



Combined Events Championships

Pentathlon

Masters Women	Event 1	Event 2	Event 3	Event 4	Event 5
30-34	100m	Shot Put - 4kg	Long Jump	Javelin - 600g	800m
35-39	100m	Shot Put - 4kg	Long Jump	Javelin - 600g	800m
40-44	100m	Shot Put - 4kg	Long Jump	Javelin - 600g	800m
45-49	100m	Shot Put - 4kg	Long Jump	Javelin - 600g	800m
50-54	100m	Shot Put - 3kg	Long Jump	Javelin - 500g	800m
55-59	100m	Shot Put - 3kg	Long Jump	Javelin - 500g	800m
60-64	100m	Shot Put - 3kg	Long Jump	Javelin - 500g	800m
65-69	100m	Shot Put - 3kg	Long Jump	Javelin - 500g	800m
70-74	100m	Shot Put - 3kg	Long Jump	Javelin - 500g	800m
75-79	100m	Shot Put - 2kg	Long Jump	Javelin - 400g	800m
80+	100m	Shot Put - 2kg	Long Jump	Javelin - 400g	800m

Masters Men	Event 1	Event 2	Event 3	Event 4	Event 5
30-34	Long Jump	Javelin - 800g	200m	Discus - 2kg	1500m
35-39	Long Jump	Javelin - 800g	200m	Discus - 2kg	1500m
40-44	Long Jump	Javelin - 800g	200m	Discus - 2kg	1500m
45-49	Long Jump	Javelin - 800g	200m	Discus - 2kg	1500m
50-54	Long Jump	Javelin - 700g	200m	Discus - 1.5kg	1500m
55-59	Long Jump	Javelin - 700g	200m	Discus - 1.5kg	1500m
60-64	Long Jump	Javelin - 600g	200m	Discus - 1kg	1500m
65-69	Long Jump	Javelin - 600g	200m	Discus - 1kg	1500m
70-74	Long Jump	Javelin - 500g	200m	Discus - 1kg	1500m
75-79	Long Jump	Javelin - 500g	200m	Discus - 1kg	1500m
80+	Long Jump	Javelin - 400g	200m	Discus - 1kg	1500m



Combined Events Championships

Throws Pentathlon

Masters Women	Hammer	Shot Put	Discus	Javelin	Weight
30-34	4kg	4kg	1kg	600g	9.08kg 20lb
35-39	4kg	4kg	1kg	600g	9.08kg 20lb
40-44	4kg	4kg	1kg	600g	9.08kg 20lb
45-49	4kg	4kg	1kg	600g	9.08kg 20lb
50-54	3kg	3kg	1kg	500g	7.26kg 16lb
55-59	3kg	3kg	1kg	500g	7.26kg 16lb
60-64	3kg	3kg	1kg	500g	5.45kg 12lb
65-69	3kg	3kg	1kg	500g	5.45kg 12lb
70-74	3kg	3kg	1kg	500g	5.45kg 12lb
75-79	2kg	2kg	750g	400g	4kg 8.9lb
80+	2kg	2kg	750g	400g	4kg 8.9lb

Masters Men	Hammer	Shot Put	Discus	Javelin	Weight
30-34	7.26kg	7.26kg	2kg	800g	15.88kg 35lb
35-39	7.26kg	7.26kg	2kg	800g	15.88kg 35lb
40-44	7.26kg	7.26kg	2kg	800g	15.88kg 35lb
45-49	7.26kg	7.26kg	2kg	800g	15.88kg 35lb
50-54	6kg	6kg	1.5kg	700g	11.34kg 25lb
55-59	6kg	6kg	1.5kg	700g	11.34kg 25lb
60-64	5kg	5kg	1kg	600g	9.08kg 20lb
65-69	5kg	5kg	1kg	600g	9.08kg 20lb
70-74	4kg	4kg	1kg	500g	7.26kg 16lb
75-79	4kg	4kg	1kg	500g	7.26kg 16lb
80+	3kg	3kg	1kg	400g	5.45kg 12lb