

SHOT PUT

A few reminders before we begin competition:

Make certain that you are legal as pertains to the uniform rule---school issued uniform, any undergarments of a single, solid color with a single manufacturer's logo.

No electronic devices in the area of competition. You may view video or pictures of yourself or other competitors during the competition, but only in an unrestricted area and not during a trial.

Minimum distance that will be measured is: _____

Once called, you will have one minute to initiate your trial. If you wish to pass a trial, you must communicate that to me before being called for that trial. If you need to be excused to compete in another event, please let me know.

The athlete will Not check out until the third call, must check out with the event official, that time indicated on the event sheet. The athlete must return within 5 minutes of the finish of the last heat of their event and two minutes after completing their attempt in another field event.

Show me the mark on your shot before entering the ring on each trial. Once you have entered the ring, you may leave as long as you have not yet initiated your trial. If you have any question about the legality of leaving the ring, please ask me. The one-minute clock continues to run during your time out of the ring.

You may enter the ring from any position. Once the shot has landed at the conclusion of your attempt, you must leave the ring from the back half of the circle.

Are there any questions?

GOOD LUCK TO EACH OF YOU AND ENJOY THE COMPETITION.

Number of athletes competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other FE
More than 3	1	1	1	1	1.5	1
2 or 3 remaining	3	3	1	3	4	1
1 remaining	5	5	1	5	6	1
Consecutive trials	2	3	2	2	3	2