

Qualifying Standards U20 National Throws Championships Hosted by SPIRE Academy

Men Automatic	Max Field Size	Event	Women Automatic	Max Field Size
17.50m(6kg)	16	Shot Put	14.45m(4kg)	16
18.28m(12#)				
16.75m(7.26kg)				
54.00m(1.75kg)	16	Discus	47.50m(1kg)	16
58.00m(1.6kg)				
50.50m(2kg)				
58.00m(6kg)	16	Hammer	53.50m(4kg)	16
62.00m(12#)				
56.00m(7.26kg)				
58.00m(800g)	16	Javelin	45.50m(600g)	16

High School

170'	Hammer	127'
56'11"	Weight Throw	43'6"
53'9"	Shot	40'
52'1"	Indoor Shot	38'6"
143'	Discus	110'
150'	Javelin	99'

Freshman (9th grade only)

140'	Hammer	112'
36'6"	Shot	32'
36'	Indoor Shot	31'6"
140'	Discus	106'
140'	Javelin	84'

Middle School (7-8th grade)

33'	Shot	28'
32'6"	Indoor Shot	27'
118'	Discus	80'
100'	Javelin	72'