



## 2023 KANSAS CITY CORPORATE CHALLENGE

# SHOT PUT



**DATES / TIMES:** **Monday - Thursday, June 5<sup>th</sup> - 8<sup>th</sup>, 2023**  
Men & Women (5:30 p.m. – 8:30 p.m.)  
Day of competition depends on Division. Please check the schedule page.

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

- 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 on event day.
- 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 competition time frame ends before all 3 throws have been made, 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 the health and safety of all KCCC participants, staff, and volunteers, we ask anyone experiencing symptoms of illness to abstain from the event.*

**THIS INFORMATION IS SUBJECT TO ANY RULE INTERPRETATION CHANGES  
WHICH MAY OCCUR BETWEEN NOW AND THE  
2023 KANSAS CITY CORPORATE CHALLENGE.**

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