

## INSTRUCTION MANUAL

### Competition long jump and triple jump take-off board set with stainless steel foundation tray and synthetic adjustable base board

**S14-250** (ver. XI 2020)



### **NEW TECHNOLOGY – EASIER OPERATION**

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## Thank you for choosing Polanik competition take-off board S14-250.

### Safe assembly and use

- Before you start to assemble and use the product please read this manual carefully and store the manual in a safe place for further reference. Polanik shall not be liable for any cage damages which are the result of the failure to follow this manual.
- Unauthorized copying of this manual, in whole or in part, is prohibited.
- The contents of this manual are subject to change without notice.
- Warning! The sports equipment produced by Polanik is designed for athletics training and use in sports competitions only. Please pay special attention when using sports equipment, misuse of athletics equipment can cause serious injury. That is why training and use during sports events have to be always supervised by authorized sports personnel. In no event shall Polanik be liable for any special, incidental, indirect or consequential damages in connection with the purchase or use of POLANIK products or costs over the original cost of the product.

### Specific warranty terms:

1. Even though the wooden elements are impregnated and protected with paint, a prolonged contact with water can devastate or deform them. That is why it is obligatory to dismount take-off board wooden elements after training or competition and store them in a dry roofed place. The foundation tray must be secured in with a blanking cover.
2. Attention! While storing or using plasticine should be protected against high temperatures (over 40 °C), because otherwise it can change its shape and dimensions, and in extreme cases it can become a liquid.

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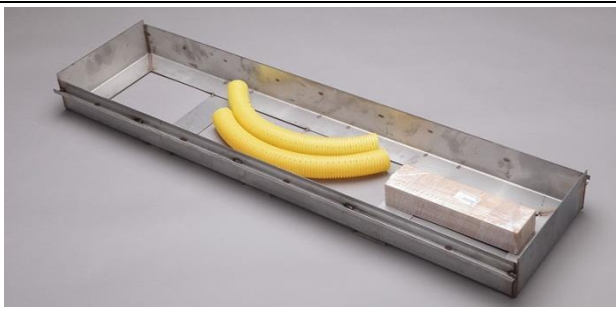


## 1. General characteristics


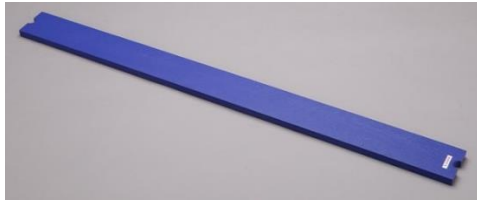






The take-off board S14-250 is designed for conducting sports events and training programs of horizontal jumps.

Main features of the take-off board:

- high safety – construction according to the latest recommendations – no metal elements in take-off zone, foundation tray with lowered edges designed to be covered by synthetic surface and white take-off board fastened from the bottom side, no screws on top,
- outstanding durability – guaranteed by waterproof synthetic base board, equipped with stainless steel adjustable feet, stainless steel foundation tray, user-friendly – thanks to comfortable and easy adjustment of the base board done from its top side, the white take-off board can be quickly leveled with the runway surface with the included hex key, even if the foundation tray is not installed horizontally,
- innovative construction – constituted by elements which are easy to assemble, transport and store
- easy operating – fast assembly and disassembly processes, which take 15 minutes approx., can be done by one person provided that the foundation tray is already embedded in the track,
- high quality – set elements are precisely produced from stainless steel, waterproof synthetic materials and impregnated wood,
- fast replacement of wearing parts: white take-off board and indicator boards.

## 2. Parts list (part sets)

Item	Part/set description	Q-ty pcs	Part/set sketch
1	Stainless steel foundation tray with accessories for concreting (draining tubes and spacing boards) K3-250	1	
2	PCV base board with adjustable feet from top K5-250	1	
3	White take-off board with screws K7-250	1	

Item	Part/set description		Q-ty pcs	Part/set sketch
4	Indicator plasticine board 2020 model K8-250		2	
5	Training indicator board without plasticine S-250-02-03		1	
6	Plasticine 300 g S-250-02-01		1	
7	Plasticine forming knife 2020 model K9-250		1	
8	Wrench - to block the supporting board in the tray	Tool set S-0250-ZM3- S14-250R	1	
9	Hex key to adjust the feet		1	
10	Wrench - to block the feet		1	
11	Screwdriver to fasten white take-off board to base board		1	

### 3. Assembly and installation

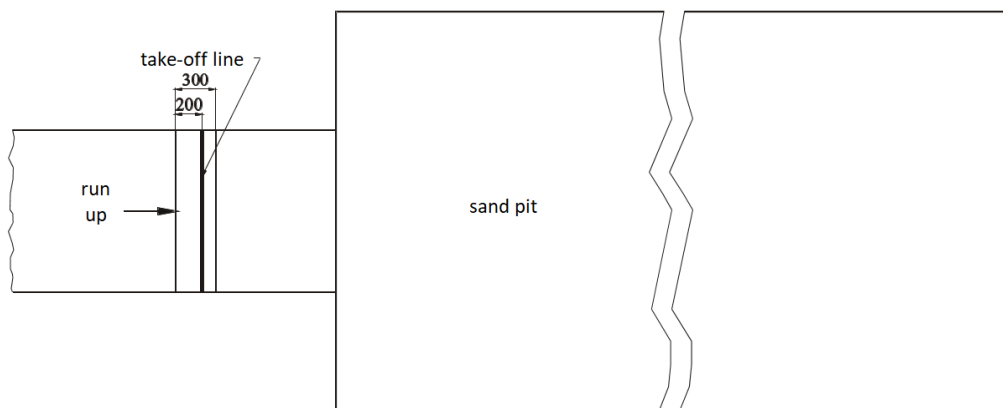
#### 3.1. Embedding the foundation tray in the runway

The sequence of the assembly operations is described in detail in this manual. The take-off board set is assembled for transport and includes all the mentioned elements. Before first use the foundation tray (item 1) is to be embedded in the track in the prescribed place, so that the take-off line – the edge of the white take-off board (item 3) which is closer to the landing pit, is in the distance of:

- 1 – 3 m (for long jump) to the landing pit edge that is closer to the take-off line – the IAAF international competition rules,
- 13 m (for men) and 11 m (for women) to the landing pit edge that is closer to the take-off line – the IAAF international competition rules.

For any other competition, the distance shall be adjusted to competitors` level.

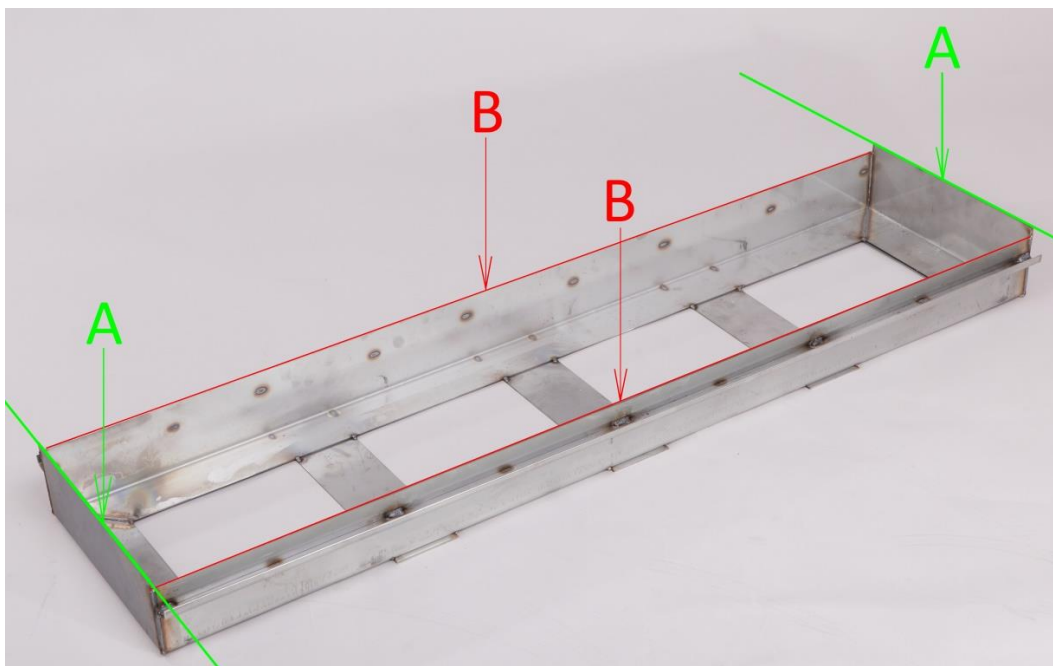
The installation point of the tray (item 1) of the take-off board is presented below.



Drawing 1. Installing the take-off board – general view

#### **ATTENTION!**

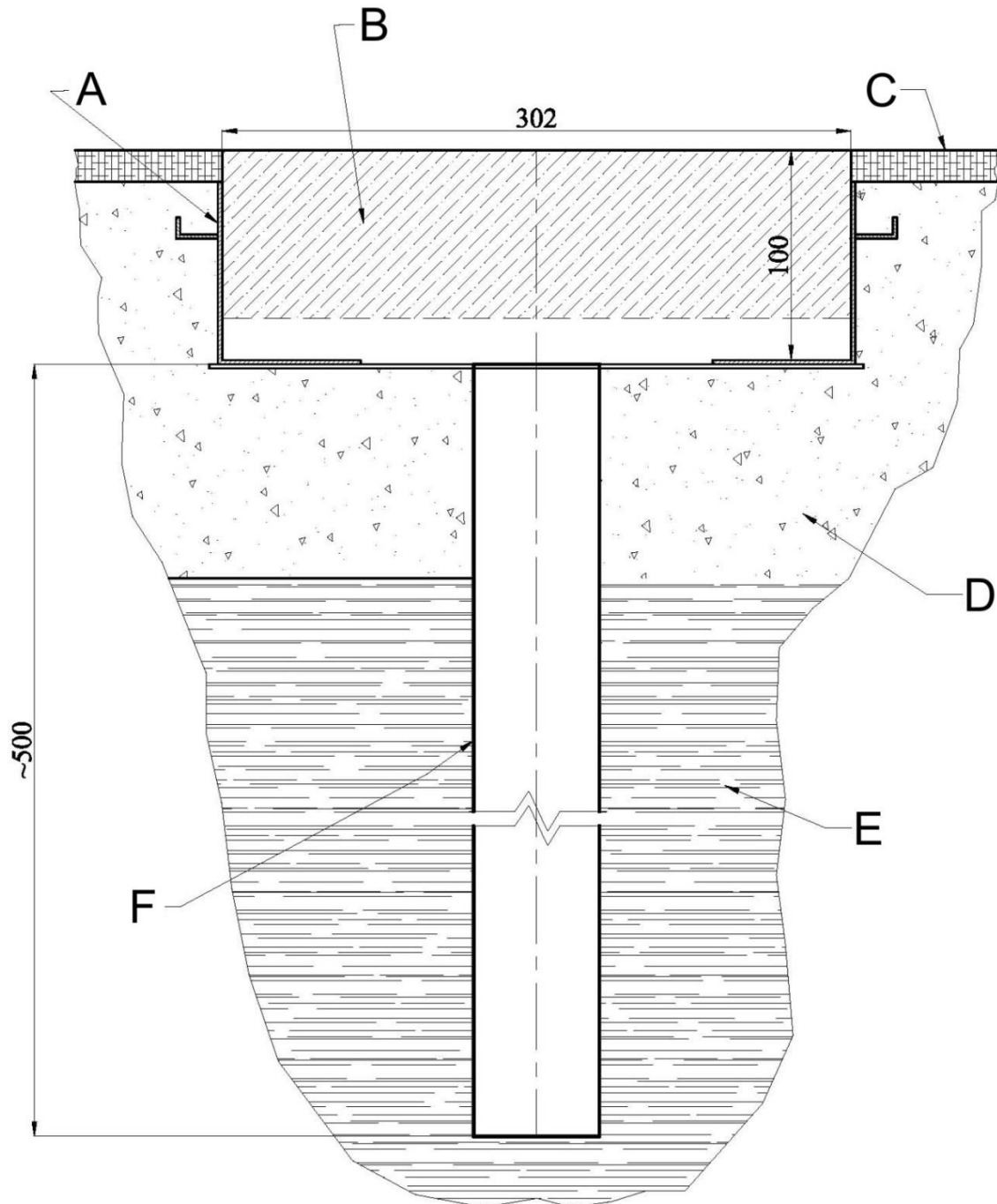
**The long side edges (B) of the foundation tray are 13 mm lower, they should be covered by synthetic surface. The short side edges (A) are to be flash with the top surface of the synthetic surface.**



The tray should be positioned in the track and the inside of the tray must be secured with spacing boards (see image 1. and drawing 2.), so that it does not deform while placing concrete. Deformations can make the plasticine board (item 4) or training board (item 5) block inside the tray.



Image 1. Installed tray secured with spacing boards



A – foundation tray

D – concrete layer ~200 mm thick

B – spacing board

E – ground

C – athletics synthetic surface

F – draining tube

Drawing 2. Embedding the foundation tray

Draining tubes ought to be positioned vertically in the spaces of the foundation tray and should go past the concrete layer. During the embedding process of the tray (item 1), draining tubes can stick out over the foundation tray bottom. After the concrete setting, the sticking tube ends are to be cut off as close to the tray bottom as possible to ensure the correct water outflow.

### 3.2. Installing the take-off board set in the foundation tray

To install the take-off base board (item 2) with white take-off board (item 3) in the embedded tray (item 1) use the included flat wrench no. 24 (item 8). The installation begins with placing the synthetic base board (item 2), with white take-off board (item 3) fastened on its top, in the embedded tray (item 1), so that the square heads of the blocking synthetic bolts (see b, drawing 3, page 11) point the landing area. The length of the adjusting feet (see g, drawing 3) of the base board (item 2) is set during the production process to ensure that the edges of the white take-off board (item 3) are on the same level as the short edges of the foundation tray are.

If the white take-off board edges (item 3) are on the same level as the runway surface, you can secure the synthetic base board (item 2) with white take-off board (item 3) inside the tray (item 1) by unscrewing the blocking synthetic bolts counterclockwise until perceptible resistance occurs, with the included wrench 24 (item 8).



If the white take-off board edges (item 3) are not levelled with the runway surface, the length of the adjusting feet (see g, drawing 3) of the base board (item 2) need to be re-regulated, so please do the following:

- take out the whole set from the tray,

- unscrew the white take-off board (item 3) from the base board (item 2) using the included screwdriver (item 11),





- loosen the counter nuts of the adjustable feet using the wrench (item 10),



- put the base board (item 2) into the tray,



- place the white take-off board (item 3) on the base board (item 2), check the level with the runway surface (see k, drawing 3),



- remove the white take-off board (item 3),  
- use the included hex key (item 9) to adjust the required feet (see g, drawing 3),



- put the white take-off board (item 3) on the base board (item 2),  
- check again the level with the runway surface (see k, drawing 3),  
- if the white take-off board is on the correct level, use the wrench to screw down the counter nuts to block the feet,



- if the level of the white take-off board is still incorrect, continue to adjust the feet.

### 3.3. Installing indicator boards



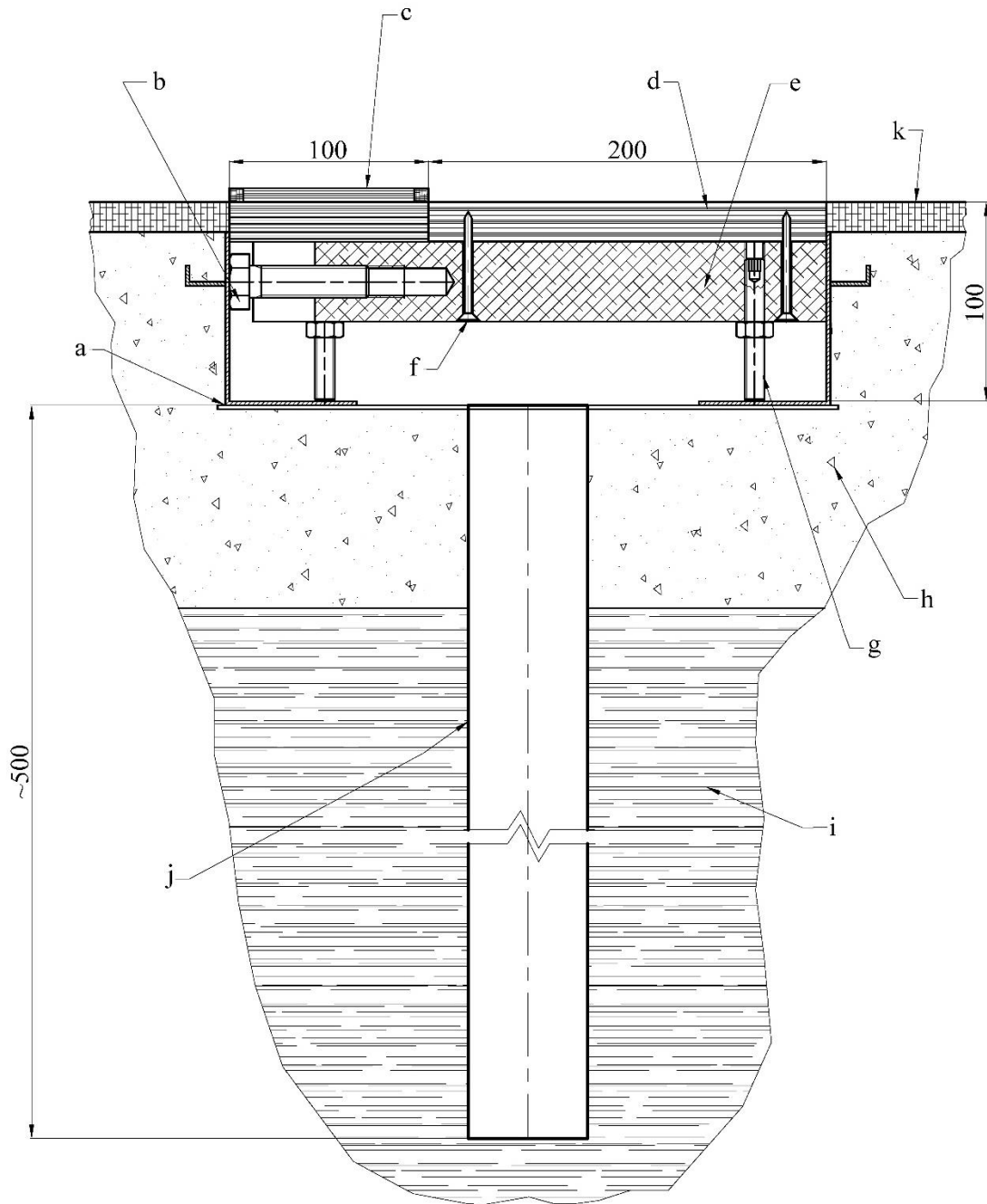
When the base board (item 2) with the white take-off board (item 3) are properly mounted in the tray (item 1) the indicator boards need to be installed.



Put the plasticine indicator board (item 4) or training indicator board (item 5) into the tray next to the white take-off board (item 3) and the set is ready for use.



Image 2. Set ready for use, mounted in the runway



- a – stainless steel tray (item 1)
- b – blocking bolt
- c – plasticine indicator board (item 4)
- d – white take-off board (item 3)
- e – synthetic base board with adjustable feet (item 2)
- f – screw to fasten white take-off board
- g – adjustable foot
- h – concrete foundation
- i – ground
- j – draining tube (item 1)
- k – synthetic surface of runway

[mm]

Drawing. 3. Installed take-off board set in embedded tray

#### 4. Remarks on maintenance and operating

Plasticine strips deform during training sessions and competitions. There are two indicator plasticine boards (item 4), one training indicator board without plasticine (item 5), one plasticine block and one forming knife (item 7) in the set. Thanks to the two indicator boards you are able to replace the one with the deformed plasticine strips with the other one very quickly. It is recommended that one should substitute plasticine board (item 4) with indicator board without plasticine (item 5) for intensive training sessions. Training indicator board (item 5) is thinner and does not require the plasticine forming.

Dents and defects in the plasticine layers should be filled up and leveled. First one ought to apply thick layers of plasticine (item 6) on the damaged areas. Then the layers are to be leveled with the forming knife (item 7), as it is shown below.



**Attention! While storing or using plasticine should be protected against high temperatures (over 40 °C), because otherwise it can change its shape and dimensions, and in extreme cases it can become a liquid.**

To ensure great aesthetics and high comfort for jumpers we use natural raw materials like wood and plywood. The materials are not so durable as synthetic ones. Thus the wooden take-off board parts (white take-off board and indicator boards) wear out faster and they need to be replaced. In order to maintain the parts in good condition they should be removed from the embedded tray after competitions and training sessions and stored in a dry roofed place. It is recommended that the embedded stainless steel tray (item 1) should be sheltered with the stainless steel cover (see page 14). Any defects in paint coating revealed during thorough regular inspections of the wooden parts must be repaired with wood paint or impregnant. Synthetic base board (item 2), stainless steel foundation tray (item 1) and stainless steel blanking covers (available separately) do not require any additional maintenance actions.

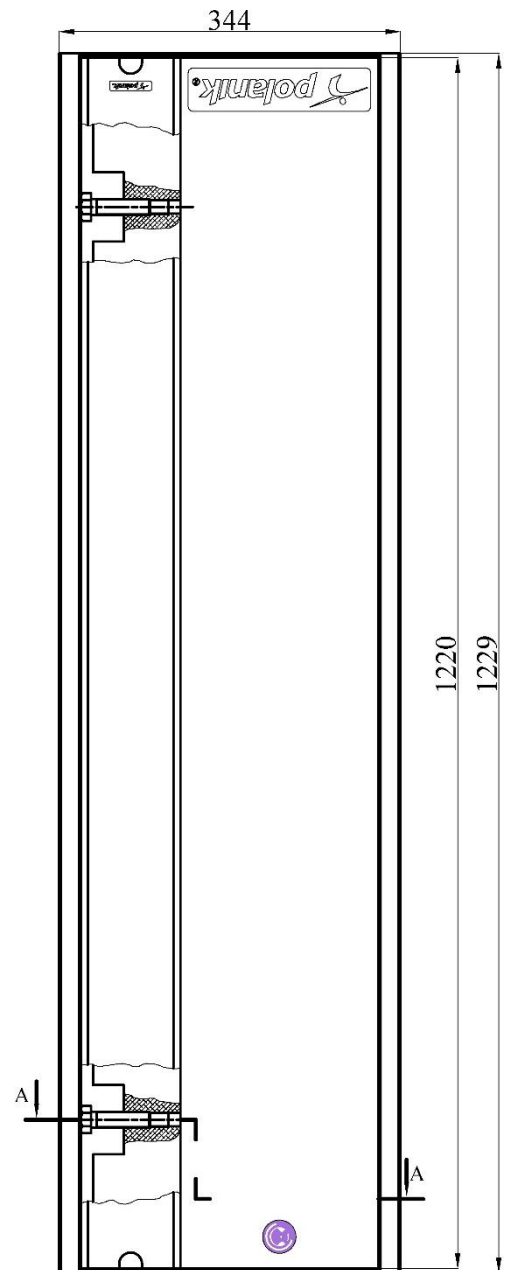
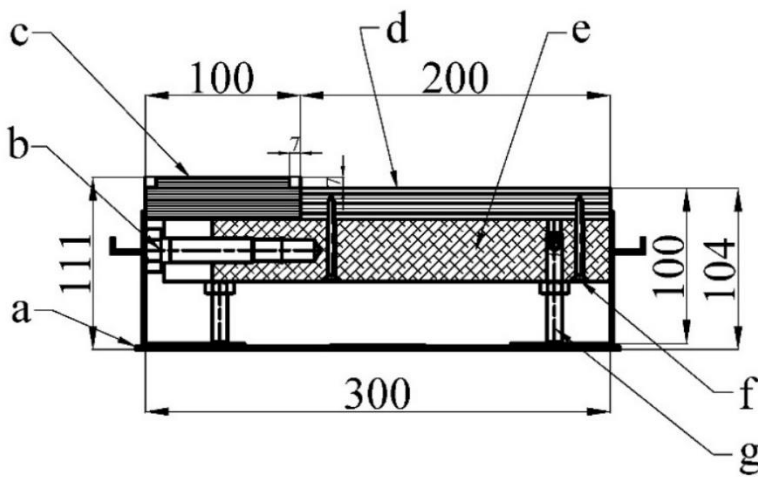
**Even though the wooden elements are impregnated and protected with paint, a prolonged contact with water can devastate or deform them.**

The white take-off board (item 3) can be, turned over and screwed again to the synthetic base board. That prolongs significantly the product's life.

Even the best technical solutions cannot substitute for common sense. The usage of the product must take place under the supervision of qualified sports arena staff and trainers. The producer shall not be liable for any incidents caused by the improper take-off board installation, assembly or its misuse.





### 5. Take-off board set – scheme of construction and dimensions

- a – stainless steel tray (item 1)
- b – blocking bolt
- c – plasticine indicator board (item 4)
- d – white take-off board (item 3)
- e – synthetic base board with adjustable feet (item 2)
- f – screw to fasten white take-off board
- g – adjustable foot



[mm]

#### 6. Additional equipment, available separately

Item	Part/set description	Part/set sketch
1	<p>Stainless steel cover for competition take-off board</p> <p>PBN-S0250</p> <p>Stainless steel cover for take-off competition boards, secures the inside of the board tray, smooth surface and 6 adjustable feet (in the range of 20 mm) for installing synthetic track, strong ribbed construction. Designed for gluing the synthetic surface.</p>	
2	<p>Stainless steel cover with edges for competition take-off board</p> <p>PBN14-S0250</p> <p>Stainless steel cover for take-off competition boards, secures the inside of the board tray, special edges for installing synthetic surface, 6 adjustable feet (in the range of 20 mm), strong ribbed construction. Equipped with edges for easy application of synthetic surface .</p>	
3	<p>Plasticine straps for indicator board 2020 model</p> <p>P8x31-2020</p> <p>Set of 8 red plasticine straps, specially shaped, ready to be put into the indicator board recess, designed for the competition take-off boards.</p>	
4	<p>Rubber indicator board for competition board</p> <p>LG15-250</p> <p>black full rubber indicator board designed for training</p>	

## 7. IAAF certificate

International Association of Athletics Federations



**Product Certificate**

*The IAAF is pleased to certify hereby  
that the following product:*

**Product's Trade Name:** Fixed equipment, Take-off board, Competition

**Description, Colour / Absolute Thickness:** Plastic/plywood/stainless steel, White/dark blue

**Company Name, Country:** Polanik Sp. z o. o. - Sp. K., POL

**Catalogue Number:** S14-250

**IAAF Certification Number:** E-14-0775

meets the dimensional requirements for use in all international athletics competitions.

It is for the purchaser to determine the item's fitness for the purpose based on his knowledge of the local conditions and use.

**Valid from:** 1 February 2018

**Until the last day of:** February 2022

This certificate is issued in accordance with the terms and conditions of the IAAF Certification System of track and field facilities, implements and competition equipment.

  
**SEBASTIAN COE**  
IAAF President

  
**JORGE SALCEDO**  
IAAF Technical Committee Chairman

