

Shot put

Layout

The shot put facility includes a throwing circle, a stop board and a landing sector. The landing sector is us

Throwing circle

The inside diameter of the throwing circle is $2.135\text{m} \pm 0.005\text{m}$.

Stop board

The stop board is painted white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It is placed midway between the sector lines and firmly fixed to the ground. It measures $1.21\text{m} \pm 0.01\text{m}$ long on the inside. The width at the narrowest point is $0.112\text{m} \pm 0.002\text{m}$ and the height is $0.10\text{m} \pm 0.002\text{m}$ measured above the adjoining surface of the circle when the stop board is firmly in position.

Landing sector

The length of the sector is 25m. The angle of 34.92 degrees is attained if the two sector lines, at a distanc