

Setting up the Shot-Put Venue and Weight Throw Venue

Shot Put Venue

Things to have available

1. At least two measuring tapes of 50M to 100M
2. 8M/26' tape measure
3. 2 metal Pokers (type used for marking in the field)
4. White Vinyl or Duct Tape 5cm wide
5. Large Black Sharpie or Black Paint Marker
6. Roll of Athletic Tape (optional)
7. Adjustable Wrench or Socket Set
8. USATF or NCAA Rules Book (depends on competition level)
9. Broom & Towels (to clean ring and surrounding area)

Step One – Measure the Throwing Circle and Board

1. The board containing the circle shall be a minimum of 3.05M square.
2. The throwing circle shall be round and measure 2.135M (84 inches/7 feet)

Step Two – Find the Center of the Throwing Circle

1. From any point on the circle run your tape measure the full 84 inches across the full length of the circle.
2. Using your black Sharpie or paint stick place a small mark on the surface of the ring at the 42-inch point of the tape.
3. Move your tape 90 degrees from where you had it and run the tape the full 84 inches across the circle
4. Using your black Sharpie or paint stick place a mark on the surface of the ring at the 42-inch point of the tape.
5. These two marks should be at the center of the ring. If they do not match up exactly remeasure the points.
6. Using your black Sharpie or paint stick. Make a mark about the size of a dime at the center of the ring.

Step Three – Inspect the Toe Board

1. Measure the toe board from right to left. It should measure 1.21M (+/- 0.01M) or 47-5/8 inches
2. Measure the center of the toe board (narrowest shop. It should measure 112mm (+/- 2mm) or 4-3/8 inches front to back
3. Measure each side of the toe board. They should measure 300mm (+/- 2mm) or 11-1/2 inches front to back.
4. Measure the height of the toe board. It should measure 100mm (+/- 2mm) or 3-7/8 inches top to bottom.
5. Make sure inside front of the toe board is flush with inner part of ring.
6. Make sure the toe board is securely attached and not loose. Tighten with adjustable wrench or socket set.

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Step Four – Mark the location of the wooden platform used for the ring on the floor. (If a non-permanent ring is not used.)

1. Make sure the sector marks on the toe board and platform board line up with the start of the sector lines.
2. Once the board is line up and square to the sector, mark each corner with athletic, duct or vinyl tape on the floor.
 - a. If the board moves during competition, you are able to move it back to its original location using the marks on the floor as a reference, so each throw is measured from the same location every time.
3. Secure board by adding weights to the four corners outside the ring (circle).

Step Five – Inspect the Stop Barrier (Indoor)

1. A stop barrier should be provided far enough away from the ring to prevent shots from rolling beyond landing area of the venue.
2. The barrier should be far enough out so the athlete with the longest entry mark is not able to jump or throw over the barrier.

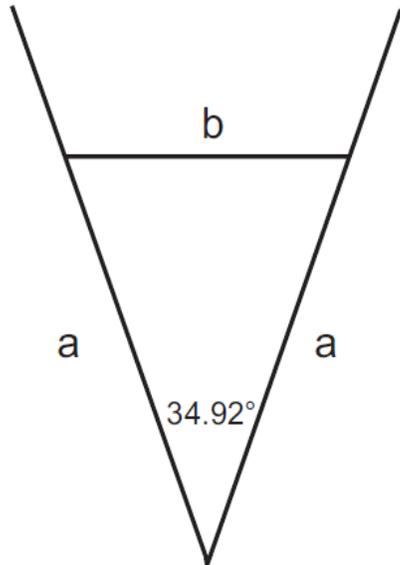
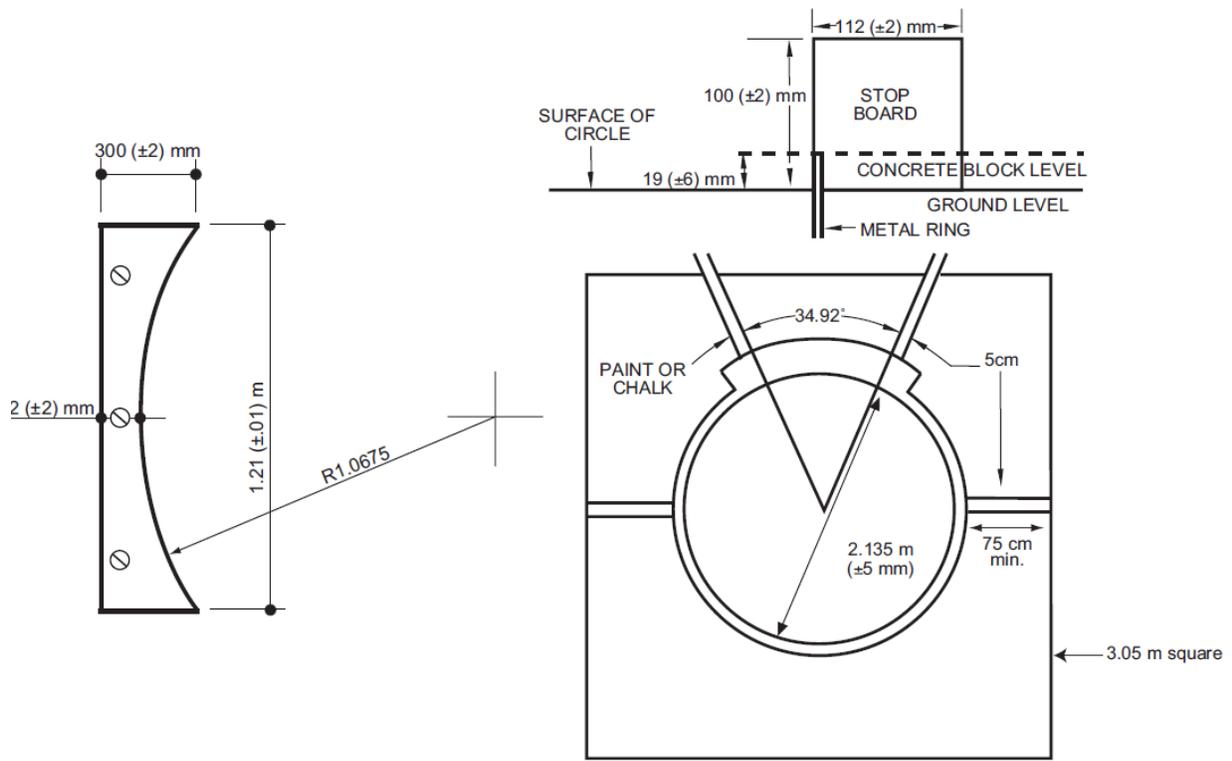
Step Six – Check the Sector Angle (34.92 degrees) and Markings (5cm wide stripes)

1. Things you need
 - a. Two 50M or 100M measuring tapes
 - b. Athletic or vinyl tape
 - c. Sharpie marker
 - d. 2 metal Pokers (type used for marking in the field)
 - e. Two or three people
2. One person takes a measuring tape with a poker attached and places the poker on the center mark of the circle.
3. Second person runs the measuring tape out 15M along the inside of one of the sector lines and places a piece of athletic or vinyl tape at the 15M point of sector.
 - a. Using a Sharpie Marker, place a mark on athletic or vinyl tape at the exact point of 15M on the inside of sector line.
4. Repeat Step 3 on other sector line.
5. First person with measuring tape moves their poker to one of the two marks at 15M along inside of sector marks.
6. Second person takes the measuring tape and runs it across the sector to the other 15M mark.
 - a. The distance between the two marks must be 9M
7. If the distance between the two 15M marks is not 9M then one of the sector lines must be moved in or out so the two sector lines are 9M apart at two points being 15M out from the center of the circle.

Note: Check to make sure the sector lines are 5cm wide from the toe board out to the end of the throwing area.

Note: Other distances can also be used to measure sector to increase accuracy in checking and marking sector lines. See the chart below.

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a (meters)	b (meters)
5	3
10	6
15	9
20	12
25	15
50	30
75	45

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Weight Throw Venue

The Weight Throw requires to use of a cage to reduce the risk of errant throws from leaving the ring area. ***Cage design is acknowledged to provide limited protection for spectators, officials and competitors. It does not ensure safety.*** Exact measurements and pole placements may vary based on facility and cage design but should provide for the minimum distances specified.

Note: The throwing ring set up and dimensions are the same as the shot put, but no toe board is used on the ring.

Additional Notes for Weight Throw Set-up (cage inspection)

Additional things to have available:

1. Zip Ties

Step One – Inspecting the cage.

1. The throwing circle shall be surrounded by a cage made with suitable material, hung from and between rigid posts, sufficient to withstand and absorb an impact from the implement so that the implement will not escape over or through, and to reduce the possibility of the implement ricocheting or rebounding back toward the competitor. The purpose of the cage is to contain, but not interfere with, the flight path of the implement.
2. The rigid posts surrounding the circle shall be positioned to allow for panels of suitable material approximately 1.91 meters wide, at least 3.66 meters high and at least 2.5 meters from the center of the circle.
 - a. If you find holes in the netting or cage material, you can use zip ties to close the hole(s), preventing implements from going through the cage.
 - b. Also, make sure cage material is draped on the ground so nothing can get underneath.
3. The two movable panels shall be at least 1.30 meters wide and at least 3.66 meters high.
4. An area of flagging shall identify an implement landing danger zone of at least 55 degrees from the center of the throwing circle.
5. Cage configurations that are more restrictive than the minimums set forth in the rule may be used.

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