

KANSAS SENIOR GAMES**Throws Implement Specifications**

Age Division	Men 50-59	Men 60-69	Men 70-79	Men 80+	Women 50-59	Women 60-74	Women 75+
Discus	1.5kg	1.0kg	1.0kg	1.0kg	1.0kg	1.0kg	.75kg
Javelin	700g	600g	500g	400g	500g	500g	400g
Shot Put	6kg	5kg	4kg	3kg	3kg	3kg	2kg
Hammer	6kg	5kg	4kg	3kg	3kg	3kg	2kg