

Baseball Throw (south side of track, outside of fence and east of baseball fields)

1. Each participant gets two throws. Allow each participant to finish both throws before continuing to the next participant.
2. Record both attempts
3. The participant must throw the ball from within the ring without stepping on or over the toe board.
4. The participant must leave the circle out the back or else a foul will be called on the previous throw.
5. In all cases, a foul is counted as an attempt and is recorded as "foul"
6. The throw is measured by placing the rod where the ball first hits the ground. Measure to the inside of the toe board making sure the tape will pass through the center of the circle.
 - a. Measurements are made to the lesser 1/4 inch (A distance of 54 feet, 5 and 5/8 inches is recorded as 54' 5 1/2 ")

