

Javelin Throwing Requirements/Norms

Compiled by: Kari Ihalainen, National Javelin Coach, Korea
Strength (MEN)

Competition Level	Back Squat (kg)	Front Squat (kg)	Power Clean (kg)	Power Snatch (kg)	Pullover (kg)	Bench Press (kg)	Jerk (kg)
50m	100	80	70	50	60	70	70
55m	110	90	80	60	70	80	80
60m	120	100	90	70	80	90	90
65m	130	110	100	75	90	100	100
70m	150	130	115	85	95	115	110
75m	170	150	130	95	100	120	120
80m	190	170	140	100	110	135	130
85m	200	180	145	110	120	140	140
90m	210	190	150	120	125	145	150
95m	220	200	160	125	130	150	160

Javelin Throwing Requirements/Norms

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Strength (WOMEN)

Competition Level	Back Squat (kg)	Front Squat (kg)	Power Clean (kg)	Power Snatch (kg)	Pullover (kg)	Bench Press (kg)	Jerk (kg)
40m	60	50	60	45	45	40	45
45m	80	70	70	50	50	50	55
50m	90	75	75	55	60	60	65
55m	100	80	80	60	65	70	75
60m	120	95	95	70	70	75	90
65m	130	105	105	75	85	80	95
70m	140	110	110	80	90	90	100
75m	150	115	115	85	95	95	105

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Explosive Power (MEN)

Competition Level	Standing Long Jump (cm)	Standing 3-Jumps (cm)	Standing 5-Jumps (cm)	Overhead Backward (5.4kg)	Underhand Throw (5.4kg)	Overhead Forward (4kg)	Overhead Forward (2kg)
50m	260	810	1350	1500	1250	1200	1500
55m	270	820	1400	1550	1300	1300	1600
60m	280	840	1450	1650	1400	1400	1800
65m	290	870	1500	1750	1600	1500	2000
70m	300	900	1580	1850	1700	1600	2200
75m	305	930	1600	1950	1750	1700	2400
80m	310	960	1620	2000	1800	1800	2600
85m	320	1000	1640	2050	1850	1850	2700
90m	325	1020	1660	2100	1900	1900	2800
95m	330	1030	1680	2150	1950	1950	3000

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Explosive Power (WOMEN)

Competition Level	Standing Long Jump (cm)	Standing 3-Jumps (cm)	Standing 5-Jumps (cm)	Overhead Backward (4kg)	Underhand Throw (4kg)	Overhead Forward (2kg)	Overhead Forward (1kg)
40m	220	700	1150	1200	1050	1200	1600
45m	235	740	1200	1350	1200	1300	1800
50m	240	770	1250	1500	1350	1550	2000
55m	250	800	1300	1600	1500	1700	2400
60m	255	830	1350	1700	1600	1800	2600
65m	260	850	1380	1750	1650	1850	2700
70m	265	880	1410	1800	1700	1900	2800
75m	270	900	1420	1850	1750	1950	2900

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Speed & Specific Strength (MEN)

Competition Level	Flying 20m (seconds)	Standing 30m (seconds)	Standthrow Javelin (m)	600g Javelin w/approach (m)	Standthrow 2kg ball (m)	Standthrow 1kg ball (m)
50m	2.32	4.30	35	60	20	30
55m	2.30	4.25	37	65	22	32
60m	2.28	4.20	40	70	25	36
65m	2.26	4.15	46	75	29	40
70m	2.24	4.10	49	80	32	44
75m	2.22	4.05	52	85	36	48
80m	2.20	4.00	55	90	38	52
85m	2.18	3.95	58	95	40	56
90m	2.16	3.90	62	100	42	60
95m	2.14	3.85	65	105	44	64

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Speed & Specific Strength (WOMEN)

Competition Level	Flying 20m (seconds)	Standing 30m (seconds)	Standthrow Javelin (m)	400g Javelin w/approach (m)	Standthrow 1kg ball (m)
40m	2.75	4.80	28	50	22
45m	2.65	4.75	32	55	27
50m	2.55	4.70	35	60	30
55m	2.50	4.65	38	65	34
60m	2.45	4.60	42	70	37
65m	2.40	4.55	45	75	40
70m	2.35	4.50	48	80	43
75m	2.30	4.45	50	85	46