

SHOT PUT

EQUIPMENT :

TAPE MEASURE, MEASURING POLE
 EVENT SHEETS BOYS 5-8 GIRLS 5-8
 4-5 OFFICIALS = RECORDER, MEASURER, 2-3 JUDGES
 6 # SHOT PUT FOR ALL GIRLS & 5TH/6TH GRADE BOYS
 8# SHOT PUT FOR 7TH & 8TH GRADE BOYS

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1. FIRST CALL FOR THE GRADE & GENDER BASED ON THE ORDER OF EVENTS FOR THE DAY AT THE SAME TIME AS THE FIRST CALL FOR THE 1600M. PRACTICE SHOULD TAKE PLACE AT THE TIME DESIGNATED BY THE MEET DIRECTOR OR FIELD COORDINATOR WITH COMPETITION STARTING PROMPTLY THERE AFTER. COMPETITION CAN BEGIN PRIOR TO THE START TIME IF THE ATHLETES HAVE CHECKED IN AND TAKEN THEIR PRACTICE THROWS AND BEEN SANCTIONED BY THE MEET DIRECTOR OR FIELD EVENT COORDINATOR. MAKE FIRST CALL FOR THE NEXT GROUP WHEN THE GROUP PUTTING HAS COMPLETED THEIR FIRST SET OF PUTS.

2. ATHLETES MAY SIGN IN AND LEAVE FOR A TRACK EVENT. REMIND THEM TO RETURN AS SOON AS POSSIBLE.

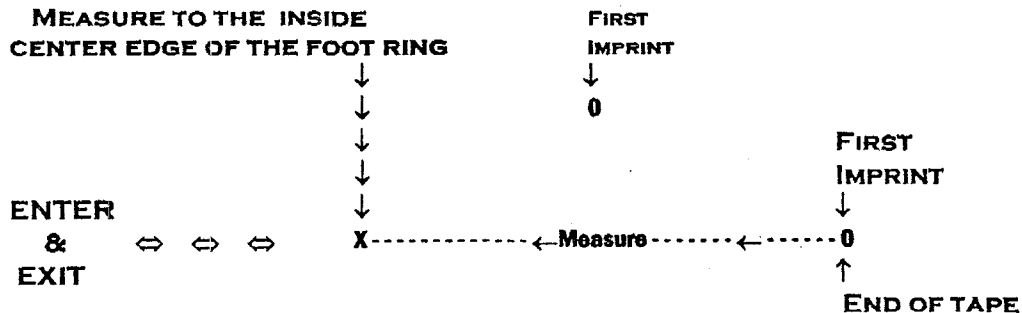
3. EACH COMPETITOR WILL GET 3 PRACTICE THROWS. BY ROTATION ONLY.

4. EACH COMPETITOR WILL RECEIVE 4 THROW (PUT) ATTEMPTS IN ROTATION. A THROW (PUT) IS A SCRATCH, IF ANY PART OF THE FOOT GOES BEYOND THE INSIDE OF THE FOOT RING. MARK THE SHEET WITH AN "S" FOR A SCRATCH.
PLEASE BE CONSISTENT!

5. MEASURE EACH LEGAL THROW(PUT) TO THE nearest 1/4". MARK THROWS FROM THE FIRST IMPRINT OF SHOT IN THE SAND CLOSEST TO THE FOOT RING. THE END OF TAPE MEASURE SHOULD BE AT THE EDGE OF THE IMPRINT CLOSEST TO THE RING AND THE MEASUREMENT SHOULD BE READ FROM THE TAPE TO THE CENTER POINT OF THE TOE RING. PLEASE BE CONSISTENT!

6. THE "SLING" OR SIDE ARM TECHNIQUE IS NOT ALLOWED. THE SHOT MUST BE PUT FROM INSIDE THE NECK. NO SPIKES ARE ALLOWED IN THE SHOT-PUT RING.

7. ATHLETES MUST EXIT AT THE "END" OF THE SHOT-PUT RING. ONE WARNING, SECOND TIME WILL RESULT IN A DQ FOR THAT THROW(PUT).



S = SCRATCHED

NO HORSE PLAY WITH SHOTS

Revised Jan 2002