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TECHNICAL SPECIFICATION
Training plastic discuses
TPD11 series



File: 2026-10-28
PRODUCT SUPPORT
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Warning!
The sports equipment produced by Polanik is designed for athletics training only. Please pay special attention especially when using throwing implements and other throwing equipment, misuse of athletics equipment and implements can cause serious injury. 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. Concerning our permanent efforts to improve our products i.e. their quality and aesthetic values, we reserve the right to introduce, without prior notice, constructional changes as well as other modifications in standard colours of the equipment and implements.

Specific warranty terms

1) The use of the throwing implements is to be done at the properly marked and secured sports facilities designed for that purpose and under supervision of qualified coaches, and according to the rules of the International federation World Athletics, respective national athletics federation and local safety regulations. Failure to follow the above restrictions results in loss of the warranty rights.
2) The discuses are athletics throwing implements designed for the athletics training event – discus throw. The mechanical damages of the discuses (scratches, dents and so on) caused by landing on the throwing sector or other discuses remaining on the throwing field are recognized as a normal wear of the product and are excluded from the warranty.



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I. Use

The training plastic discuses are designed for athletics event – discus throw training programs.

II. Technical specification

Type discus	training
Discus rim	steel galvanized
Side plates	synthetic material
Weight allowance [kg]	from +0,005 (lower deviation) to +0,05 (upper deviation)
Diameter allowance [mm]	from (lower deviation) -2 mm to (upper deviation) +2 mm

Product code	Nominal diameter [mm]	Nominal thickness range [mm]	Nominal weight [kg]
TPD11-0,6	163	32-34	0,6
TPD11-0,75	167	32-34	0,75
TPD11-0,8	167	33-35	0,8
TPD11-1	181	37-39	1
TPD11-1,25	201	37-39	1,25
TPD11-1,5	201	38-40	1,5
TPD11-1,6	211	40-42	1,6
TPD11-1,75	211	41-43	1,75
TPD11-2	220	44-46	2

III. Packing and transport

The discuses are packed in foil bags. Each discus is packed in a 3-layer cardboard box.

Kod	Wymiary opakowania [mm]	Waga brutto [kg]
TPD11-0,6	175 x 40 x 175	0,70
TPD11-0,75	175 x 40 x 175	0,85
TPD11-0,8	190 x 45 x 190	0,90
TPD11-1	190 x 45 x 190	1,1
TPD11-1,25	205 x 45 x 205	1,35
TPD11-1,5	205 x 45 x 205	1,6
TPD11-1,6	225 x 50 x 225	1,7
TPD11-1,75	225 x 50 x 225	1,85
TPD11-2	225 x 50 x 225	2,10

IV. Operation and maintenance

The disuses should be used on grass ground only. The throwing field should be free of hard objects and thrown discuses should be removed regularly during training and trainings.

V. Declaration

1) No 2026-10-28

2) Issuer's name: Issuer's POLANIK

address: Zyczliwa 11, 97-300 Piotrkow Tryb.

3) Objects of declaration

No.	Description	Code
1	Training plastic discus 0,6 kg	TPD11-0,6
2	Training plastic discus 0,75 kg	TPD11-0,75
3	Training plastic discus 0,8 kg	TPD11-0,8
4	Training plastic discus 1 kg	TPD11-1
5	Training plastic discus 1,25 kg	TPD11-1,25
6	Training plastic discus 1,5 kg	TPD11-1,5
7	Training plastic discus 1,6 kg	TPD11-1,6
8	Training plastic discus 1,75 kg	TPD11-1,75
9	Training plastic discus 2 kg	TPD11-2

4) The object of declaration described above is in conformity with the requirements of the following documents:

Document no.	Title	Issued by	Declaration object no.
Rule 34 Point 1	World Athletics Technical Rules (1 November 2019 – amended 31 January 2020), Book C – C 2.1	World Athletics HQ 6-8, Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex Tel: +377 93 10 88 88; Fax: +377 93 15 95 15 https://www.worldathletics.org	1,2,3,5,7
Rule 34 Point 1 and 2	World Athletics Technical Rules (1 November 2019 – amended 31 January 2020), Book C – C 2.1	World Athletics HQ 6-8, Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex Tel: +377 93 10 88 88; Fax: +377 93 15 95 15 https://www.worldathletics.org	4,6,8,9

Additional Information

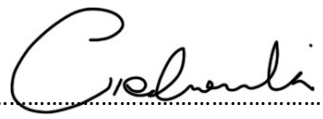
5) Declaration for:

Buyer/Distributor/User

Signed for and in behalf of:

POLANIK
2026-10-28 Piotrkow Tryb.
(Date and place of issue)

6) Pawel Ciechanowski
Product Manager
.....
(Name, function)



.....
(Signature or equivalent authorized by the issuer)