

## Caber toss

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## Caber Toss

A man throws a caber at the Grandfather Mountain Highland Games in 1956. The caber toss involves tossing an approximately 17-foot and 90 pound wooden pole with points scored depending on how the pole lands. However, there is no standard weight or length for the caber. The caber just has to be the weight and length for at least half of the competitors to turn it. Caber tossers begin with the log placed upright and the heavy end on top. The competitor must lift the caber if the log drops on its light end in the process, this counts as an attempt. For the best toss the caber should be verticle, parallel with the competitor. Competitors must wear a kilt.

In 2018 women participated in the caber toss at Grandfather Mountain!

For more on the caber toss go to: <http://www.nasgaweb.com/rules.asp>

<http://www.oxfordreference.com/view/10.1093/oi/authority.20110803095540370>

<http://www.gmhg.org/heavyathletics.htm>

<http://www.gmhg.org/Women%27s%20Caber%20Toss%20Competition%202018%20I.htm>



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