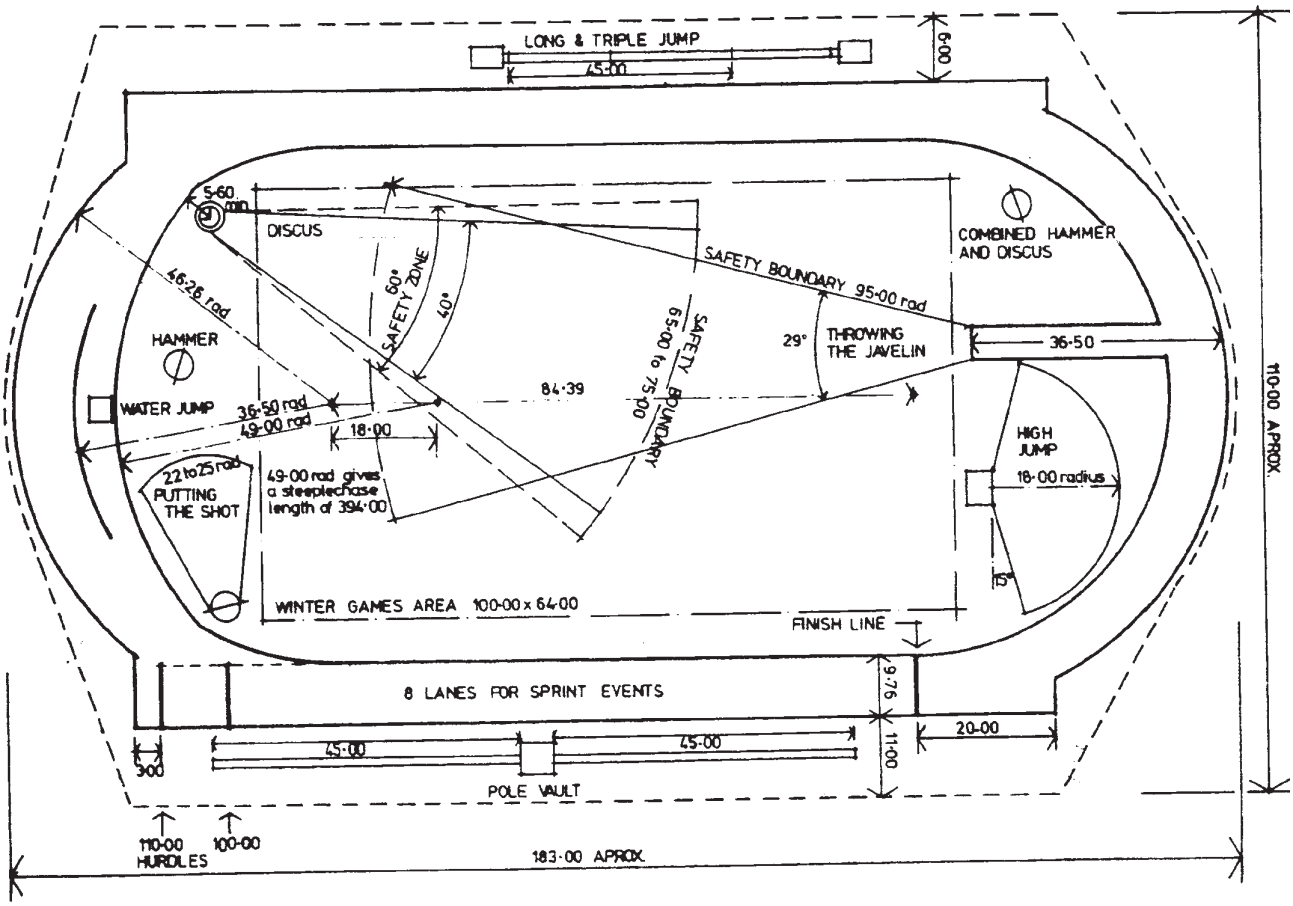
Athletics - Field events

Dimensions for sport playing areas

1. ONE SUGGESTED FIELD EVENT LAYOUT



The danger zone sector for hammer is 85°. As most throwers are right handed, it is better to locate the hammer circle so that the danger of a hammer landing on the track is minimised.

There should be a javelin runway at the other end of the track to allow for different wind conditions.

In Australia it is usual to locate steeple water jump on the outside of the track so that steeple hurdles do not have to be moved onto the track during the event.

When large numbers of athletes have to be catered for, additional high jump, long jump, javelin and shot put facilities may be required.

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FIELD EVENTS

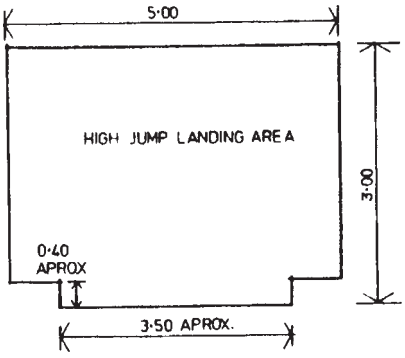
2. HIGH JUMP

The runway length is unlimited, however the minimum length is 15m. (Where possible, recommended minimum length should be 18m.)

The maximum overall inclination of the runway and takeoff area is 1:250 in the direction of running.

The take-off area must be level.

The landing area should measure not less than 5m long by 3m wide.



3. POLE VAULT

The runway shall have a minimum width of 1.22m. The length of the runway is unlimited, however the minimum length is 40m. (Where possible the recommended minimum length should be 45m.)

The maximum allowance for lateral inclination of the runway is 1:100 and in the running direction 1:1000.

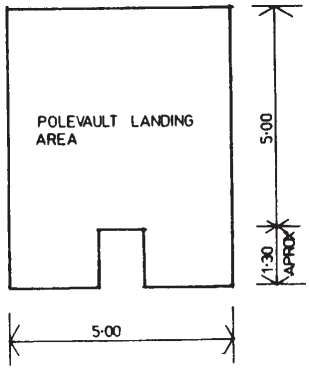
No marks are placed on the runway, but a competitor may place marks (supplied by the Organising Committee) alongside the runway. No marks are placed in any pit or landing area.

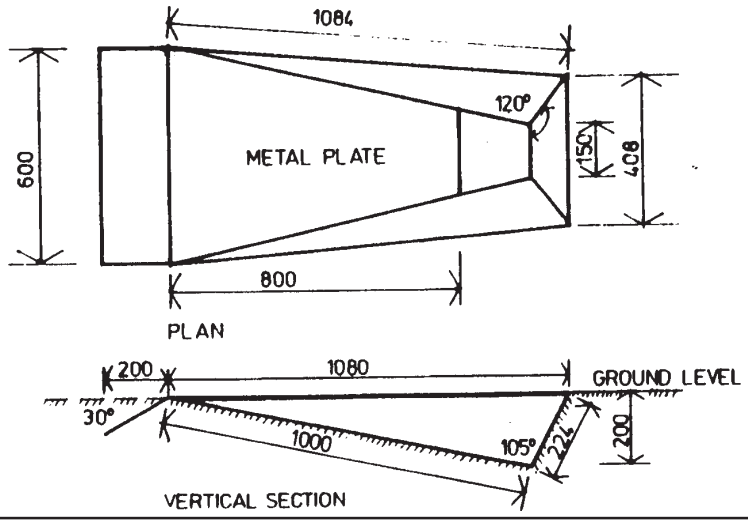
The landing area should measure not less than 5m x 5m.

The pole vault box is constructed of some suitable rigid material, sunk level with the ground and 1.0m in length, measured along the inside of the bottom of the box, 600mm in width at the front end, and tapering to 150mm in width at the bottom on the stopboard. The length of the box at ground level and the depth of the stopboard will depend upon the angle formed between the base and stopboard which shall be 105°.

The base of the box slopes from ground level at the front end to a vertical distance below ground level of 200mm at the point where it meets the stopboard. The box should be constructed in such a manner that the sides slope outwards and end next to the stopboard at an angle of approximately 120° to the base.

If the box is constructed of wood, the bottom is lined with 2.5mm sheet metal for a distance of 800mm from the front of the box.





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4. LONG JUMP

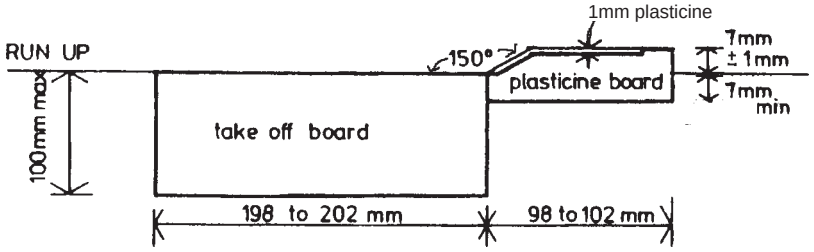
The runway shall have a minimum width of 1.22m. The length of the runway is unlimited, however the minimum length is 40m. (Where possible the recommended length should not be shorter than 45m.)

The maximum allowance for lateral inclination of the runway is 1.100 and in the running direction 1:1000. No marks are placed on the runway, but a competitor may place marks (supplied by the Organising Committee) alongside the runway. No marks are placed in the pit.

The take-off is marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area is called the take-off line. Immediately beyond the take-off line there is placed a board of plasticine or other suitable material for recording the athlete's footprint when he has foot-faulted.

The take-off board is made of wood or some other suitable rigid material and measures 1.21m to 1.22m long, 198mm to 202mm wide and maximum 100mm deep. It is painted white.

The plasticine indicator board consists of a rigid board, 98mm to 102mm wide and 1.21m to 1.22m long. It is mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. When mounted in this recess, the whole assembly must be sufficiently rigid to accept the full force of the athlete's foot.



The surface of the board beneath the plasticine is of a material in which the spikes of an athlete's shoe will grip and not skid.

The landing area is a minimum width of 2.75m and 3m maximum and, if possible, be so placed that the middle of the runway when extended coincides with the middle of the landing area.

The distance between the take-off board and the end of the landing area must be at least 10m.

The take-off board must not be less than 1.0m from the edge of the landing area.

5. TRIPLE JUMP (refer diagram)

Runway - same as for long jump.

Take-off board - same as for long jump however placed at least 13m from landing area.

Landing area - same as for long jump.

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6. PUTTING THE SHOT (refer diagram)

For a valid trial, the shot must fall so that the point of impact is within the inner edges of lines 50mm wide marking a sector of 40° set out on the ground so that the radii lines cross at the centre of the circle. (The 40° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20m from the centre of the circle exactly 13.68m apart.)

The ends of the lines marking the sector should be marked with sector flags.

The maximum allowance for the downward inclination in the throwing direction of the putting is 1:1000.

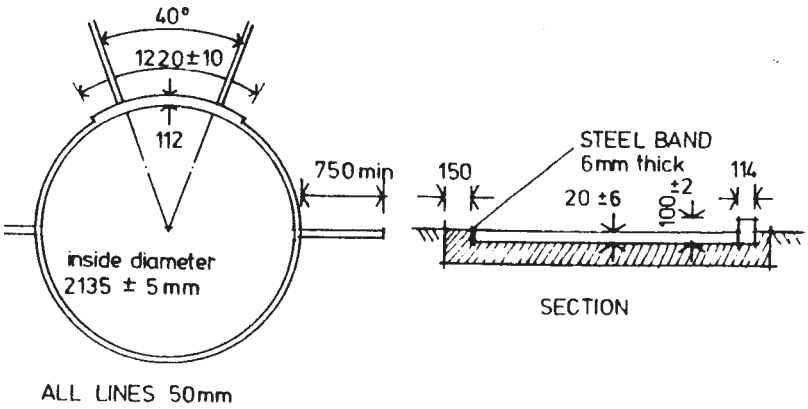
The circle is made of band iron, steel or other suitable material, the top of which is flush with the ground outside. The inside diameter of the circle measures 2.135m (± 5mm). The rim is at least 6mm in thickness and painted white.

The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior is level and 20mm (± 6mm) lower than the upper edge of the rim of the circle.

A portable circle meeting these specifications is permissible.

The stop board is made of wood or some other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle, also so made that it can be firmly fixed to the ground.

The board measures 1.21m to 1.23m long on the inside, 112mm to 116mm wide, and 98mm to 102mm high in relation to the level of the inside of the circle. This is also painted white.



Shot putting circle

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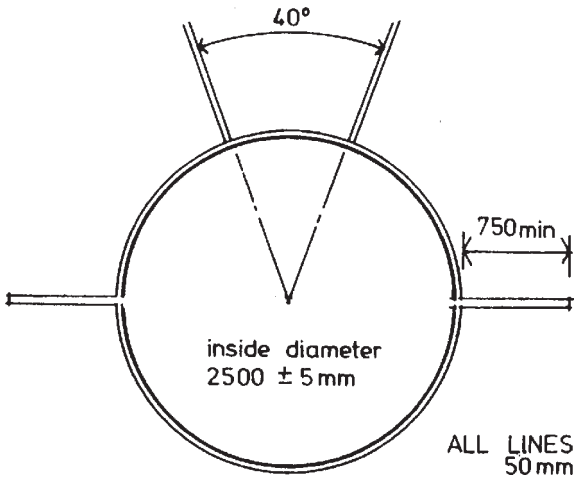
7. DISCUS
(refer diagram)

The discus is thrown from a circle having an inside diameter of 2.5m (± 5mm). The competitor must commence the throw from a stationary position and is allowed to touch the inside edges of the circle.

For a valid trial, the implement must fall so that the point of impact is within the inner edges of lines 50mm wide marking a sector of 40° set out on the ground so that the radii lines cross at the centre of the circle.

The maximum allowance for the inclination in the throwing direction of the throwing field shall not exceed 1:1000.

For the construction of the circle, see Putting the Shot.



Discus throwing circle

Discus Throwing Cage

All discus throws are made from an enclosure or cage to ensure the safety of spectators, officials and competitors. The cage specified in this note is intended for use in a major stadium with spectators all the way around the outside of the arena and with other events taking place in the arena. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory.

The cage should be U-shaped in plan, consisting of a minimum of 6 panels of netting 3.17m wide. The width of the mouth is 6m, positioned 5m in front of the centre of the throwing circle. The minimum height of the netting panels should be at least 4m.

Provision must be made in the design of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels.

Note: The hammer throwing cage may also be used for discus throwing, either by installing a 2.135m and 2.5m concentric circle, or by using an extended version of that cage with a second discus circle installed behind the hammer circle. (Refer Hammer Throwing.)

The maximum danger sector for discus throws from this cage is approximately 98° including both right and left handed throwers. The position and alignment of the cage in the arena is, therefore, critical for its safe use.

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8. HAMMER THROWING (refer diagram)

The hammer must be thrown from a circle and the competitor must commence the throw from a stationary position.

For a valid trial, the hammer must fall so that the point of impact is within the inner edges of lines 50mm inside marking a sector of 40° set out on the ground so that the radii lines cross at the centre of the circle.

The circle is the same as for discus and shot put but has an inside diameter of 2.135m (± 5mm).

The throwing field has a maximum allowance for the inclination in the throwing direction not exceeding 1:1000.

Hammer throwing cage

All hammer throws are made from an enclosure or cage to ensure the safety of spectators, officials and competitors. The cage specified in this note is intended for use in a major stadium, with spectators all the way around the outside of the arena, and other events beside hammer throwing taking place.

The cage should be U-shaped in plan, consisting of a minimum of 7 panels of netting, each 2.74m wide as shown on the diagram. The width of the mouth is 6m, positioned 4.2m in front of the centre of the throwing circle. The minimum height of the netting panels is at least 7m.

Two movable netting panels 2m in width are provided at the front of the cage, only one of which will be operative at a time. The minimum height of the panels is 9m.

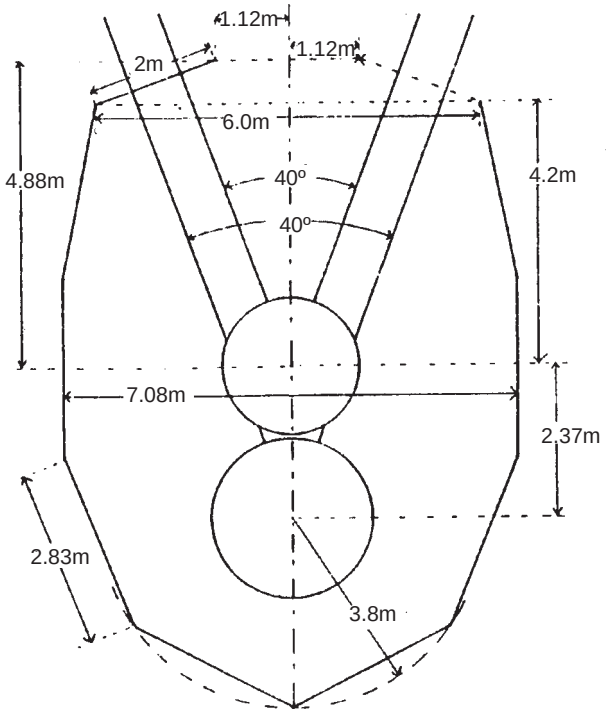
Combined Hammer and Discus Cages

Where it is desired to use the same cage for discus throwing, the installation can be adapted in two alternative ways. Most simply, a 2.135m and 2.5m concentric circle may be fitted, but this involves using the same surface in the circle for hammer and discus throwing.

Where it is desired to have separate circles for hammer and discus, the two circles must be placed one behind the other with the centres 2.37m apart on the centre line of the throwing sector and with the hammer circle at the front. The shape of the rear of the cage must then be enlarged using a minimum of 8 fixed panels 2.83m wide and two movable panels 2m wide, as shown on the diagram. The minimum height of the panels, both fixed and movable, for this enlarged cage shall be exactly the same as for the standard cage.

Notes:

The safety of the hammer cage installation is dependent on the position and alignment in the arena. The maximum danger sector for all throws, including both left and right handed throwers, is approximately 85°.



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9. JAVELIN

The length of the runway must not be more than 36.5m but not less than 30m, and is marked by two parallel lines 50mm in width and 4m apart. (It is recommended where possible that the runway should be not less than 33.5m.)

The throw is made from behind an arc of a circle drawn with a radius of 8m and consists of a strip made of painted wood or metal 70mm in width, painted white and flush with the ground. Lines are drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines are 7.5m in length and 70mm in width.

The maximum allowance for lateral inclination of the runway is 1:100 and the inclination in the running direction 1:1000.