

THROWS -- PREPARATIONS

Discus, Hammer, Shot Put, Weight Throw, & Javelin

(Also see detailed info in the USATF Throws Officials Manual / Monograph)

Personal Equipment Kit

Flags – red, white, yellow	Orange cone	Plastic score sheet rain covers
Clipboards	Broom	Safety pins
Rulebooks	Pens, pencils, felt marker	Pens, pencils, highlighter
Rules/instruction sheets	Measuring tape stick - 3-4'	Metal surveyor's stakes
Stopwatch	Adhesive tape	Hammer
Tape measure (100 m metric)	Yarn/wind indicators	Sunscreen
Towels	Metric/Ft. & inch convrsn sheet	Foot mat

Equipment From Meet Management

Flags – red, white, yellow	Broom	Pennants – 400'
Clipboards	Officials' chairs	Adhesive tape
Timing display/stopwatch	Wind indicator	Safety pins
Cloth tape (120 ft)	Athletes' benches	PA system
Steel tape (75m/100m-Jav)	Event sheets	Performance board (4 digit)
Towels (3-4)	Hard tine rake (SP)	Palm Pilot
Orange cone	Safety barrier (SP)	Chalk dish & chalk

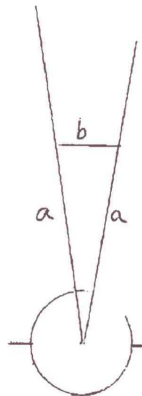
1. Determine from meet mgmt:
 - a. Who is the Field Referee? Other throws event officials assigned?
 - b. Trials/one final/ method to advance? Number of throws?
 - c. Warm-up times: general & for flights?
 - d. Escorts required? Meet records—men & women? Where is medical staff?
 - e. Keep/release athletes when done? Palm pilot operator? Awards – when & where?
 - f. Color & mark used by weights & measures; tell them what time you need all the implements brought to the venue (usually ½ hour before the competition starts)?
 - g. Where to pick up the event sheets & where to turn them in at the end of the event?
2. Obtain equipment listed above from meet management.
3. Set up the venue; safety considerations are paramount
 - a. Inspect the field/landing area for hazards
 - b. Check sector lines for proper arc (diagram below). Place any distance markers just outside sector lines.
 - c. Set up barriers - ropes, pennants, fences, etc. 10-15 feet outside both sector lines restricting entry to the landing area. If possible, restrict access directly behind ring so spectators don't walk in field of vision of throwers. Set up barriers to keep shot put from rolling into other nearby venues.
 - d. Check tape measure at zero end & attachment to tape stick so that distance is accurate; extend the tape measure, keep it outside the sector on the side opposite the athletes' bench
 - e. Inspect the ring or runway for hazards – ring border and stop board secure, no tears in runway surface; ensure center point for sector lines is well marked for tape pull-through point
 - f. Inspect the cage to confirm it meets specifications of Rules 1-9.1 & 10-8.1.
 - g. Sweep the ring or runway, see if it needs to be dried, place an orange cone in the ring/runway until open for warm-ups. Keep path from athletes' bench to ring free of debris, have mat/towels/other surface to clean shoe soles just prior to entering ring.
 - h. Set up performance boards, wind indicators, timing display, and chairs for officials. Set up athletes' benches usually where there's the most room, but on the opposite side from the spectator bleachers if possible. Also set up water and chalk dish near athletes' benches.
 - i. Tape down tape measure along edge of Jav runway
 - j. Obtain implements from Weights & Measures; check marks; impound all other implements.

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4. Other officials - assign to positions; brief them on duties, positions, & rules (see Monograph, pgs 15-17, & 33-36).
 - a. At the ring/runway-Head Judge, Timer, Recorder, Tape Puller, Tape Reader, Circle/Arc Judge, Flt Coord
 - b. In the field – Marker(s), Sector Judges, Implement Retrievers, Flats Caller (Jav)
 - c. Officials focus solely on your own duty - circle, sector, landing
 - d. Measurements – measure from the nearest edge of the mark to the inside edge of the circle/arc; pull tape taut thru center point, eliminate twists; announce dist, recorder repeat
 - e. In the field -- never turn your back on the ring/runway; carry, do not throw or roll implements
5. Check-in all athletes (NCAA-must report in before 1st competitive throw).
6. Line up the each flight, check competition number, proper uniform, place implement in their non-throwing hand w/the mark showing & their throwing hand palm up inspecting for any bandage on their throwing hand
7. Records - note meet and other records (must use a steel tape for records).
8. Inspect implements upon retrieval for damage
9. Control the circle and runway – do not call the next thrower up until you're sure all officials are ready
10. Warm-ups - Determine and announce start and end times; supervise warm-ups at all times.
11. Inclement weather-determine if conditions are unsafe; if so suspend competition, notify Field Referee Brief athletes on the rules and competition procedures (see Rules & Briefing Sheet)
12. Sweep or dry the ring or runway as necessary to keep it free from dirt, sand, debris, and moisture
13. Sector measurement chart – Shot Put, Discus Throw, Hammer Throw, and Weight Throw:

34.92 DEGREES

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



14. Sector measurement chart – Javelin: The sector for the javelin can be laid out by making the distance between the sector lines one-half the distance from the center of the circle from which all measurements are made by using the table below and the diagram above:

DISTANCE FROM POINT A ALONG SECTOR LINE (METERS)	DISTANCE BETWEEN INSIDE OF SECTOR LINES (METERS)
8.00	4.00
20.00	10.00
40.00	20.00
50.00	25.00
60.00	30.00
75.00	37.50
100.00	50.00