



## 2025 KANSAS CITY CORPORATE CHALLENGE

# SHOT PUT



**DATES / TIMES:** **Monday, June 2<sup>nd</sup>, 2025 - Thursday, 5<sup>th</sup>, 2025**  
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 may 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 based on their age on December 31<sup>st</sup>, 2025, by the 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, 50-59, and 60+.
- 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 throwing sector 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  
2025 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)**