

INSTRUCTION MANUAL

Premium Line competition take-off board for long jump and triple jump
with stainless steel foundation tray and stainless steel adjustable base board

S12-250 (ver. XI 2020)



NEW TECHNOLOGY – EASIER OPERATION

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PRODUCT SUPPORT
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Thank you for choosing Polanik Premium Line take-off board S12-250.

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 throwing implements and other throwing sports equipment, misuse of athletics equipment and implements 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 premium take-off board S12-250 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,
- 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 levelled with the runway surface with the included hex key, even if the foundation tray is not installed horizontally,
- extremely durable – all the metal elements are made of stainless steel, they do not require additional maintenance actions
- 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), fast replacement of wearing parts
- high quality – best material: stainless steel and waterproof plywood, manufacturing precision confirmed by the certificate of the World Athletics

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	Stainless steel base board S-0250-000-09-00-00	1	
3	White take-off board 20 mm with screws K2-250	1	
4	Indicator plasticine board 2020 model K8-250	2	
5	Training indicator board without plasticine S-250-02-03	1	

Item	Part/set description	Q-ty pcs	Part/set sketch
6	Spare 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	1	
9	Hex key to adjust the feet	1	
10	Screwdriver to fasten white take- off board to base board	1	

3. Assembly and installation

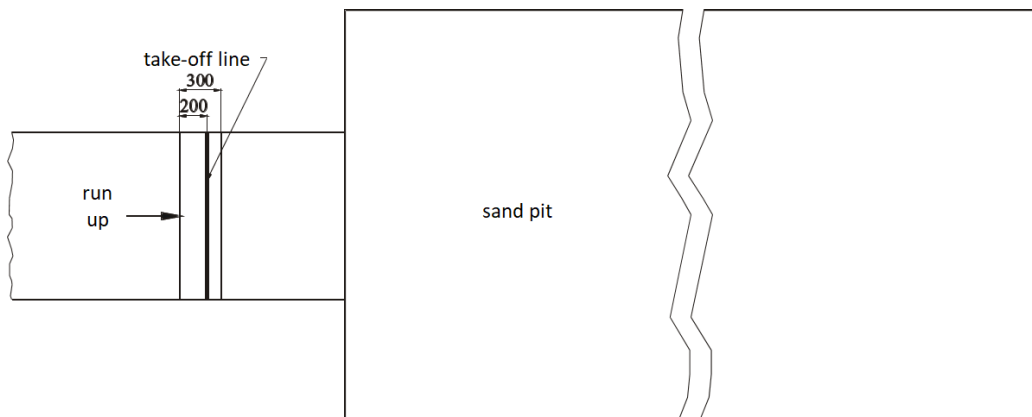
3.1. Embedding the foundation tray in the runway

The 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 WA 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 WA international competition rules.

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

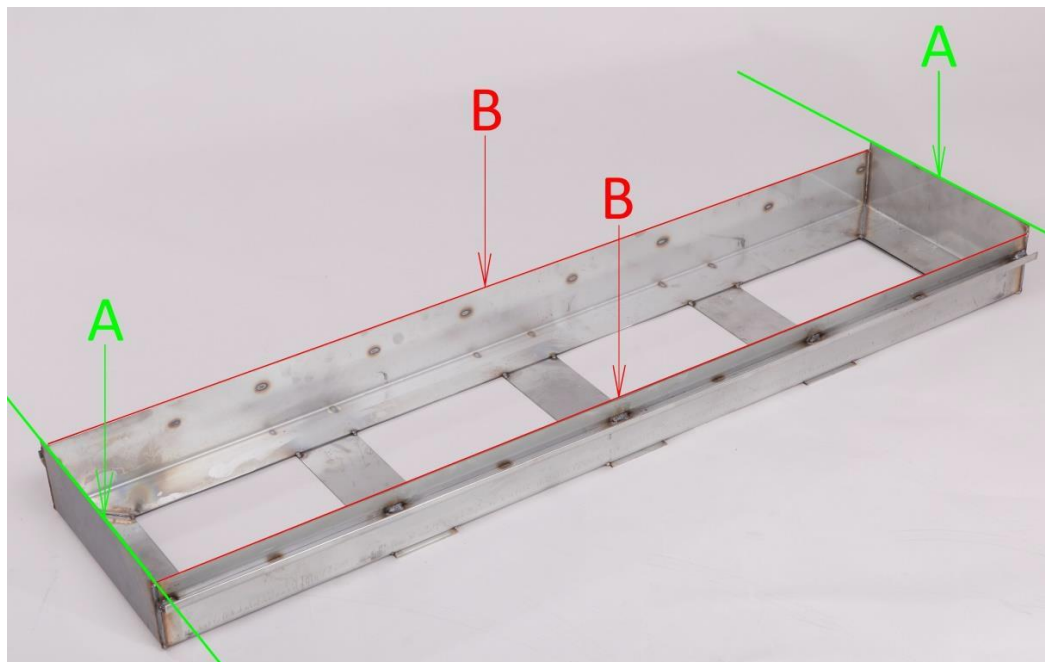
The installation point of the tray (item 1) of the take-off board is presented below.



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

ATTENTION!

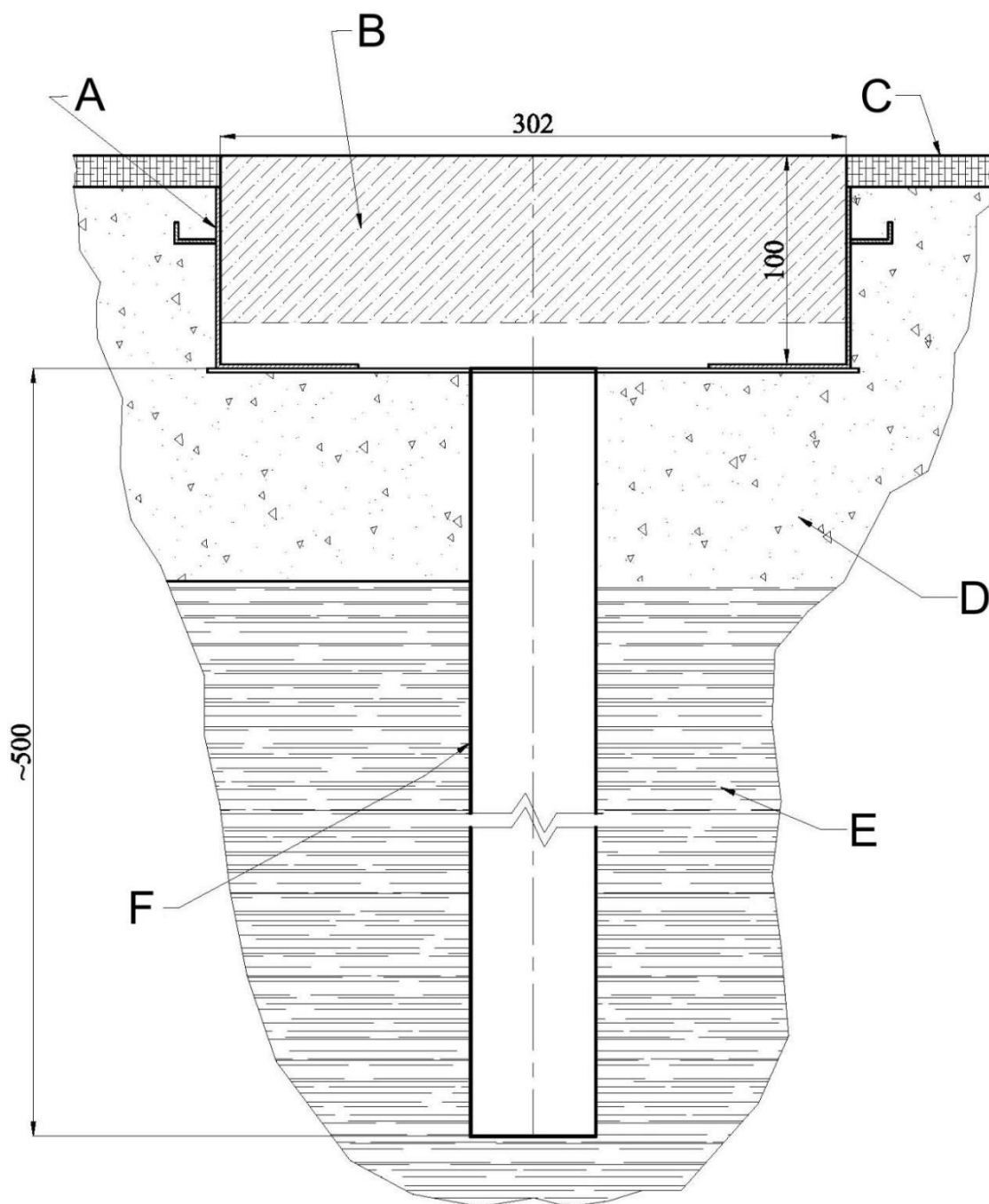
The long side edges (B) of the foundation tray are 13 mm lower, they should be covered by synthetic surface. The short side edges (A) are to be flash with the top surface of the synthetic surface.



The tray should be positioned in the track and the inside of the tray must be secured with spacing boards (see image 1. and draw. 2.), so that it does not deform while placing the 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

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 foundation 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 foundation tray (item 1) use the included flat wrench no. 17 (item 8). The installation begins with placing the stainless steel base board (item 2), with white take-off board (item 3) fastened on its top, in the embedded foundation tray (item 1), so that the square heads of the blocking 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 (item 1) are. If the white take-off board edges (item 3) are on the same level as the runway surface, you can secure the stainless steel base board (item 2) with white take-off board (item 3) inside the foundation tray (item 1) by unscrewing the blocking bolts counter clockwise until perceptible resistance occurs, with the included wrench 17 (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 10),



- loosen the counter nuts of the adjustable feet using the wrench (item 8),



- 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.

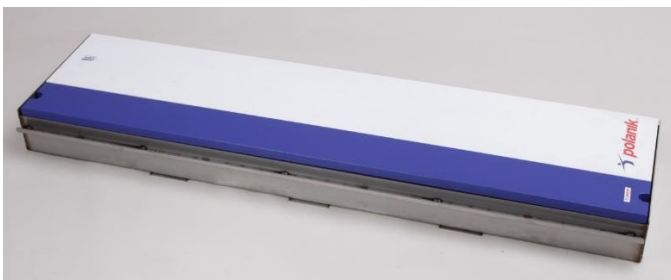
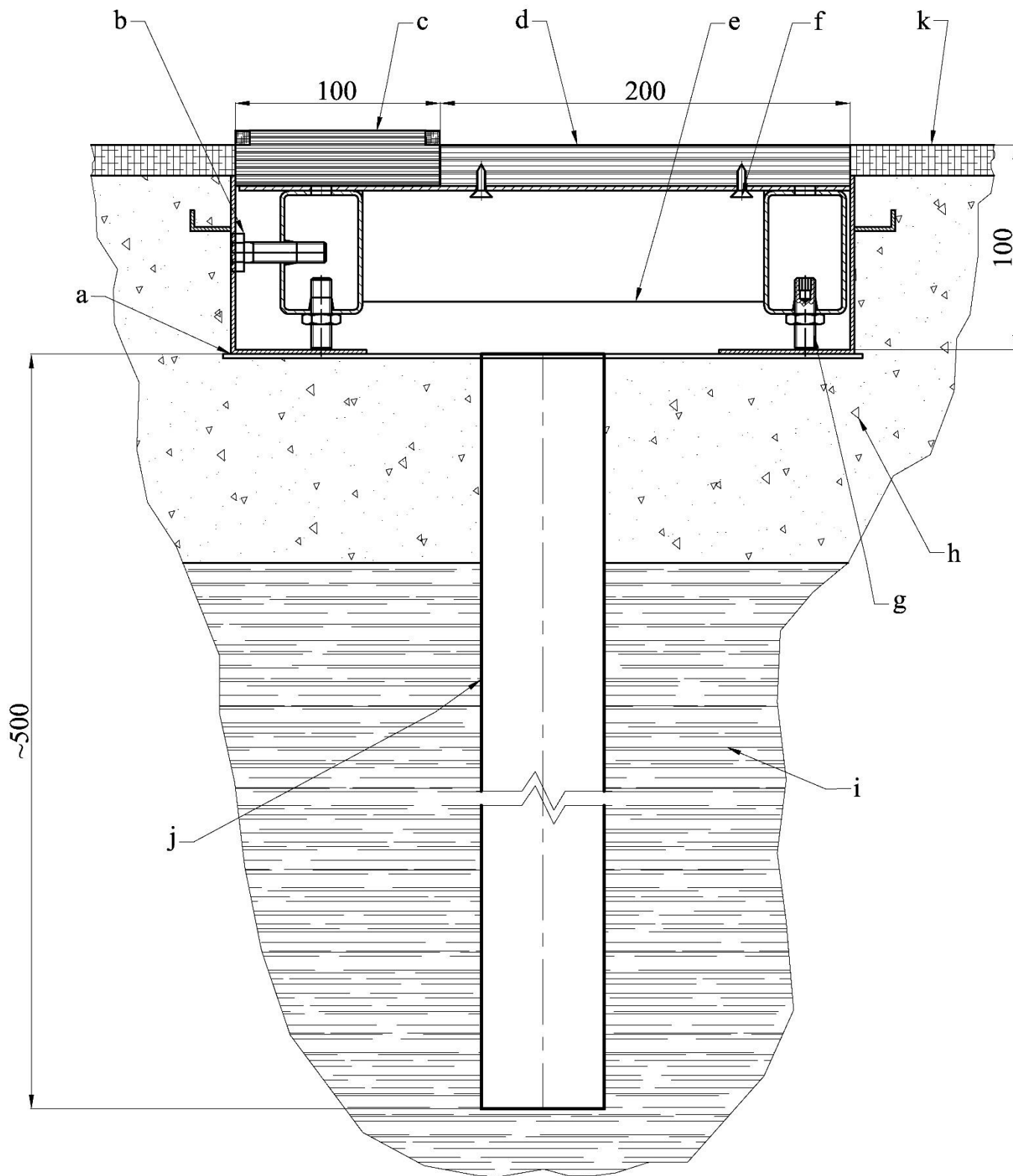


Image 2. Set ready for use, mounted in the runway



[mm]

a – stainless steel foundation tray (item 1)

b – blocking bolt

c – plasticine indicator board (item 4)

d – white take-off board (item 3)

e – adjustable stainless steel base board (item 2)

f – screw fastening white take-off board

g – adjustable foot of stainless steel base board

h – concrete foundation

i – ground

j – draining tube

k – athletics synthetic surface

4. Remarks on maintenance and operating

Plasticine strips deform during training sessions and competitions. There are two indicator plasticine boards (item 4) 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 levelled. First one ought to apply thick layers of plasticine (item 6) on the damaged areas. Then the layers are to be levelled with the forming knife (item 7), as it is shown below.



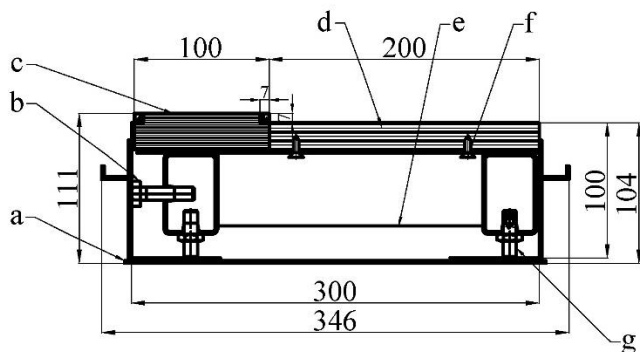
Attention! While storing or using plasticine should be protected against high temperatures (over 40 °C), because otherwise it can change its shape and dimensions, and in extreme cases it can become a liquid.

The white take-off board (item 3) K2-250 can be unscrewed, turned over and screwed again to the stainless steel base board (item 2). That prolongs significantly the product's life. Since athletes jump in spikes, the damages of the wooden elements (white take-off board, plasticine indicator boards and training indicator board) are the results of normal wear and tear.

Please note that even though the wooden elements are impregnated and protected with paint, a prolonged contact with water can devastate or deform them. Thus they must be removed from the embedded tray (item 1) after competitions and training sessions and stored in a dry place.

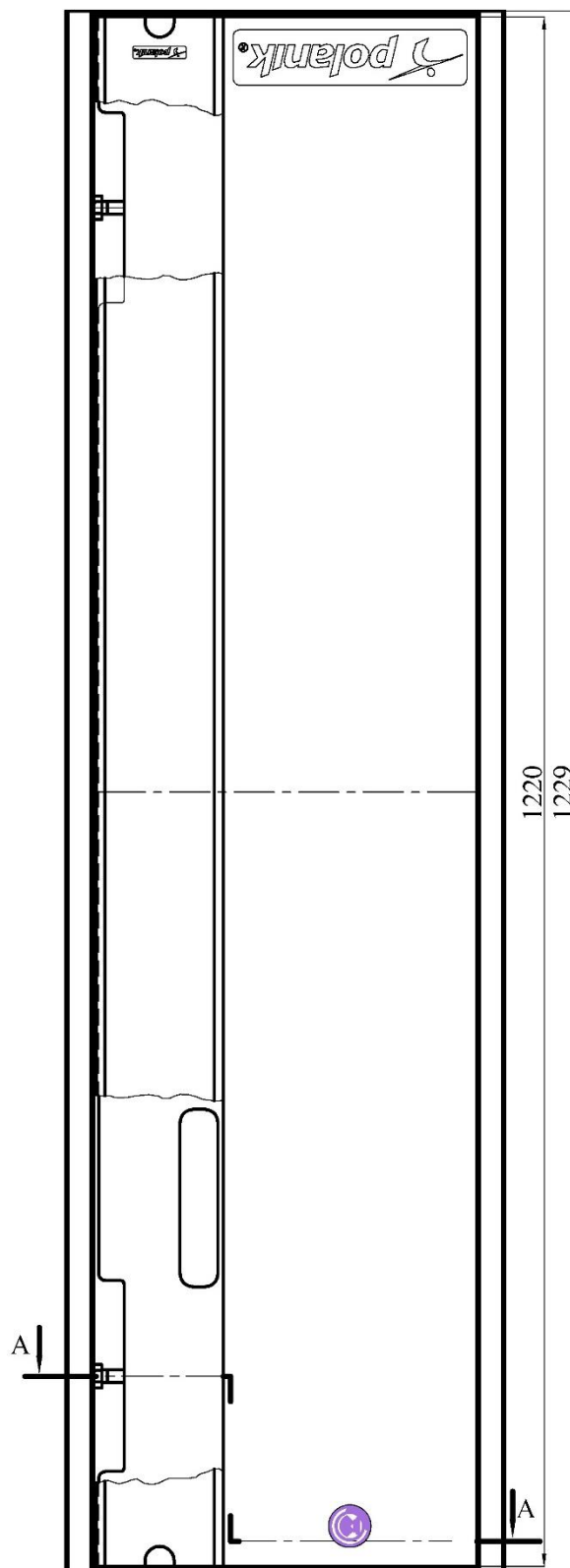
Any defects in paint coating revealed during thorough regular inspections of the board set must be repaired with wood paint or impregnant. It is recommended that the embedded tray (item 1) should be sheltered with the cover when not used (see page 14).

5. Technical drawing – scheme of construction and dimensions







[mm]

- a – stainless steel foundation tray (item 1)
- b – blocking bolt
- c – plasticine indicator board (item 4)
- d – white take-off board (item 3)
- e – adjustable stainless steel base board (item 2)
- f – screw fastening white take-off board
- g – adjustable foot of stainless steel base board



6. Additional equipment, available separately

Item	Part/set description	Part/set sketch
1	<p>Stainless steel cover for competition take-off board 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 sticking tartan.</p>	
2	<p>Stainless steel cover with edges for competition take-off board 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 to facilitate application of tartan.</p>	
3	<p>Plasticine straps for indicator board 2020 model P8x31-2020</p> <p>Set of 8 red plasticine straps, specially shaped, ready to be put into the indicator board recess, designed for Polanik competition take-off boards</p>	
4	<p>Rubber indicator board for competition board LG15-250</p> <p>black full rubber indicator board designed for training</p>	

7. WA Certificate



PRODUCT CERTIFICATE

World Athletics is pleased to certify that the following product meets all the technical requirements of the World Athletics Rules for the relevant competitions.

Product's Trade Name:

Fixed equipment, Take-off board, Competition

Description, Colour/Absolute Thickness:

Wood/plywood/stainless steel, White/dark blue

Company Name, Country:

Polanik Sp. z o. o. - Sp. K. POL

Catalogue Number:

S12-250

Certification Number:

E-12-0696

Test Report by and on:

-

Note:

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Date of Issue:

1 July 2020

Date of Expiry:

July 2024

Issued in accordance with the terms and conditions of the World Athletics Certification System



Jon Ridgeon
World Athletics CEO

