



WEIGHT THROW TRIATHLON (LSW)

Yearly age coefficients

Men	Age	Women
1.000	30	1.000
1.007	31	1.007
1.015	32	1.014
1.023	33	1.022
1.032	34	1.030
1.041	35	1.038
1.051	36	1.047
1.061	37	1.056
1.072	38	1.066
1.083	39	1.077
1.095	40	1.088
1.108	41	1.099
1.121	42	1.111
1.134	43	1.123
1.149	44	1.137
1.164	45	1.150
1.180	46	1.165
1.196	47	1.180
1.214	48	1.196
1.232	49	1.212
1.026	50	1.229
1.042	51	1.247
1.059	52	1.266
1.077	53	1.286
1.095	54	1.306
1.115	55	1.328
1.135	56	1.350
1.157	57	1.374
1.179	58	1.398
1.203	59	1.424
0.973	60	1.450
0.993	61	1.478
1.014	62	1.507
1.037	63	1.538
1.060	64	1.570
1.084	65	1.603
1.110	66	1.638
1.137	67	1.674
1.165	68	1.712
1.194	69	1.752
0.962	70	1.793
0.987	71	1.837
1.013	72	1.883
1.041	73	1.930
1.071	74	1.980
1.101	75	2.032
1.133	76	2.087
1.167	77	2.144
1.203	78	2.204
1.240	79	2.267
1.279	80	2.333
1.321	81	2.403
1.364	82	2.475
1.410	83	2.552
1.458	84	2.632
1.508	85	2.716
1.562	86	2.804
1.618	87	2.897
1.677	88	2.995
1.740	89	3.097

Weight throw triathlon **regulations** can be found at:
<http://www.joomla.lsw-speziatsport.de/Anlagen/LSW-Wettkampfordnung.pdf>

Lithuania is a small country, so often in different age groups participate one, two athletes only (in some age groups there are no sportsmen). Thus, yearly age coefficients are not only desirable, they are necessary in Lithuania. We hope that other countries will use the Lithuanian yearly age coefficients too.

Yearly age coefficients are determined using the exponential function: $k = A \cdot e^{a+b \cdot m^n}$. In equation: k is yearly age coefficient, A is the coefficient, which evaluates the increase of result (decrease of yearly age coefficient) when the mass of shots is changing, m is the age of the athlete (in years) at the time of sport event (it is calculated by deducting athlete's birthday from the first day of the competition), a and b are coefficients that depend on the statistically obtained averages of the results in age groups, n is the exponent.

Men	Women
$k = A \cdot e^{(-0,08711)+0,00001758 \cdot m^{2,5}}$	$k = A \cdot e^{(-0,07918)+0,00001620 \cdot m^{2,5}}$
when $m \leq 49$, $A=1.0000$, when $50 \leq m \leq 59$, $A=0.8200$, when $60 \leq m \leq 69$, $A=0.6501$, when $m \geq 70$, $A=0.5103$.	For all sportsmen $A=1.0000$.

Note. Yearly age coefficients are presented in the table. Their meanings are rounded to four significant digits. These rounded meanings should be used on computer programs; otherwise the results calculated using the formula given and results presented in the table will differ slightly.



Author of yearly age coefficients – dr. Kęstutis Vislavičius