

# ATHLETICS

PART 2

Three of the four throwing events have been at the Olympics since its modern beginnings

**D**iscus, shot put and hammer were among the field events included for the first modern Olympic Games in 1896. Javelin made its debut in London in 1908.

The sculptured bronze image of the ancient Greek discus thrower is one of the most recognisable in sport — not just Olympic sport.

One of Greece's most famous ancient works of art, the sculpture underlines how deeply discus and throwing events are woven into the history of the Olympic Games.

When women began competing in Olympic athletics at the 1928 Amsterdam Games, discus was the only throwing event open to them. Javelin followed in 1932, shot put in 1948 and hammer in 2000.

**AT THE GAMES**

There are four throwing disciplines for both men and women — discus, javelin, shot put and hammer.

**THE COMPETITION**

In all throwing events, athletes start with a qualifying round and get three attempts to achieve a qualifying distance. All who achieve the distance go through to the final and, if fewer than 12 reach qualifying standard, the top 12 go through.

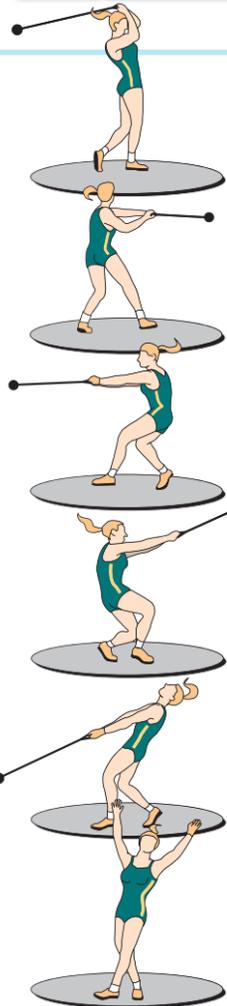
Athletes have three initial throws in the final, with the top eight after the first three rounds then having a further three throws to determine the winner.

**TIES**

The first tie-breaker is the athletes' second-best performance. If that doesn't break the tie, their third best performances are compared and so on.

**TIME LIMITS**

Judges can penalise an athlete for an "unreasonable" delay in throwing and disallow an attempt. The time limit is one minute.



**HAMMER**

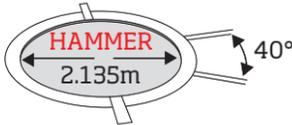
The head of the hammer is a metal ball attached to a wire with a handle on the end. Starting in a throwing circle (within a safety cage), the athlete grips the handle in both hands and swings it twice in an arc that passes below the knees and above the head. Before releasing the hammer they then spin up to four times on the load-bearing foot to increase speed.

**MEN**

Ball: 11-13cm diameter  
Weight: 7.26kg  
Wire length: 121.5cm

**WOMEN**

Ball: 9.5-11cm diameter  
Weight: 4kg  
Wire length: 119.5cm



**SHOT PUT**

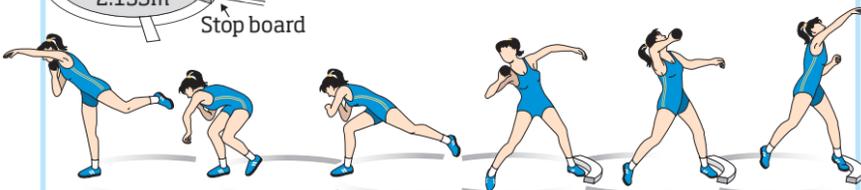
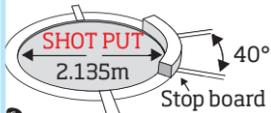
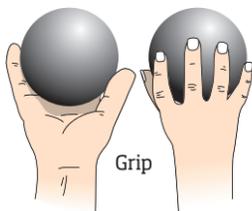
The shot is a ball of solid brass or iron which athletes attempt to "put" as far as possible using a specific technique. Keeping the shot above shoulder level, the athlete uses a glide or spin action before launching the shot with a powerful arm push. The throwing circle is surrounded by a 10cm-high toe "stop board".

**MEN**

Shot weight: 7.26kg  
Diameter: 11-13cm

**WOMEN**

Shot weight: 4kg  
Diameter: 9.5-11cm



Putting action: In the glide, the thrower makes a half-turn from the rear of the circle.



**DISCUS**

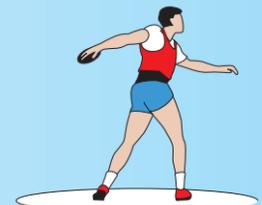
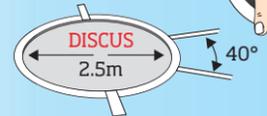
Athletes hold the discus flat against the palm and forearm while standing in a 2.5m circle. Generally, athletes spin their body to build momentum before releasing the discus with a powerful arm motion. An athlete must remain in the throwing circle until the discus has landed. The discus, a wooden plate with a 12mm metal rim, has two identical smooth sides that are flat in the centre.

**MEN**

Weight: 2kg  
Diameter: 22cm

**WOMEN**

Weight: 1kg  
Diameter: 18cm



Preliminary swing



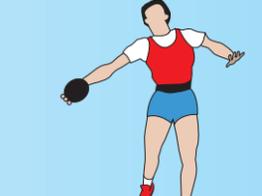
Entering the turn



Winding up



Throwing position



The throw



Release



Finish



**FACT FILE**

Gael Martin created history by winning bronze in the women's shot put in 1984, becoming the first Australian to win a throwing event medal at an Olympic Games.

**JAVELIN**

Javelin throwers sprint down a runway gripping the spear-like instrument. As they near the line they turn sideways, lean back and launch the javelin. The two sides of the 30-36.5m runway join a lined arc at the end, and the thrower must release the javelin from behind it. It must be thrown over the shoulder, not slung or hurled, landing tip first and breaking the turf.

**MEN**

Length: 2.6-2.7m  
Weight: 800g

**WOMEN**

Length: 2.2-2.3m  
Weight: 600g

