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# 2022 KANSAS CITY CORPORATE CHALLENGE

# SHOT PUT

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**DATES / TIMES:** Monday - Wednesday, June 6<sup>th</sup> - 8<sup>th</sup>, 2022  
4:45-8:15 p.m.  
Please see detailed schedule below.

**LOCATION:** Shawnee Mission North High School  
7401 Johnson Dr.  
Overland Park, Kansas 66202



KCCC is taking several steps to enhance the health and safety of the event for participants, volunteers, and staff. Additionally, if anyone is experiencing symptoms consistent with COVID-19, they will abstain from the event (including but not limited to: fever, chills, cough, sore throat, and shortness of breath).

- **Cleaning and Disinfecting:** extra handwashing and hand sanitizer stations will be available at the event.
- **Facility Guidelines:** KCCC events will adhere to all safety protocols required at each of our host facilities.

- Each company is allowed to enter a total of two men and two women in the Shot Put competition. Entrants will be placed in the appropriate age group for competition by KCCC staff at time of check in.
- Check-in for Shot Put will take place at the Shot Put Area on the northwest corner of the facility.
- Participants will compete in the following age groups; 19-29, 30-39, 40-49, 50+.
- Women will throw an 8-pound shot. Men will throw a 12-pound shot. Shots will be provided.
- The flight system for throwing will be used. Each participant will be allowed 3 throws. A throw is scored where it hits.
  - If the shot lands outside of the ring all three times, the participant will receive a DQ and will not receive a participation point or be eligible for points/awards.
- Participants will be placed in groups of 8-10 to throw in a flight. Each flight will have the option of one warm-up throw per person followed by 3 competition throws, cafeteria style.
- After each competition throw, participants will go to the end of the line (within their flight). If you leave after check-in, your spot in line will be lost and you must return to the end of the line for the next available flight.
- If the time frame ends before all 3 throws have been taken, only the previous throws will count.
- No taping on any part of hand or fingers is allowed unless there is an open wound that must be protected by tape. Tape on the wrist is OK
- The Shot Put competition will be scored as part of the KCCC Track & Field Meet.
- Please refer to the KCCC Point System for information on points for Shot Put (See the Track Meet Scoring Information).

**For more information regarding the Shot Put competition,  
contact Katy Renner at 913.826.2964 / [Kathryn.Renner@jocogov.org](mailto:Kathryn.Renner@jocogov.org)**