

Weights and Measures

Equipment Needed – Sign In

- **Weights & Measures Signs**
- **Tape – Masking, Duct and Athletic**
- **Forms**
- **Clipboards**
- **Writing Pens**
- **Labels**
- **Permanent Markers**

Equipment Needed

- **Implement Certification Kit**
- **Extra C-Clamp**
- **Level**
- **Javelin Gauge**
- **Milk or Soft Drink Crates**

Other Items Needs

- **Meet Schedule**
- **Implement Check In Schedule**
- **Rule Books**
- **Specification Tables**
- **Implement Handbook –**
www.usatf.org/groups/officials/resources/weights-and-measures/
- **Latest edition is June 2010**
- **Paint Sticks**
- **Colored electrical tape**

Room Set Up

- **4 Tables**
- **1st Table at entrance of room for sign in – also limits access to room**
- **2nd Table off to one side for weighing, Shots and Discus**
- **3rd Table other side of room for Hammers**
- **4th Table – Back of Room for Javelins**

Check In Procedures

- **Consistency in checking in all implements**
- **One implement per line on form**
- **Make sure implements are clean**
- **Make sure each implement has school or individual name on it**
- **No tape on hammer wires**
- **Put implement in designated area**

Shot

- **Weigh**
- **Finger Holds**
- **Smoothness – Indentations, Cracks**
- **Diameters – Minimum & Maximum – at least 3 locations**
- **Mark across one side of removable plug**

Discus

- **Weigh**
- **Rim – finger holds or**
- **Cracked Plates or Rim**
- **Diameters**
- **Thickness**
- **Plates meet flat at center and rim**
- **Mark both sides of discus if removable center**

Hammer

- **Length of hammer – minimum & maximum**
- **Weight**
- **Diameter of the head**
- **Check head – no cracks – fairly round**
- **Swivel – moveable**
- **Center of gravity**
- **Wire diameter**

Hammer (cont)

- **Loop for damage or wear**
- **Dimensions of the handle – length 110 mm**
- **Tape both ends of wire with electrical tape**

Javelin

- **Check for internal movement**
- **Check cord and weigh**
- **Overall length**
- **Length of head**
- **Length of grip**
- **Check Balance**
- **Measure distance from balance point to tip**

Javelin (cont)

- **Mark 150 mm from each tip**
- **Check for smooth like surface**
- **Check the tip for maximum of 40 degrees**
- **Diameter of tail**

Turbo Javelin

- Overall Length
- Length of Head
- Balance/Center of Gravity
- Length of Head
- Diameter and width of Grip
- Number and length of fins

Weight

- Weight of Implement
- Length of Implement
- Shape of Implement
- Diameter
- Handle
- Handle attachment to Weight
- Condition of bag on Indoor Weight

Pole Vault

- **Must have room to store poles**
- **Able to divide poles into age groups**
- **Vaulter with Bib Number**
- **All poles he/she will use in competition**
- **Weigh the vaulter**
- **Color code the bib and poles with colored electrical tape**

Pole Vault (cont)Example

	Girls	Boys
Yellow	90 pounds	130 pounds
Violet	100 pounds	140 pounds
Orange	110 pounds	150 pounds
Green	120 pounds	160 pounds
Blue	130 pounds	170 pounds
Red	140 pounds	180 pounds
Black	150 pounds	190 pounds

Questions

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