



# ATFUSA 2019 OPEN / MASTER FIELD STANDARDS

Sunday, January 13, 2019

F13	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	4.72 2K	3.54 1K	4.13 1.75K	3.245 1K	4.13 1.5K	3.245 .75K	4.13 1K
High Jump	1	1	1	1	1	1	1	1
Javelin	4.72 800g	2.95 600g	4.13 800g	2.655 600g	4.13 700g	2.655 500g	4.13 600g	2.655 400g
Long Jump	0.885	0.7375	0.7375	0.59	0.7375	0.59	0.7375	0.59
Shotput	1.77 7.26K	1.77 4K	1.77 6K	1.475 4K	1.77 5K	1.475 3K	1.77 4K	1.475 2K
Triple Jump	1.0325	1.0325	0.885	0.7375	0.885	0.7375	0.885	0.7375

F20	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	0 2K	0 1K	0 2K	0 1K	0 1.75K	0 .75K	0 1.5K
High Jump	1	1	1	1	1	1	1	1
Javelin	0 800g	0 600g	0 800g	0 600g	0 700g	0 500g	0 600g	0 400g
Long Jump	0	0	0	0	0	0	0	0
Shotput	0 7.26K	0 4K	0 6K	0 4K	0 5K	0 3K	0 4K	0 2K
Triple Jump	1.0325	1.0325	0.885	0.7375	0.885	0.7375	0.885	0.7375

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Sunday, January 13, 2019

F31	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Club	0 397g	0 397g	0 397g	0 397g	0 397g	0 397g	0 397g
High Toss	6.49 SFTSHOT	0.885 SFTSHOT	5.9 SFTSHOT	0.708 SFTSHOT	5.9 SFTSHOT	0.708 SFTSHOT	5.9 SFTSHOT	0.708 SFTSHOT
Kick								
Med Ball Thrus	1.475 Kg, ~11.5"dia	1.18 Kg, ~11.5"dia	1.475 Kg, ~11.5"dia	1.18 Kg, ~11.5"dia	1.475 Kg, ~11.5"dia	1.18 Kg, ~11.5"dia	1.475 Kg, ~11.5"dia	1.18 Kg, ~11.5"dia
Precision	29.5 SFTSHOT	29.5 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT

F32	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Club	4.13 397g	3.245 397g	1.9175 397g	1.888 397g	1.9175 397g	1.888 397g	1.9175 397g
Discus	2.065 1K	1.652 1K	0.885 1K	0.708 1K	0.885 .75K	0.708 .75K	0.885 .75K	0.708 .75K
High Toss	6.49 SFTSHOT	0.885 SFTSHOT	5.9 SFTSHOT	0.708 SFTSHOT	5.9 SFTSHOT	0.708 SFTSHOT	5.9 SFTSHOT	0.708 SFTSHOT
Kick	4.13 900g~13"dia	2.95 900g~13"dia	3.54 900g~13"dia	2.36 900g~13"dia	3.54 900g~13"dia	2.36 900g~13"dia	3.54 900g~13"dia	2.36 900g~13"dia
Med Ball Thrus	1.888 Kg, ~11.5"dia	1.593 Kg, ~11.5"dia	1.77 Kg, ~11.5"dia	1.475 Kg, ~11.5"dia	1.77 Kg, ~11.5"dia	1.475 Kg, ~11.5"dia	1.77 Kg, ~11.5"dia	1.475 Kg, ~11.5"dia
Precision	29.5 SFTSHOT	29.5 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT	20.65 SFTSHOT
Shotput	1.18 2K	0.826 2K	0.885 2K	0.59 2K	0.885 1K	0.59 1K	0.885 1K	0.59 1K

F33	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	3.54 1K	2.36 1K	2.36 1K	1.77 1K	2.36 .75K	1.77 .75K	2.36 .75K
Javelin	2.36 600g	1.475 600g	1.475 600g	0.885 600g	1.475 500g	0.885 500g	1.475 400g	0.885 400g
Shotput	1.475 3K	0.885 3K	0.885 3K	0.59 3K	0.885 2K	0.59 2K	0.885 1K	0.59 1K

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F34	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
Discus	5.9	3.54	4.72	0	4.72	0	4.72	0
	1K	1K	1K	1K	.75K	.75K	.75K	.75K
Javelin	2.95	2.36	2.065	1.18	2.065	1.18	2.065	1.18
	600g	600g	600g	600g	500g	500g	400g	400g
Shotput	1.77	1.18	1.18	1.0325	1.18	1.0325	1.18	1.0325
	4K	3K	4K	3K	3K	2K	2K	1K

F35	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
Discus	8.85	3.835	5.9	2.36	5.9	2.36	5.9	2.36
	1K	1K	1K	1K	.75K	.75K	.75K	.75K
Javelin	7.375	3.54	4.72	2.065	4.72	2.065	4.72	2.065
	600g	600g	600g	600g	500g	500g	400g	400g
Long Jump	0.59	0.59	0.413	0.413	0.413	0.413	0.413	0.413
Shotput	3.54	1.652	2.065	1.475	2.065	1.475	2.065	1.475
	4K	3K	4K	3K	3K	2K	2K	1K

F35a	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
Discus								
Javelin								
Shotput								

F36	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
Discus	8.26	4.13	5.9	2.95	5.9	2.95	5.9	2.95
	1K	1K	1K	1K	.75K	.75K	.75K	.75K
Javelin	4.72	2.36	3.245	1.18	3.245	1.18	3.245	1.18
	600g	600g	600g	600g	500g	500g	400g	400g
Long Jump	0.885	0.885	0.59	0.472	0.59	0.472	0.59	0.472
Shotput	3.245	1.77	1.475	1.18	1.475	1.18	1.475	1.18
	4K	3K	4K	3K	3K	2K	2K	1K

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F37	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	9.44 1K	4.72 1K	5.9 1K	4.13 1K	5.9 .75K	4.13 .75K	5.9 .75K
Javelin	5.9 600g	4.13 600g	4.72 600g	2.655 600g	4.72 500g	2.655 500g	4.72 400g	2.655 400g
Long Jump	1.475	1.18	0.885	0.7375	0.885	0.7375	0.885	0.7375
Shotput	4.13 5K	1.77 3K	2.36 5K	1.77 3K	2.36 4K	1.77 2K	2.36 3K	1.77 1K

F38	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	10.62 1.5K	5.31 1K	5.9 1.5K	4.13 1K	5.9 1K	4.13 .75K	5.9 .75K
High Jump	1	1	1	1	1	1	1	1
Javelin	10.62 800g	5.9 600g	6.785 800g	3.835 600g	6.785 700g	3.835 500g	6.785 600g	3.835 400g
Long Jump	1.77	1.18	1.475	0.885	1.475	0.885	1.475	0.885
Shotput	4.425 5K	1.888 3K	2.655 5K	1.888 3K	2.655 4K	1.888 2K	2.655 3K	1.888 1K
Triple Jump	0	0	0	0	0	0	0	0

F40	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	0 1K	0 .75K	0 1K	0 .75K	0 .75K	0 .75K	0 .75K
Javelin	0 600g	0 400g	0 600g	0 400g	0 500g	0 400g	0 400g	0 400g
Long Jump	0	0	0	0	0	0	0	0
Shotput	0 4K	0 3K	0 4K	0 3K	0 3K	0 2K	0 2K	0 1K

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F41	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	0 1K	0 .75K	0 1K	0 .75K	0 .75K	0 .75K	0 .75K
Javelin	0 600g	0 400g	0 600g	0 400g	0 500g	0 400g	0 400g	0 400g
Long Jump	0	0	0	0	0	0	0	0
Shotput	0 4K	0 3K	0 4K	0 3K	0 3K	0 2K	0 2K	0 1K

F42	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	4.72 1K	4.13 1K	3.835 1.5K	3.245 1K	3.835 1K	3.245 .75K	3.835 .75K
High Jump	1	1	1	1	1	1	1	1
Javelin	3.835 800g	3.54 600g	2.655 800g	2.36 600g	2.655 700g	2.36 500g	2.655 600g	2.36 400g
Long Jump	1.0325	0.885	0.7375	0.59	0.7375	0.59	0.7375	0.59
Shotput	2.36 6K	2.065 4K	1.3275 6K	1.18 4K	1.3275 5K	1.18 3K	1.3275 4K	1.18 2K

F43	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	4.72 1.5K	4.13 1K	3.835 1.5K	3.245 1K	3.835 1K	3.245 .75K	3.835 .75K
Javelin	3.835 800g	3.54 600g	2.655 800g	2.36 600g	2.655 700g	2.36 500g	2.655 600g	2.36 400g
Long Jump	1.0325	0.885	0.7375	0.59	0.7375	0.59	0.7375	0.59
Shotput	2.36 6K	2.065 4K	1.3275 6K	1.18 4K	1.3275 5K	1.18 3K	1.3275 4K	1.18 2K







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F52	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	3.6875 1K	2.832 1K	2.065 1K	1.652 1K	2.065 .75K	1.652 .75K	2.065 .75K
Javelin	3.2214 600g	2.596 600g	1.9647 600g	1.652 600g	1.9647 500g	1.652 500g	1.9647 400g	1.652 400g
Shotput	1.4632 2K	0.9735 2K	0.9322 2K	0.6195 2K	0.9322 1K	0.6195 1K	0.9322 1K	0.6195 1K

F53	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	5.1625 1K	4.071 1K	2.891 1K	2.3777 1K	2.891 .75K	2.3777 .75K	2.891 .75K
Javelin	3.8999 600g	3.0857 600g	2.3777 600g	1.9647 600g	2.3777 500g	1.9647 500g	2.3777 400g	1.9647 400g
Shotput	1.9824 3K	1.6225 3K	1.2626 3K	1.0325 3K	1.2626 2K	1.0325 2K	1.2626 1K	1.0325 1K

F54	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	11.682 1K	5.664 1K	6.785 1K	3.304 1K	6.785 .75K	3.304 .75K	6.785 .75K
Javelin	8.8205 600g	4.2185 600g	5.369 600g	2.6845 600g	5.369 500g	2.6845 500g	5.369 400g	2.6845 400g
Shotput	3.5695 4K	2.1122 3K	2.2715 4K	1.3452 3K	2.2715 3K	1.3452 2K	2.2715 2K	1.3452 1K

F55	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	14.868 1K	7.08 1K	8.673 1K	4.13 1K	8.673 .75K	4.13 .75K	8.673 .75K
Javelin	10.856 600g	6.1065 600g	6.608 600g	3.717 600g	6.608 500g	3.717 500g	6.608 400g	3.717 400g
Shotput	4.2185 4K	2.9205 3K	2.6845 4K	1.8585 3K	2.6845 3K	1.8585 2K	2.6845 2K	1.8585 1K

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F56	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	15.576 1K	7.198 1K	9.086 1K	4.543 1K	9.086 .75K	4.543 .75K	9.086 .75K
Javelin	11.3575 600g	6.785 600g	7.2275 600g	4.13 600g	7.2275 500g	4.13 500g	7.2275 400g	4.13 400g
Shotput	4.3365 4K	3.245 3K	2.891 4K	2.065 3K	2.891 3K	2.065 2K	2.891 2K	2.065 1K

F57	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	16.9625 1K	8.496 1K	9.499 1K	4.956 1K	9.499 .75K	4.956 .75K	9.499 .75K
Javelin	13.57 600g	7.4635 600g	8.26 600g	4.543 600g	8.26 500g	4.543 500g	8.26 400g	4.543 400g
Shotput	4.8675 4K	3.1152 3K	3.0975 4K	1.9647 3K	3.0975 3K	1.9647 2K	3.0975 2K	1.9647 1K

F61	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	4.72 1.5K	4.13 1K	3.835 1.5K	3.245 1K	3.835 1K	3.245 .75K	3.835 .75K
High Jump	1		1	1	1	1	1	1
Javelin	3.835 800g	3.54 600g	2.655 800g	2.36 600g	2.655 700g	2.36 500g	2.655 600g	2.36 400g
Long Jump	1.0325	0.885	0.7375	0.59	0.7375	0.59	0.7375	0.59
Shotput	2.36 6K	2.065 4K	1.3275 6K	1.18 4K	1.3275 5K	1.18 3K	1.3275 4K	1.18 2K

# ATFUSA 2019 OPEN / MASTER FIELD STANDARDS

Sunday, January 13, 2019

F62	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	4.72 1.5K	4.13 1K	3.835 1.5K	3.245 1K	3.835 1K	3.245 .75K	3.835 .75K
Javelin	3.835 800g	3.54 600g	2.655 800g	2.36 600g	2.655 700g	2.36 500g	2.655 600g	2.36 400g
Long Jump	1.0325	0.885	0.7375	0.59	0.7375	0.59	0.7375	0.59
Shotput	2.36 6K	2.065 4K	1.3275 6K	1.18 4K	1.3275 5K	1.18 3K	1.3275 4K	1.18 2K

F63	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	4.72 1.5K	4.13 1K	3.835 1.5K	3.245 1K	3.835 1K	3.245 .75K	3.835 .75K
High Jump	1		1	1	1	1	1	1
Javelin	3.835 800g	3.54 600g	2.655 800g	2.36 600g	2.655 700g	2.36 500g	2.655 600g	2.36 400g
Long Jump	1.0325	0.885	0.7375	0.59	0.7375	0.59	0.7375	0.59
Shotput	2.36 6K	2.065 4K	1.3275 6K	1.18 4K	1.3275 5K	1.18 3K	1.3275 4K	1.18 2K

F64	Adult		M35		M50		M60	
	M	F	M	F	M	F	M	F
	Discus	4.72 1.5K	4.13 1K	3.835 1.5K	3.245 1K	3.835 1K	3.245 .75K	3.835 .75K
High Jump	1		1	1	1	1	1	1
Javelin	3.835 800g	3.54 600g	2.655 800g	2.36 600g	2.655 700g	2.36 500g	2.655 600g	2.36 400g
Long Jump	1.0325	0.885	0.7375	0.59	0.7375	0.59	0.7375	0.59
Shotput	2.36 6K	2.065 4K	1.3275 6K	1.18 4K	1.3275 5K	1.18 3K	1.3275 4K	1.18 2K







