

Athletics Clarifications

We regret that there has been some miscommunication regarding SOKS athletics events, equipment, etc. To hopefully eliminate confusion, please read the clarifications below:

Turbo-Javelin Sizes

8-15 male/female - 300 grams

16+ male/female - 500 grams

Shot Put Sizes

8-11 male - 6 lbs

8-11 female - 4 lbs

12+ male - 8 lbs

12+ female - 6 lbs

Wheelchair male - 4 lbs

Wheelchair female - 3 lbs

Throwing events - At State Games there is no restrictions on the number or type of throwing events athletes may participate in.

**For restrictions on regional events, please check with your regional director