

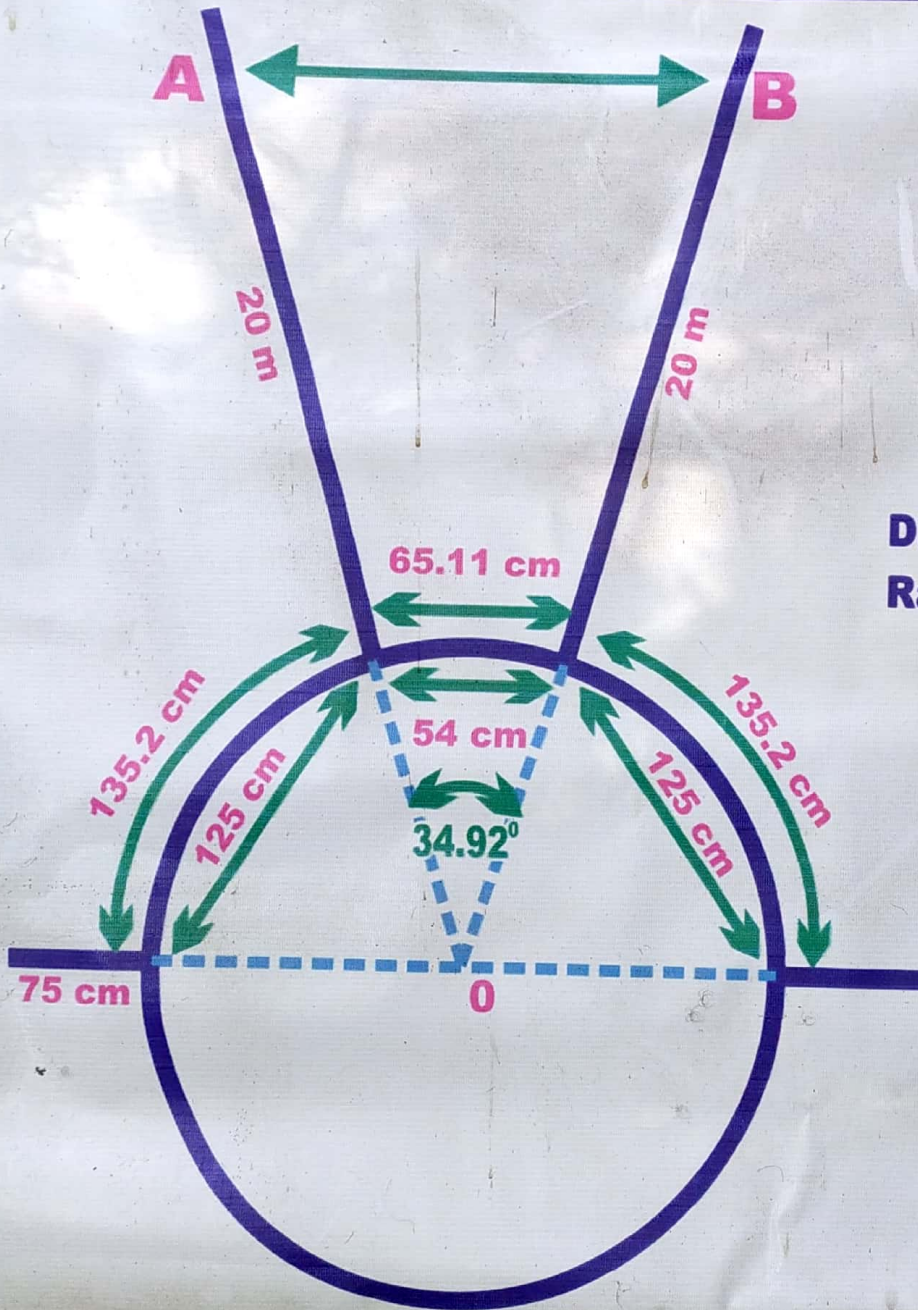


श्री छत्रपती शिवाजी महाविद्यालय



उमरगा, जि. उस्मानाबाद.

METHOD OF MARKING THE SECTOR OF SHOTPUT



Diameter 2.135 mt. (± 5 mm)
 Radius 1.0675 mt.

Implement

Women
(Youth/Jun.,Seni.)

Men
(Youth)

Men
(Junior)

Men
(Senior)

Shotput
(Wt.)

4.000 Kg.

5.000 Kg.

6.000 Kg.

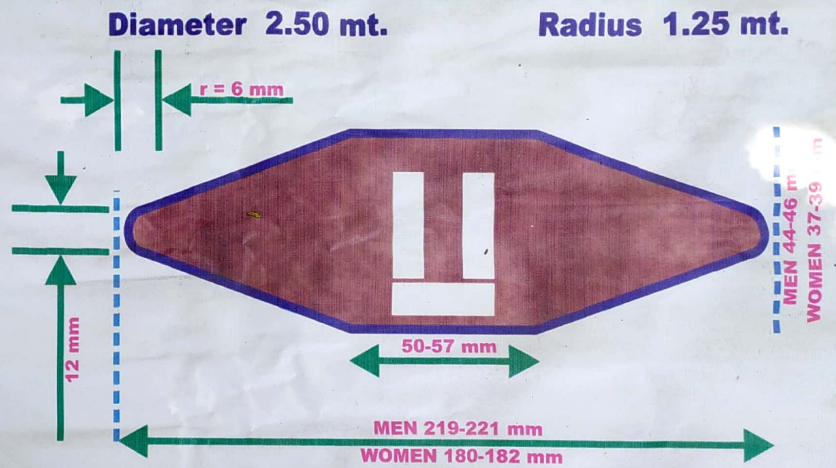
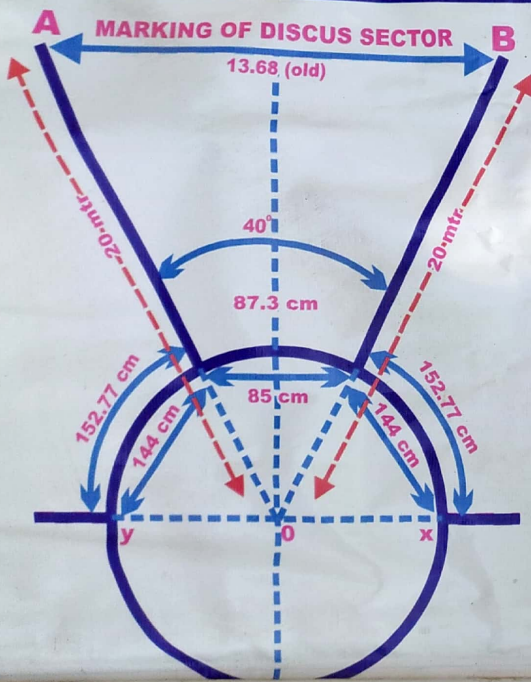
7.260 Kg.



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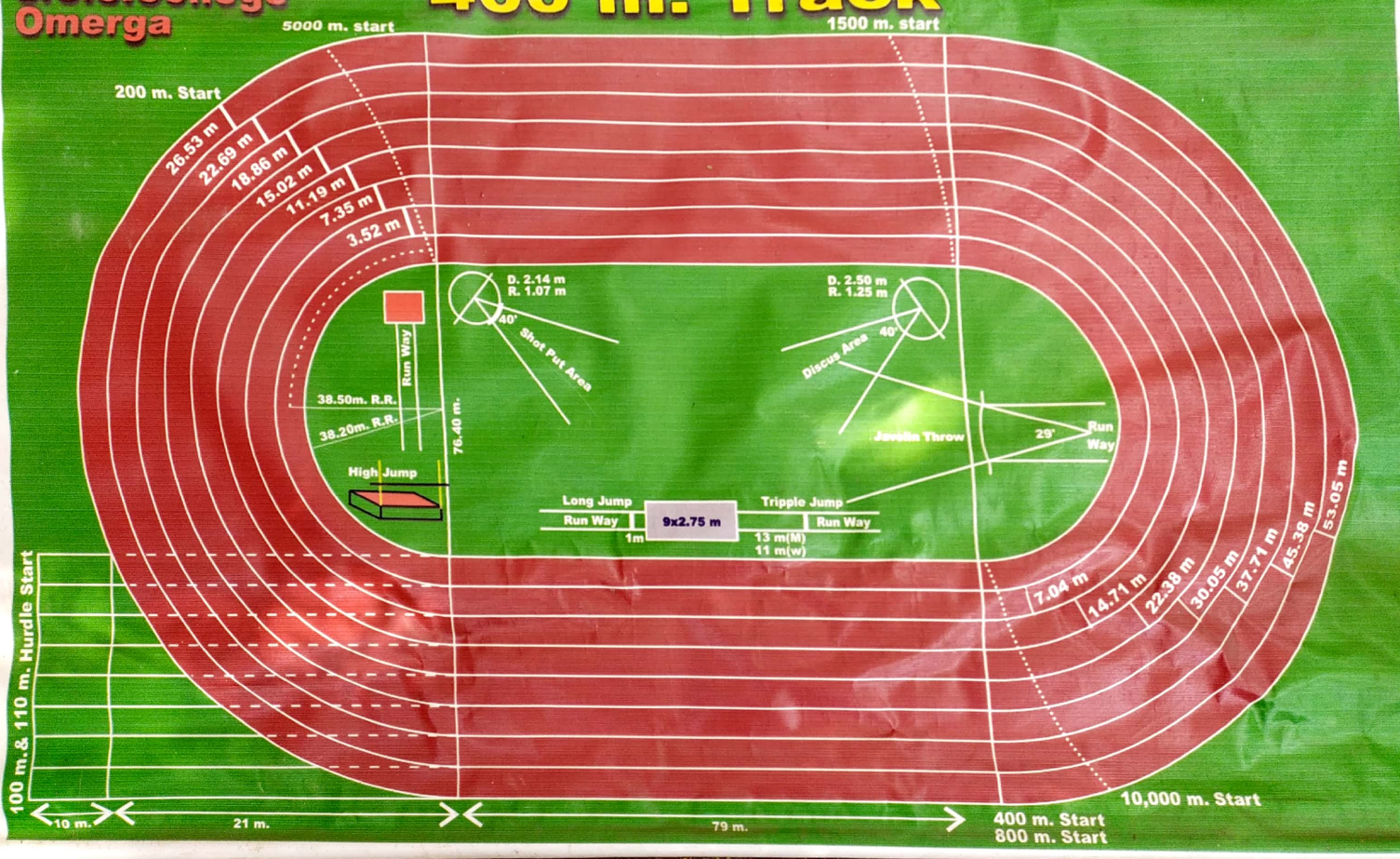
METHOD OF MARKING THE SECTOR OF DISCUS THROW



Implement	Women (Youth/Jun.,Seni.)	Men (Youth)	Men (Junior)	Men (Senior)
DISCUS THROW (Wt.)	1.000 Kg.	1.500 Kg.	1.750 Kg.	2.000 Kg.

**S.C.S.College
Omurga**

400 m. Track



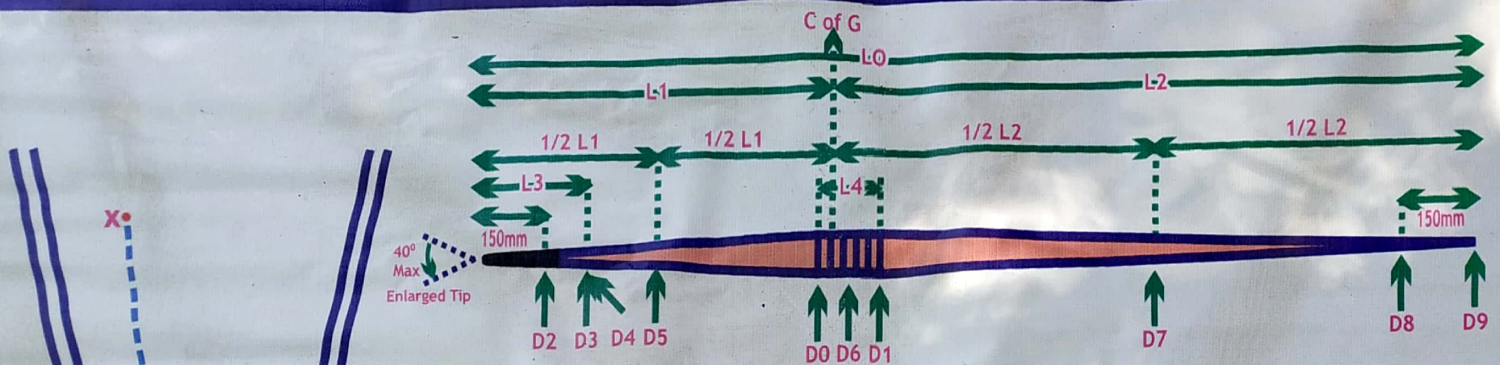


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METHOD OF MARKING THE SECTOR OF JAVELIN THROW



International Javelin											
Lengths (all dimensions mm)						Diameters (all dimensions mm)					
		Men		Women		Men		Women			
Serial	Detail	Max	Min	Max	Min	Serial	Detail	Max	Min	Max	Min
L0	Overall	2700	2600	2300	2200	D0	In front of grip	30	25	25	20
L1	Tip to C of G	1060	900	920	800	D1	At rear of grip	--	D0-0.25	--	D0-0.25
1/2 L1	Hall L1	530	450	460	400	D2	150mm from tip	0.8 D0	--	0.8 D0	--
L2	Tail to C of G	1800	1540	1500	1280	D3	At rear of head	--	--	--	--
1/2 L2	Half L2	900	770	750	640	D4	Immediately behind head	--	D3-2.5	--	D3-2.5
L3	Head	300	250	330	250	D5	Half way tip to C of G	0.9 D0	--	0.9 D0	--
L4	Grip	160	150	150	140	D6	Over grip	D0+8	--	D0+8	--
						D7	Half way tail to C of G	--	0.9 D0	--	0.9 D0
						D8	150mm from tail	--	0.4 D0	--	0.4 D0
						D9	At tail	--	3.5	--	3.5

Implement	Women (Youth/Jun.,Seni.)	Men (Youth)	Men (Junior)	Men (Senior)
Javelin (Wt.)	600 Grm.	700 Grm.	800 Grm.	800 Grm.