

## **Throws**

### **Preparation before competition**

1. Safety
  - a. Inspect the cage/net (Discus and Hammer) for holes or gaps. Make sure that the doors work for the Hammer. – Inform meet management for any needed repairs.
  - b. Set up barriers at least 20 feet outside sector lines to prevent entry into the landing area. More than 20 feet may be needed in some cases. Watch warm-ups and adjust as necessary.
  - c. Determine placement of spectators and athletes in a safe area
  - d. Inspect the landing area for hazards
  - e. Check the toe board to make sure it is secure.
  - f. Determine where athletes may stand during warm-ups and while on-deck. Keep everyone away from the net.
2. Obtain your field score sheets. The number needed will depend on the crew size and measurement system to be used.
3. Check the sector lines. Are they correct?
4. Check any tape measures to be used. Are they the correct measurement system (metric or feet/inches)? Where is the zero point on the tape?
5. Sweep the ring or runway as needed.
6. Place a runway tape beside the Javelin runway.
7. Place cone on the runway prior to allowing warm-up throws.
8. Determine warm-up time limits.
9. Implements – will they be brought in by the implement inspection crew or will individual athletes bring them? Check the implements for the mark of the day.
10. If more than one flight, determine there will be a general warm-up or only flight specific.

### **Warm-ups**

1. Determine where and how implements will be retrieved.
2. Inform athletes how you will run warm-ups, e.g. general or flight specific, time limits, trips into the circle, how many implements per trip.
3. Keep warm-ups safe; make sure volunteers and officials are in position, know the procedure and have been safety briefed.
4. Keep athletes informed on how much time remains.
5. Manage the warm-ups for efficiency. Keep the athletes moving.

### **The competition**

1. Gather the athletes for instructions  
It is not necessary (or desirable) to read all the rules to the athletes. Keep your instructions appropriate for the audience. Make sure that the athletes know how the

competition will be run, the expected flow, how they will be called up, where they may stand when on deck or up next. Give the athletes the order and inform how many for finals.

2. I recommend calling the athletes “up-on deck-on hold” while measuring the previous athlete’s throw, then when everyone is set, call “up” the second time to indicate that the next thrower is on the clock and may make the throw.
3. When using laser measurement, make sure that the official in the sector holds the mark until the next athlete is called up and enters the circle or runway.
4. Depending on the meet, a dark mark may need to be recorded when issues arise from an official’s call.
5. Recorders should record the start and end times for prelims and finals.
6. Recorders should be working on the preliminary marks during competition to help obtain finals quickly. Recorders need to compare and verify marks and finals order after the prelims.
7. After checks have been made, inform the athletes of the minimum mark making the finals and give them the finals throwing order.
8. After completion of the event and final checks, turn over the field sheets to the appropriate meet personnel (referee, HyTek, timer).