Crookstown Millview Athletic Club

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June 2010 Newsletter

Shotput

Basics
Competitors take their throw from inside a circle 7 feet (2.13 m) in diameter, with a toe board approximately 4 inches (0.10 m) high at the front of the circle. The distance thrown is measured from the inside of the circumference of the circle to the first disturbance of the soil from where the ball lands.

Rules
Upon calling the athlete's name, he/she has 60 seconds to begin the throwing motion. (this is not normally enforced for juvenile competitions)
The athlete must rest the shot close to the neck and keep it tight to the neck while throwing.
Athlete is allowed to touch the inside edge of the circle but must not touch the top or outside of the toe board.
Shot put must land in a legal sector of the throwing area.
Athlete must exhibit a controlled exit using the rear half of the circle.

Competition
Each competition has a set number of rounds of throws, usually 1 or 2 practice throws followed by 3 rounds of preliminaries to determine seats for the final. The final consists of 3 further rounds (the competitors placings are determined after the preliminary rounds and they then throw in reverse order for the final).
The competitor with the farthest legal put is declared the winner.

Upcoming Events

Saturday 29th May - Lucan Harriers Open Sports

Saturday 5th June - County Javelin & Hurdles Championships in Celbridge

Saturday 5th June - County B Championships in Celbridge

Saturday 19th June - Day 1 Leinster Track & Field U13 - U19 in Tullamore

Sunday 20th June - Day 2 Leinster Track & Field U13—U19 in Tullamore

Sunday 27th June—Round 4 of Kildare League in Crookstown

If you wish to compete in Leinster you must be a registered member. Also make sure that you have told Anne which events you wish to compete in.

Remember that all athletes must sign in over at coffee room before starting training.

www.crookstownathletics.ie
Don't forget to check the website on a regular basis for results, photos, upcoming fixtures and all news relating to the club.