



26th All India Forest Sports Meet, Panchkula

NORMS FOR WEIGHTS TO BE USED IN THROW EVENTS

S.No.	Event	Weight in Kg.
SHOT PUT		
1.	Men Open	7.26
2.	Men Veteran	6.00
3.	Men Senior Veteran	5.00
4.	Women Open	4.00
5.	Women Veteran	4.00
6.	Women Senior Veteran	3.00
DISCUS		
1.	Men Open	2.0
2.	Men Veteran	1.75
3.	Men Senior Veteran	1.50
4.	Women Open	1.0
5.	Women Veteran	1.0
6.	Women Senior Veteran	1.0
JAVELIN		
1.	Men Open	0.800
2.	Men Veteran	0.700
3.	Men Senior Veteran	0.600
4.	Women Open	0.600
5.	Women Veteran	0.600
6.	Women Senior Veteran	NO EVENT
HAMMER THROW		
1.	Men Open	7.26
2.	Women Open	4.00