

Marking the 34.92 degree sector for the Shot Put and Discus

Beginning with the 2007 season the 34.92 degree sector must be used for both the shot put and discus.

Note: It is easier to mark the 34.92-degree sector than the 40-degree sector.

34.92-Degree Throwing Sectors

1. From the center of the circle, mark off a boundary of 20 yards. (Mark # 1)
(Diagram 1)
2. From that mark, measure toward the other outer boundary line a distance of 12 yards (.6 of 20 yards) and make another mark. (Mark # 2)
(Diagram 2)
3. From the center of the circle, measure the other outer boundary line 20 yards. Align mark # 2 with this measurement, and the result is a 34.92-degree throwing sector.
(Diagram # 3)

