

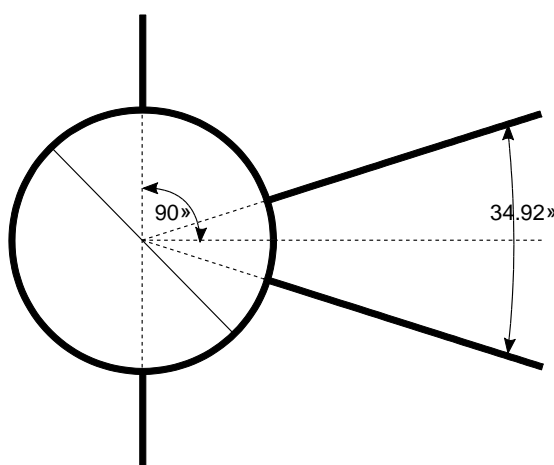
# School Sport SA secondary track and field

## How to mark out discus, javelin and shot put

### Discus

#### Circle dimensions

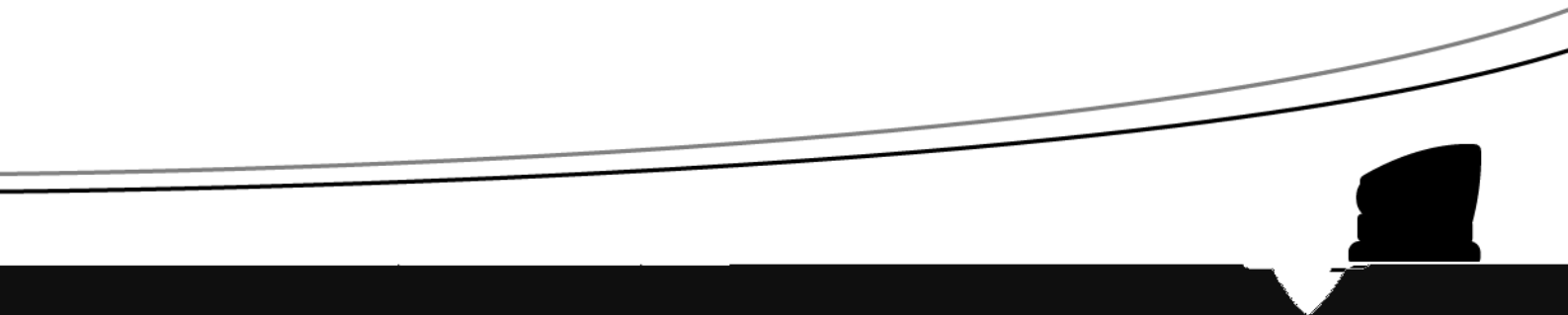
1. A ring 2.50 metres in diameter with a raised edge approximately 20mm high.
2. The discus is thrown from a circle into a sector of 34.92 degrees.
3. The inside diameter being 2.50 metres.
4. All lines used to mark the area are 5cm wide.
5. A line 75cm long is drawn each side of the circle, extending from a theoretical line through the centre of the circle.



# Shot put

## Circle dimensions

1. A ring 2.135 metres in diameter with a raised edge approximately 20mm high.



# Javelin

Throw sector marking out

1.

