

2022 State Track & Field Championships

| AVAILABLE SHOTS | |
|---|---------------------------------------|
| BOYS | GIRLS |
| 12 lb. Cast Iron | 4 kg (95 mm) Stainless Steel |
| 12 lb. (103 mm) Stainless Steel | 4 kg (100 mm) Lathe Turned |
| 12 lb. (108 mm) Lathe Turned | 4 kg (104 mm) Lathe Turned |
| 12 lb. (109 mm) Lathe Turned | 4 kg (105 mm) Lathe Turned |
| 12 lb. (115 mm) Lathe Turned | 4 kg (109 mm) Lathe Turned |
| 12 lb. (117 mm) Lathe Turned | |
| Allowable size range (98.4 mm – 117.5 mm) | Allowable size range (95 mm – 110 mm) |

| AVAILABLE DISCUS | |
|--|--|
| BOYS (Rim Weight) | GIRLS (Rim Weight) |
| Pacer Carbon (91%) | Polanik Carbon Blue (85%) |
| Denfi Jurgen Schulte Ultimate Spin (85%) | Denfi Space Traveler Blue (85%) |
| Denfi Space Traveler (85%) | UCS Orange Flyer (84%) |
| Polanik Carbon Red (85%) | Denfi Jurgen Schulte Ultimate Spin (84%) |
| Nelco Olympian Blue (83%) | Nelco Ultima (83%) |
| Stackhouse Olympian Blue (83%) | Nelco Olympian Blue Super Spin (83%) |
| UCS Orange Flyer (83%) | Stackhouse Blue (83%) |
| | Blazer Yellow (83%) |
| Denfi Springco Yellow (83%) | Denfi Jurgen Schulte White (83%) |
| Denfi Springco Black (83%) | Gill Carbon Black (80%) |
| Cantbrian Black (82%) | Nelco Red (80%) |
| OTE VHM Red (82%) | Pacer Gold (78%) |
| Pacer Saturn II Gold (81%) | Denfi Black (77%) |
| Gill Blue (75%) | Denfi Yellow (77%) |
| Blazer Top Fly Blue (75%) | OTE VHM (76%) |
| Nelco Red Low-Spin (75%) | OTE High Moment (76%) |
| Gill Hollow Wood (74%) | |
| Denfi Rubber | Blazer Top Fly Blue (75%) |
| OTE High Moment (78%) | Nelco Red Low Spin (75%) |
| Blazer Wood (75%) | Gill Hollow Wood Star (65%) |
| | Denfi Rubber |