

**INFORMATION TO AWD COMPETITORS**  
**Specifications**

	<b>AWDWC</b>		<b>AWDPD</b>		<b>AWDID</b>	
	Male	Female	Male	Female	Male	Female
<b>SHOT</b>	4 kg	3 kg	4 kg	3 kg	4 kg	3 kg
<b>DISCUS</b>	1 kg	1 kg	1 kg	1 kg	1 kg	1 kg

Implement weights developed from Paralympic NZ implement weights.