:26.33	21:51.20
10000m	34:03.07		31:55.38		10000m	n/s		n/s		
javelin	14.91m	5.96m	15.90m	5.96m	F54	javelin	7.82m	3.13m	8.34m	3.13m
discus	15.59m	6.24m	16.63m	6.24m		discus	8.89m	3.56m	9.48m	3.56m
shot	5.33m	2.13m	5.68m	2.13m	F55	shot	3.38m	1.35m	3.60m	1.35m
javelin	10.31m	6.88m	11.00m	6.88m		javelin	6.17m	4.12m	6.59m	4.12m
discus	12.26m	8.17m	13.08m	8.17m		discus	8.30m	5.54m	8.86m	5.54m
shot	3.74m	2.49m	3.99m	2.49m	F56	shot	2.79m	1.86m	2.98m	1.86m
javelin	11.13m	7.42m	11.88m	7.42m		javelin	7.82m	5.21m	8.34m	5.21m
discus	12.83m	8.55m	13.68m	8.55m		discus	8.01m	5.34m	8.55m	5.34m
shot	3.83m	2.55m	4.08m	2.55m	F57	shot	2.65m	1.77m	2.83m	1.77m
javelin	12.98m	8.65m	13.84m	8.65m		javelin	6.63m	4.42m	7.08m	4.42m
discus	15.64m	10.43m	16.68m	10.43m		discus	8.58m	5.72m	9.15m	5.72m
shot	4.51m	3.01m	4.81m	3.01m	F58	shot	3.14m	2.09m	3.35m	2.09m
javelin	15.68m	10.46m	16.73m	10.46m		javelin	9.16m	6.11m	9.77m	6.11m
discus	18.20m	12.13m	19.41m	12.13m		discus	10.61m	7.07m	11.31m	7.07m
shot	4.92m	3.28m	5.25m	3.28m		shot	3.20m	2.13m	3.41m	2.13m

IMPLEMENT WEIGHTS

OPEN MEN

	SHOT	DISCUS	JAVELIN	CLUB
F11	7.26kg	2.00kg	800gm	
F12	7.26kg	2.00kg	800gm	
F13	7.26kg	2.00kg	800gm	
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	4.00kg	1.00kg	600gm	
F35	4.00kg	1.00kg	600gm	
F36	4.00kg	1.00kg	600gm	
F37	5.00kg	1.00kg	600gm	
F38	5.00kg	1.50kg	800gm	
F40	4.00kg	1.00kg	600gm	
F41	6.00kg	1.00kg	800gm	
F42	6.00kg	1.50kg	800gm	
F43	6.00kg	1.50kg	800gm	
F44	6.00kg	1.50kg	800gm	
F46	6.00kg	1.50kg	800gm	
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	4.00kg	1.00kg	600gm	
F55	4.00kg	1.00kg	600gm	
F56	4.00kg	1.00kg	600gm	
F57	4.00kg	1.00kg	600gm	
F58	5.00kg	1.00kg	600gm	

OPEN WOMEN

	SHOT	DISCUS	JAVELIN	CLUB
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	3.00kg	1.00kg	600gm	
F35	3.00kg	1.00kg	600gm	
F36	3.00kg	1.00kg	600gm	
F37	3.00kg	1.00kg	600gm	
F38	3.00kg	1.00kg	600gm	
F40	3.00kg	0.75kg	400gm	
F41	4.00kg	1.00kg	600gm	
F42	4.00kg	1.00kg	600gm	
F43	4.00kg	1.00kg	600gm	
F44	4.00kg	1.00kg	600gm	
F46	4.00kg	1.00kg	600gm	
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	3.00kg	1.00kg	600gm	
F55	3.00kg	1.00kg	600gm	
F56	3.00kg	1.00kg	600gm	
F57	3.00kg	1.00kg	600gm	
F58	4.00kg	1.00kg	600gm	

JUNIOR BOYS

	SHOT	DISCUS	JAVELIN	CLUB
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	
F32	2.00kg	0.75kg		397gm
F33	2.00kg	0.75kg	400gm	
F34	3.00kg	0.75kg	400gm	
F35	3.00kg	0.75kg	400gm	
F36	3.00kg	0.75kg	400gm	
F37	3.00kg	0.75kg	400gm	
F38	4.00kg	1.00kg	600gm	
F40	3.00kg	1.00kg	400gm	
F41	4.00kg	1.00kg	600gm	
F42	4.00kg	1.00kg	600gm	
F43	4.00kg	1.00kg	600gm	
F44	4.00kg	1.00kg	600gm	
F46	4.00kg	1.00kg	600gm	
F51		0.75kg		397gm
F52	2.00kg	0.75kg	400gm	
F53	2.00kg	0.75kg	400gm	
F54	2.00kg	0.75kg	400gm	
F55	2.00kg	0.75kg	400gm	
F56	2.00kg	0.75kg	400gm	
F57	3.00kg	1.00kg	600gm	
F58	4.00kg	1.00kg	600gm	

JUNIOR GIRLS

	SHOT	DISCUS	JAVELIN	CLUB
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	
F32	2.00kg	0.75kg		397gm
F33	2.00kg	0.75kg	400gm	
F34	2.00kg	0.75kg	400gm	
F35	2.00kg	0.75kg	400gm	
F36	2.00kg	0.75kg	400gm	
F37	2.00kg	0.75kg	400gm	
F38	2.00kg	0.75kg	400gm	
F40	2.00kg	0.75kg	400gm	
F41	3.00kg	1.00kg	400gm	
F42	3.00kg	1.00kg	400gm	
F43	3.00kg	1.00kg	400gm	
F44	3.00kg	1.00kg	400gm	
F46	3.00kg	1.00kg	400gm	
F51		0.75kg		397gm
F52	2.00kg	0.75kg	400gm	
F53	2.00kg	0.75kg	400gm	
F54	2.00kg	0.75kg	400gm	
F55	2.00kg	0.75kg	400gm	
F56	2.00kg	0.75kg	400gm	
F57	2.00kg	0.75kg	400gm	
F58	3.00kg	0.75kg	400gm	