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# Discus

**discus - ohp** - discus is an effective broad spectrum insecticide that provides excellent insect control on field and container ornamental pests. when used at recommended rates and as directed under recommended application, discus will control designated pests on trees, shrubs, foliage plants and flowers in field and container nurseries. **dyskinesia identification system: condensed current ...** - the discus side 2 simplified diagnoses for tardive dyskinesia (sd-td) was a modified version adapted for applied use in relation to the discus of the research diagnoses for tardive dyskinesia [schooler, n.r., & kane, j.m. (1982). research diagnoses for tardive dyskinesia. **the discus throw - nebraska coaches association** - the orbit discus path created when: • shoulders & head stay back. • right leg and hip drive to the middle. • race to move legs and hip in front of upper body. **discus n/g label - partners with solutions** - discus n/g insecticide has been found to be compatible with commonly used fungicides, miticides, liquid fertilizers, and compatibility using the correct proportion of products in a small jar test if local experience is unavailable. application through irrigation systems discus n/g insecticide may be applied at rates recommended **a flight test evaluation of the discus sailplane** - a flight test evaluation of the discus sailplane by richard h. johnson, published in soaring magazine, february 1986 the discus is a new standard class competition sailplane from the well-known schempp-hirth flug- **discus throwing teaching progression** - • the discus is an aerodynamic event; wind conditions can affect the flight of the throw. the vertical lift and horizontal drag as well as the type discus thrown are factors in the distance thrown in the discus. to maximize aerodynamic forces, the discus should be released with some upward tilt to the front of the implement. **national federation high school discus rules** - national federation high school discus instructions safety is the first concern. 1. we will be using national federation of high school rules for this competition. 2. you may enter the circle from any direction. **state of illinois department of human services dyskinesia ...** - department of human services dyskinesia identification condensed users scale (discus) see instructions on other side state of illinois (formerly dmhdd-40) **discus throw - wikipedia** - the discus throw (pronunciation) is a track and field event in which an athlete throws a heavy disc—called a discus—in an attempt to mark a farther distance than his or her competitors. it is an ancient sport, as demonstrated by the fifth-century-bc myron statue, discobolus though not part of the modern pentathlon, it was one of the events of the ancient greek pentathlon, which can be ... **discus error analysis and corrections - itcca** - right foot/knee turn in as soon as rt foot comes off the ground  $\frac{3}{4}$  discus is ahead of discus as athlete is coming to the middle coming to the middle left arm leading cont'  $\frac{3}{4}$  cone - come to balance - left side left side slides over toe - at the same time - left side opens drops - which will pick up rt foot which reaches to cone outside of circle ... **discus drills and throwing progressions - ntca** - 6.) the hand is flat at release with the thumb down on the discus. the discus rolls off the index finger causing the discus to spin clockwise. the left arm finishes level and holds the left side square at release. the discus is slapped towards the field rather than being lifted like the finish in the shot. 7.) **code of responsible practices - distilled spirits** - discus members encourage responsible decision-making regarding drinking, or not drinking, by adults of legal purchase age, and discourage abusive consumption of their products. discus members urge that adults of legal purchase age who choose to drink, do so responsibly. nevertheless, it is the **basic movements for the beginner discus thrower by rob ...** - basic movements for the beginner discus thrower by rob lasorsa, m-f athletic below is a short synopsis of discus throw movements. there are literally hundreds of progressive drills that athletes can do to learn proper discus technique. the grip: most throwers opt to have the fingers evenly spread and the last joints placed on the rim of the discus. **track & field recommendations junior high and high school ...** - track & field recommendations junior high and high school regulations track & field recommendations junior high and high school regulations girls 7th boys 7th girls 8th boys 8th girls hs boys hs shot put 6 lbs 4.0 kg (8.81 lbs) 6 lbs 4.0 kg (8.81 lbs) 4.0 kg (8.81 lbs) 12 lb (5.443 kg) discus .75 kg 1 kg (2.20 lbs) .75 kg 1 kg (2.20 lbs) **discus final digital communications guidelines - effective ...** - unpaid) of discus member companies, including but not limited to communications on websites such as social network sites and blogs, as well as mobile communications and applications. basic principles 1. digital marketing communications are intended for adults of legal purchase age. 2. **discus - education.qld** - the discus. (note: students with an identified medical condition must be cleared by a medical practitioner to participate in discus skills development, training and competitions ). • establish and implement procedures for emergencies such as injury (e.g. sprain) and first aid, **laying out sector angles for the track & field throwing events** - discus, weight and hammer were simply thrown from a circle. by 1913, the new iaaf rule book mandated 90° sectors for hammer and discus, but no sectors for shot put or the weight throw. the javelin was thrown "from behind a scratch line, properly marked." the 1914 iaaf rule book further **discus technique and training-convention-urgent** - discus tuesday and do shot drill work. as the shot putter moves toward indoor season, shot putting volume and training days go up, discus is maintained with 1-2 sessions (usually one session of standing throws and some drills plus one day of discus throwing) • athletes learning the hammer need re-enforcement! in the fall, we may do 2 discus **the biomechanics of techniques in throwing the discus** - 2/3 of the discus speed at release are obtained during the delivery large hip-shoulder and shoulder-arm separations at the power position are critical for gaining discus speed during

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delivery zgood separations before the flight are helpful for large separations at the power position **custom excel exports with discus vers 1.32** - custom excel exports with discus version 1.32 2 used to export data from discus into a variety of excel formats such as general inspection sheets. in addition to this it is possible to export data in raw tabular format for use in populating the tables of a database (i.e. microsoft access) or even to interact with excel macros. **shot put/ discus instructions** - iesa sectional meet shot put/ discus instructions . i. check-in • check in each athlete. • review the procedure for leaving an event to compete in another event. if possible, the judge may allow the athlete to attempt a trial out of order, successively, or pass before leaving the event. **track & field - ssgecom** - better matched with a less rim weighted discus. other variables: wind is a very important variable that athletes must pay close attention to. a high rim discus that may encounter a crosswind will tip prematurely reducing throw potential. thus one may need to move to a lower rim weighted discus for these conditions to improve the distance. **discus throw - tutorialspoint** - discus throw 2 in this game the athlete needs to hold the discus in his hand with proper placement of fingers. by standing in a circular zone and facing towards the discus-throwing area, the athlete spins **the discus thrower - dr. coffman's english classes** - the discus thrower richard selzer i spy on my patients. ought not a doctor to observe his patients by any means and from any stance, that he might the more fully assemble evidence? **to: emerson climate technologies wholesalers executives ...** - number of discus iii compressor failures considering the small install base. however, it is extremely important that we support this product which is primarily used on racks at large retail accounts. the discus iii compressor is different from the discus ii in a number of areas: the coresense mounting **the hobbyist guide for discus - discusfishcare** - the hobbyist guide for discus fish care and maintenance about this book t his book is designed to make the process of starting, maintaining and enjoying a discus aquarium easy. discus are not especially difficult fish to keep, but they do require a little extra maintenance and certain environmental conditions. this makes **basic discus throwing by mark mirabelli - ntca** - basic discus throwing by mark mirabelli 2. straddle stretch Æ the upper body how does one develop a two-time discus champion? after coaching for 26 years on a high school level, i can honestly say it isn™ t easy. in fact, it is challenging and sometimes overwhelming to bring out the very best in a student athlete. finding a potential **a “contrarian” approach to the discus throw - dan john** - i started throwing the discus in 1971, as a way to prepare for football. i got up to 103 feet as a high school freshman, weighing 118 pounds. in high school, i focused on football, bench pressing and the discus, ultimately throwing 170’ 9” weighing 162 pounds. then, i met dick notmeyer, here with his wife, joy, who taught me the olympic lifts. **td pp presentation - rev 1-24-13** - discus use prerequisites • a history of at least 3 months total cumulative antipsychotic medication exposure or • a total previous discus score of 5 or above or • other conditions that are not responsible for the abnormal involuntary movement 32 discus hints (before/during test) (1) • check for gum or food • model exam steps **d150 discus launch glider - mountain models** - thank you for purchasing the d150. this plane is an elevator/rudder discus launch glider, designed for the intermediate pilot who wants a strong, easy to build and fly glider. the d150 was a joint design effort between doug and matthew binder. sincerely, mountain models doug binder 465 d street doug@mountainmodels p.o. box 762 **the biomechanics of z discus throwing** - the biomechanics of the discus throw 4 temporal rhythm zslow unwind zstart acceleration from flighstart acceleration from flight (accelerate t (accelerate lower body rotation, not the discus) zquick left foot landing to form the power position zfull acceleration during the delivery optimum temporal rhythm zunwind ≥0.6 sec **marking the 34.92 degree sector for the shot put and ...** - marking the 34.92 degree sector for the shot put and discus . updated march 2019 . for all meets, the 34.92 degree sector must be used for both the shot put and discus. note: it is easier to mark the 34.92-degree sector than the 40-degree sector. 34.92-degree throwing sectors . 1. from the center of the circle, mark off a boundary of 20 yards ... **ae4-1287 - copeland discus™ compressors with demand ...** - ae4-1287 r8 safety instructions copeland discus™ compressors are manufactured according to the latest u.s. and european safety standards. particular emphasis has been placed on the user's safety. safety icons are explained below and safety instructions **discus throwing 101 - championshipproductions** - discus throwing 101 colorado state university brian bedard how to hold: the thrower should wrap the last digit of the fingers around the rim of the discus with the palm of the hand near the center. the pointer and middle fingers should be together to give the thrower a good base in which to release from. **the high school discus thrower - kcctfca** - the high school discus thrower marvin estes, kapaun mt. carmel high school, wichita, kansas: marvin estes, 703 north prairie dunes, wichita, kansas 67230 – 620-222-8287 estesrvin@gmail special thanks to bill pendleton esperanza high school developing a skilled top level discus thrower requires patience but has many rewards. **instructions to head discus throw judge - updated march ...** - instructions to head discus throw judge – updated march 2019. legal discus: all discus implements must be weighed and checked prior to warm-ups. this is the responsibility of the head field judge. all legal discus will be marked. each discus shall be checked for the mark prior to each throw. **environmental lighting for architecture, inc. discus** - environmental lighting for architecture, inc. discus di s c u s project name: type: notes: order matrix number: the discus is a clean contemporary luminaire designed to deliver maximum performance. mission accomplished! suitable for pole, crossarm, or wall mounting conditions, the discus is a perfect high- **discus feature/benefit competitive analysis** - discus feature/benefit competitive

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analysis july 2014 planner - manage characteristics by specific operation including the creation of process illustrations and work instructions. features benefits discuss competition maintain a routing and defined operations for a specific part reduces the effort to coordinate characteristic **application engineering bulletin in ae8-1367** - application engineering bulletin in coresense protection for copeland discuss is equipped with a remote reset capability, such that if a compressor is off in a lockout condition, the user can remotely restart the compressor through their e2 rack controller or compatible remote access software (e.g. ultrasite™).

**21-1216 application engineering bulletin ae-1216-r12 ...** - discuss compressors can be operated unloaded below 25°F with the addition of head cooling fans and oil coolers. see tables 1 and 2 for specific requirements for discuss. the capacity control valve is in the normal discharge position (loaded) when de-energized, and in the unloaded position when energized. the solenoid **aae model no. hsdh high school discuss cage** - aluminum athletic equipment 1000 enterprise drive, royersford, pa 19468 toll free: (800) 523-5471 fax: (610) 825-2378 aaesports aae model no. hsdh **procedure for construction of hammer / discuss concentric ...** - concentric hammer and discuss circles 28/12/2014 3 of 17 1. introduction this procedure has been written to provide guidance on the required standard for the construction of concentric hammer / discuss throwing circles in the uk. **shot put and discuss duties - members.ahsaa** - • discuss- a throw is not valid if the discuss touches the cage • measurement: a spotter should be prepared to mark the throw with a stake. tape at zero should be placed on the stake and the tape pulled through the center of the ring shot put and discuss duties frequently asked questions: • **lhs thrower workouts week 1 (march 5 9)** - 30 m high knees m s 30 m inch wor 30 m butt kick. 30 knee pulls 30 m cats 30 m karioka 2x30 m acceleration • discuss school (release & power pos.) **ae8-1367 - coresense™ protection for copeland discuss ...** - coresense protection for copeland discuss is equipped with a remote reset capability, such that if a compressor is off in a lockout condition, the user can remotely restart the compressor through their e2 rack controller or compatible remote access software (e.g. ultrasite™). to set up remote reset via the e2, refer to section titled 3. **physics 111 homework solution #9 - njit sos** - a discuss thrower accelerates a discuss from rest to a speed of 25.3 m/s by whirling it through 1.28 rev. assume the discuss moves on the arc of a circle 0.99 m in radius. • a) calculate the final angular speed of the discuss. • b) determine the magnitude of the angular acceleration of the discuss, assuming it to be constant. **how to use a discuss inhaler - pamf** - how to use a discuss® inhaler 2qh ri wkh ghylfhv xvvhg wr wdnh gu\ srzghu phglflqh lv d',6.86 ,qkdohu 7kh figure 1 **how to use your flovent® (fluticasone) discuss inhaler** - how to use your flovent® (fluticasone) discuss inhaler . 50 mcg 100mcg 250 mcg . what can i expect while i take this medication? flovent® discuss is an inhaled corticosteroid that decreases airway swelling. **how to use your serevent® (salmeterol) discuss inhaler** - copd qi steering committee -1- how to use your serevent® (salmeterol) discuss inhaler . what can i expect while i take this medication? • serevent® is a long-acting beta-2 agonist and it opens small airways. • serevent® will not provide immediate relief, but you can expect fewer episodes of coughing and wheezing.

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