

ATFUSA 2022 OPEN / MASTER FIELD STANDARDS

Wednesday, February 02, 2022

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	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	1.888 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	1.77 .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

ATFUSA 2022 OPEN / MASTER FIELD STANDARDS

Wednesday, February 02, 2022

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

ATFUSA 2022 OPEN / MASTER FIELD STANDARDS

Wednesday, February 02, 2022

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

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

ATFUSA 2022 OPEN / MASTER FIELD STANDARDS

Wednesday, February 02, 2022

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

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

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

ATFUSA 2022 OPEN / MASTER FIELD STANDARDS

Wednesday, February 02, 2022

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

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

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

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

ATFUSA 2022 OPEN / MASTER FIELD STANDARDS

Wednesday, February 02, 2022

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 2022 OPEN / MASTER FIELD STANDARDS

Wednesday, February 02, 2022

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

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

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

