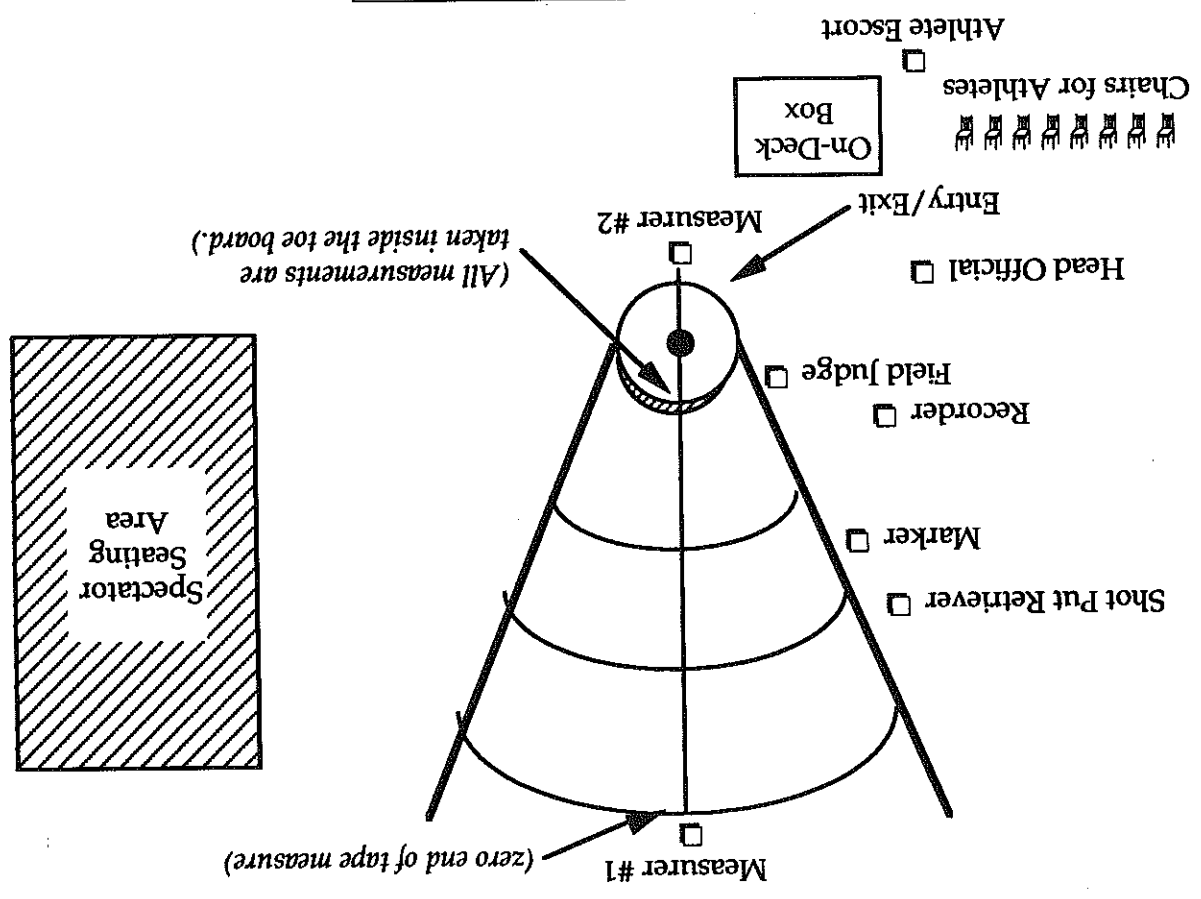


- Event Flow**
1. The Head Official oversees all Shot Put areas.
 2. Once his/her name is called, each athlete is given 90 seconds to attempt a put.
 3. The Field Judge verifies each put by raising a white flag for a legal put or a red flag for a foul.
 4. The Marker enters the pit after the shot is put and marks the landing point.
 5. Measurer #1 enters the landing pit and positions the zero end of the tape at the marked point.
 6. Measurer #2, located at the back of the circle, pulls the tape taut through the "X" at the center of the circle and positions the tape at the front of the circle, inside the toe board.
 6. The Field Judge reads the distance from inside the toe board.
 6. The Recorder records the distance.



Shot Put