

Shot Put Male

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|-------------|-------|
| Age 40 - 49 | 16 lb |
| Age 50 - 59 | 6k |
| Age 60 - 69 | 5k |
| Age 70 - 79 | 4k |

Shot Put Female

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|-------------|----|
| Age 40 - 49 | 4k |
| Age 50 - 59 | 3k |
| Age 60 - 79 | 3k |

Discus Male

| | |
|-------------|------|
| Age 40 -49 | 2k |
| Age 50 - 59 | 1.5k |
| Age 60 - 69 | 1k |
| Age 70 - 79 | 1k |

Discus Female

| | |
|-------------|----|
| Age 40 - 49 | 1k |
| Age 50 - 59 | 1k |
| Age 60 - 79 | 1k |

All Masters competitors in the Discus and Shot Put must supply their own implements