

TECHNICAL SPECIFICATION

Polanik throwing weights TW and TWR series



I. General description and use

Outdoor throwing weights are used to train hammer throwing and they are also used in WMA competitions, for example the Highland Games. Training sessions and competitions should be conducted on grass surface or similar fields. The division of Polanik throwing weights in the respect of their use:

- 1) Steel training throwing weights – TW series
- 2) Highland Games throwing weights – TWR series

The heads of the throwing weights are turned on the whole surface and they are coated with powder paints. The rest of their elements: hardened steel swivel, handle and chain link(s) with shackle are galvanized.

II. Technical specification

Selected models of steel training throwing weights

Product code	Weight [kg]*	Overall length (measured from the inside of the grip)[mm]**	Head diameter [mm]***	USATF and WMA standard
TW-3/500	3	398	105	
TW-4	4	398	105	•
TW18-4-U	4	398	105	
TW-5	5	398	105	
TW-5/500	5	398	105	
TW15-5	5	398	105	
TW-5,45	5,45	398	105	•
TW18-5,45-U	5,45	398	105	
TW-7,26	7,26	398	115	•
TW18-7,26-U	7,26	398	115	
TW-8	8	398	115	
TW-8,17	8,17	398	115	
TW-9,08	9,08	398	125	•
TW15-9,08	9,08	398	125	
TW18-9,08-U	9,08	398	125	
TW-10	10	398	125	
TW-10,89	10,89	400	135	
TW-11,34	11,34	400	135	•
TW18-11,34-S	11,34	400	135	
TW-12	12	400	135	
TW-12,5	12,5	400	135	
TW14-12,5/C	12,5	400	135	
TW-12,73	12,73	400	135	
TW-13	13	400	135	
TW-13,61	13,61	400	135	
TW-14	14	400	135	
TW-15	15	394	147	

TW-15,88	15,88	394	147	•
TW18-15,88-S	15,88	394	147	
TW-16	16	394	147	
TW-20	20	400	167	•
TW-22	22	400	167	
TW-25,4	25,4	400	167	•
TW-25,45	25,45	400	167	
* actual weight can differ from nominal one in the range from +0,005 kg (lower deviation) to +0,05 kg (upper deviation)				
** actual overall length can differ from the nominal one in the range of 393 mm to 403 mm				
*** actual head diameter can differ from nominal one in the range from -1 mm (lower deviation) to +1 mm (upper deviation)				

Highland Games throwing weights

Product code	Weight [kg]*	Overall length (measured from the inside of the grip) [mm]	Head diameter [mm]****	Notes
TWR-12,7/454	12,7	454**	135	comes with ring handle and chain, for distance throw
TWR-25,4/365	25,4	365***	167	comes with ring handle and chain, for toss over crossbar
TWR-25,4/455	25,4	455**	167	comes with ring handle and chain, for distance throw
* actual weight can differ from nominal one in the range from +0,005 kg (lower deviation) to +0,05 kg (upper deviation)				
** actual overall length of TWR-12,7/454 and TWR-25,4/455 can differ from the nominal one in the range of 447 mm to 457 mm				
*** actual overall length of TWR-25,4/365 can differ from the nominal one in the range of 360 mm to 375 mm				
****actual head diameter can differ from nominal one in the range from -1 mm (lower deviation) to +1 mm (upper deviation)				

III. Operation and maintenance

After every athletics training session they must be cleaned from sand (mud, dust and etc), and then stored in a roofed dry place.

IV. Packing and transport

Throwing weights are packed in foil bags and in Polanik weight bags. Depending on destinations they are shipped on pallets or in collective wooden – hardboard cases, which can be transported by means of forklifts and hand pallet jacks.

V. Certificates

Declaration of conformity

- 1) No. 2021-05-18
2) Issuer's name: POLANIK Sp. z o. o.
Issuer's address: Życzliwa 11, 97-300 Piotrkow Tryb.
3) Object of declaration:

Position	Description	Code
1	Polanik throwing weights	TW series

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

Document No.	Title	Edition/Date of issue	Position
not applicable	PZLA (Polish Athletics Federation) Competition Rules	2017	All above
not applicable	USA Track & Field 2020 Competition Rules	2020	All above
not applicable	WMA (World Masters Athletics) Hurdles and Implement Specifications	2018-2020	All above

Additional Information


- 5) Declaration for:
BUYER and USER

Signed for and in behalf of:
POLANIK Sp. z o.o.

2021-05-18 Piotrkow Tryb.
(Date and place of issue)

Pawel Ciechanowski
Product Manager

- 6)
(Name, function)


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

Declaration of conformity

- 1) No. 2021-05-18
2) Issuer's name: POLANIK Sp. z o. o.
Issuer's address: Życzliwa 11, 97-300 Piotrkow Tryb.
3) Object of declaration:

Position	Description	Code
1	Polanik throwing weights for Highland Games	TWR series

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

Document No.	Title	Edition/Date of issue	Position
not applicable	United Scottish Athletic Directors (USAD) Rule Book	3 rd 2008	All above
not applicable	North American Scottish Games Athletics (NASGA) Rules for Scottish Heavy Events Competition	1999	All above

Additional Information

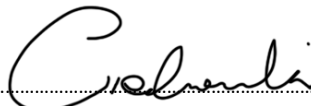
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Product Manager

7)
(Name, function)


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

TW series

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The producer reserves the right to introduce without warning changes in product constructions and colours.