

Specifications

Implements:

	Shot (kg)	Discus (kg)
Girls 7, 8 and 9.	1.375	0.50
Girls 10.	1.92	0.75
Girls 11 and 12.	2.72	0.75
Boys 7, 8 and 9	1.375	0.50
Boys 10	1.92	0.75
Boys 11	2.72	0.75
Boys 12	3.25	1.00

Want to know more?

More information on teaching and coaching all athletic events can be found in the KiwiSport "Run, Jump, Throw" manual. All schools should have this valuable and informative resource book.

For more specific athletic coaching information, the Athletics New Zealand "Basic Athletics" book is a must. This covers every event and includes sound advice on training principles and age and physical development of young athletes.

Both are available from Athletics New Zealand, P.O. Box 741, Wellington, or from Athletics Southland, Ph 218-6449