

Implement Weights

Middle School Girls - JT (600g), SP (6lb), DT (1kg), HT (3kg)

Middle School Boys - JT (600g), SP (4kg), DT (1kg), HT (4kg)

Freshman Girls - JT (600g), SP (4kg), DT (1kg), HT (4kg)

Freshman Boys - JT (800g), SP (12lb), DT (1.6kg), HT (12lb)

Junior Championship HS Girls - JT (600g), SP (4kg), DT (1kg), HT (4kg)

Junior Championship HS Boys - JT (800g), SP (12lb), DT (1.6kg), HT (12lb)

Championship HS Girls - JT (600g), SP (4kg), DT (1kg), HT (4kg)

Championship HS Boys - JT (800g), SP (12lb), DT (1.6kg), HT (12lb)

U20 Women - JT (600g), SP (4kg), DT (1kg), HT (4kg)

U20 Men - JT (800g), SP (6kg), DT (1.75kg), HT (6kg)