

# Javelin, Discus, Shot Put

## JAVELIN

The object of this field event is to throw the javelin (a steel-tipped metal spear) through the air for the furthest distance.

**Runway Lines:** Two Parallels 4m (4.37yds) apart. And extending for 30m (32.81yds) minimum and 36.5m (39.92yds) maximum.

**Scratch Line:** 7cm (2.76in) wide, marked on an arc drawn from a radius of 8 m (8.75yds), from the centre point (C on diagram) and touches the front end of the runway lines. From the centre of this strip mark, two straight lines extending through the ends of the scratch lines for 90m (98.4yds). The lines are marked at approximately 29in from centre point.

**Sectors:** The first sector is marked 30m (32.81yds) from the centre point C and 15m (16.4yds) apart. The second sector point is marked 60m (65.62yds) from the centre point and 45m (49.21yds). The outer ends of the sector lines should be marked with flags.

**Line Width:** 5cm (1.97in) wide.

## DISCUS

The object of this field event is to throw the discus (a steel rimmed or metal platter) through the air for the furthest distance.

**Confining Circle:** 2.5m (2.7yds) in diameter.

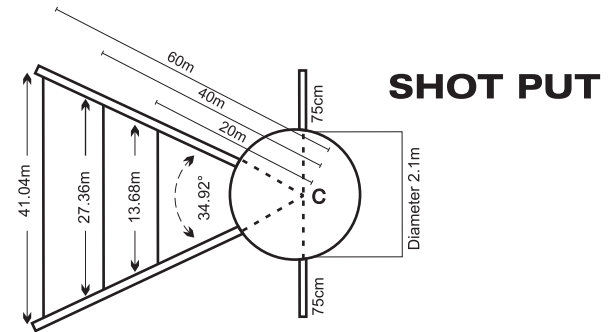
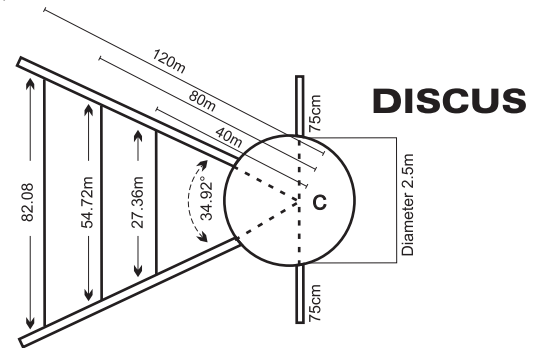
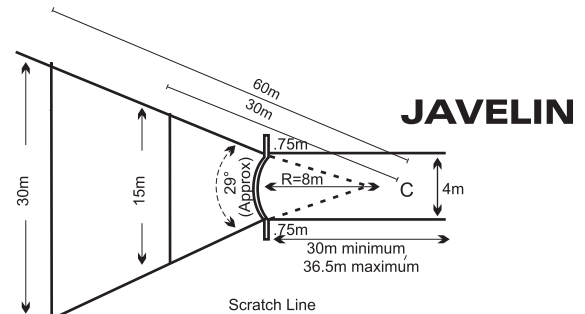
**Sectors:** The first 34.92° sector is marked 40m (43.74yds) from the centre point (C on diagram) and is exactly 27.36m (29.92yds) long. From the centre point to the second sector is 80m (87.49yds) and it is exactly 54.72m (59.84yds) long, the third sector point is 120m (131.23yds) from the centre point and it is 82.08m (89.76yds) long. The outer ends of the sector lines should be marked with flags.

## SHOT PUT

The object of this field event is to push the shot put (a solid metal ball) through the air for the furthest distance.

**Confining Circles:** 2.1m (2.3yds) in diameter.

**Sectors:** The first 34.92° sector is marked 20m (21.87yds) from the centre point (C on diagram) and is exactly 13.68m (14.96yds) long. From the centre point to the second sector is 40m (43.74yds) and it is exactly 27.36 (29.92yds) long. The third sector is 60m (65.62yds) from the centre point and it is exactly 41.04m (44.88yds) long. The outer ends of the sector lines should be marked with flags.



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DIMENSIONS