

## THROWER'S QUESTIONNAIRE

For the past few WMA assemblies there has been discussion about changing the weights for the older athletes. There is always much debate but often there is no change because there is a lack of agreement among the delegates and the athletes. Unfortunately there are few throwers in attendance at these meetings. Therefore, the best way to find out what the throwers would like would be to poll the throwers. It was suggested at the recent WMA – Women's meeting that a questionnaire to the throwers might be a way to find out what they would like to see concerning the amount of weight they are throwing as they get older.

With that in mind, can you please fill in this questionnaire and return it to your team manager or the regional women's representative (whose e-mail addresses are near the end of this memorandum. Thank you in advance for your help in the matter:

1. What implement do you throw **in national or international championships**? (check all that apply)

Shot	_____
Discus	_____
Weight	_____
Hammer	_____
Javelin	_____

2. What is your competition age? \_\_\_\_\_

3. If you throw the Shot, answer the following: (or skip to #4)

a. Are you satisfied with the weight that you now throw?

Yes	_____
No	_____

If no, what would you want the weight to be? \_\_\_\_\_

Considering the current change in weight for older athletes, are you in agreement with the weight change for older athletes?

Yes	_____
No	_____

If no, what should be the weight change for older athletes? \_\_\_\_\_

4. If you throw the Hammer, answer the following: (or skip to #5)

a. Are you satisfied with the weight that you now throw?

Yes \_\_\_\_\_  
No \_\_\_\_\_

If no, what would you want the weight to be? \_\_\_\_\_

Considering the current change in weight for older athletes are you in agreement with the weight change for older athletes?

Yes \_\_\_\_\_  
No \_\_\_\_\_

If no, what should be the weight change for older athletes? \_\_\_\_\_

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5. If you throw the weight, answer the following: (or skip to #6)

a. Are you satisfied with the weight that you now throw?

Yes \_\_\_\_\_  
No \_\_\_\_\_

If no, what would you want the weight to be? \_\_\_\_\_

b. Considering the current change in weight for older athletes are you in agreement with the weight change for older athletes?

Yes \_\_\_\_\_  
No \_\_\_\_\_

If no, what should be the weight change for older athletes? \_\_\_\_\_

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6. If you throw the Javelin answer the following:

a. Are you satisfied with the weight that you now throw?

Yes \_\_\_\_\_  
No \_\_\_\_\_

If no, what would you want the weight to be? \_\_\_\_\_

b. Considering the current change in weight for older athletes are you in agreement with the weight change for older athletes?

Yes \_\_\_\_\_  
No \_\_\_\_\_

If no, what should be the weight change for older athletes? \_\_\_\_\_

Additional comments: \_\_\_\_\_

Thank you for your time and thoughts on this matter.

From the WMA-Women's Committee

**Marina Hoerneck-Gil**

Please see names and addresses of the regional delegates for Africa, Asia, Europe, North-Central America and the Caribbean, Oceania and South America:

Africa:	May Edmond	<a href="mailto:maydew@intnet.mu">maydew@intnet.mu</a>
Asia:	Glory Barnabas	<a href="mailto:Jedglo@pacific.net.sg">Jedglo@pacific.net.sg</a>
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NCCWMA:	Marilyn Mitchell	<a href="mailto:mmitchell46@hotmail.com">mmitchell46@hotmail.com</a>
Oceania:	Lynne Schickert	<a href="mailto:rschicke@bigpond.net.au">rschicke@bigpond.net.au</a>
South America:	Ester Cabrera	<a href="mailto:asudavefem@hotmail.com">asudavefem@hotmail.com</a>

Below are the current weight specifications:

Implements/Engins/Geräte/artefacto

	<b>Age</b>	<b>Hammer</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>
<b>FEMALE</b>	F35-49	4K	4K	1.0K	600G	9.08K (20#)
	F50-59	3K	3K	1.0K	500G	7.26G (16#)
	F60+	3K	3K	1.0K	400G	5.45K (12#)
	F80+	3K	3K	.75K	400G	5.45K (12#)