

POLANIK  
Poland, Życzliwa 11  
97-300 Piotrków Trybunalski

tel. +48 44 646 44 81  
tel. +48 44 648 50 89  
fax +48 44 646 43 58

e-mail: [info@polanik.com](mailto:info@polanik.com)  
[www.polanik.com](http://www.polanik.com)



## Technical specification Training shot puts



File: 2014-10-22  
PRODUCT SUPPORT  
Paweł Ciechanowski  
[p.ciechanowski@polanik.com](mailto:p.ciechanowski@polanik.com)

### Warning!

The sports equipment produced by Polanik is designed for athletics training and use in sports competitions 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 Association of Athletics Federations (IAAF), respective national athletics federation and local safety regulations. Failure to follow the above restrictions results in loss of the warranty rights.
- 2) The training shot puts are athletics throwing implements designed for training of shot put athletics event. The damages of training shot puts (scratches, dents and so on) caused by landing on the throwing sector are recognized as a normal wear of the product and are excluded from the warranty.

### I. General description and use

Steel training shot puts are used in training of shot put athletics event. Training should be conducted on grass surfaces or similar fields.

### II. Technical characteristics

Type	training
Material	steel
Filling	mixture of lead and steel fine shot
Processing	turned
Finish	powder painted
Weight allowance [kg]*	+0,005 (lower deviation) +0,05 (upper deviation)
Diameter allowance [mm]**	+/- 3 mm

Code	Weight [kg]*	Diameter [mm]**
PK-1	1	84
PK-2	2	84
PK-3	3	90
PK-4	4	106
PK-5	5	116
PK-6	6	121
PK-7,26	7,26	127
PK-8	8	127
PK-9	9	130
PK-10	10	130
PK-11	11	130
PK-12	12	137

### III. Packing

Shot puts are packed in foil bags and carton boxes.

Shot put boxes are shipped in collective wooden – hardboard cases, their dimensions depend upon orders' quantities.

Cases can be transported by means of forklifts and hand pallet jacks.

#### IV. Declaration

- 1) No. 2014-10-22  
2) Issuer's name: POLANIK  
Issuer's address: Życzliwa 11, 97-300 Piotrkow Tryb.  
3) Object of declaration:

No.	Description	Code
1	Steel training shot put 1kg	PK-1
2	Steel training shot put 2kg	PK-2
3	Steel training shot put 3kg	PK-3
4	Steel training shot put 4kg	PK-4
5	Steel training shot put 5kg	PK-5
6	Steel training shot put 6kg	PK-6
7	Steel training shot put 7,26kg	PK-7,26
8	Steel training shot put 8kg	PK-8
9	Steel training shot put 9kg	PK-9
10	Steel training shot put 10kg	PK-10
11	Steel training shot put 11kg	PK-11
12	Steel training shot put 12kg	PK-12

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

Articles	Document title	Issuer
Rule 188 point 4	IAAF Competition Rules 2014-2015	International Association of Athletics Federations 17, rue Princesse Florestine BP 359 – MC 98007 Monaco Cedex Tel. +3377 93 10 88 88 Fax +377 93 15 95 15 www.iaaf.org

#### Additional Information

- 5) Declaration for:

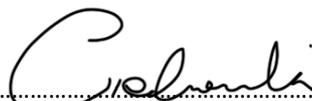
Buyer/Distributor/User

Signed for and in behalf of:

POLANIK  
2014-10-22 Piotrkow Tryb.  
(Date and place of issue)

6) Pawel Ciechanowski  
Product Manager

.....  
(Name, function)



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