

Shot Put / Discus Officials Instructions

- **Scratches:** Athletes need to be checked in 15 minutes prior to the event start time or they will be scratched. See attached schedule for scratch and start times.
- **Alternates** to trials may replace athletes from their own league who withdraw (see attached alternate list). Alternates may be inserted 15 minutes prior to event start time. If the league alternate is not present then the next alternate available by rank from the same division may be inserted.
- **At Large Qualifiers From League:** If an at large qualifier from any of the league finals does not check in they cannot be replaced by an alternate. Alternates can only replace automatic qualifiers (top 6 from league finals). If any athletes qualified for this event from their league finals with an at large mark their names have been included in this packet.
- **Competitors who must check out** in the throws must complete all of their first three attempts by the end of their assigned flight. They may compete out of order in their flight by permission of the event official.
- **Warm-ups:** General warm-ups start at reporting time one hour before start time when official arrives. The first flights warm-ups begin at scratch time 15 minutes before start time. After completion of a flight the next flight gets 15 minutes for warm-ups.
- **Qualifiers:** The top six by place will qualify to the Masters Meet plus any athlete who achieves an SJS Masters at large mark. At large marks are posted in the meet format which can be found in your team packet. There are no alternates to the Masters Meet.
- **Implement weigh-in:** All implements must be certified by weights and measures from 1:00-5:00 p.m., located at the north end of the stadium. Check stadium diagram for location.
- **Time Limits:** Throwers have 1.0 minute to complete a trial.
- **Measuring:** All throws must be measured. In the **discus** all measurements must be recorded to the nearest **lesser inch (no ¼, ½, or ¾ inch measurements should be used)**.
- **Flights:** In the prelims, there will be two flights of twelve (12) with each competitor having three attempts.
- **Prelims and Finals:** Eight competitors will move from prelims to finals. In the finals, each finalist shall receive three additional throws with all competitors being re-ordered by mark and having three more attempts to determine place. **Marks from all six throws shall be noted for place.**
- **Ties:** If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals. If a tie still remains use the third best performance etc.
- **Please bring completed results** to the finish line tent.