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## Technical specification Training shot puts



File: 2019-01-29  
PRODUCT SUPPORT  
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### 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]**	Notes
PK-1	1	84	
PK-1,5	1,5	84	
PK-2	2	84	
PK-2,5	2,5	84	
PK-3	3	90	Polish Athletic Association certificate
PK-4	4	106	Polish Athletic Association certificate
PK-5	5	116	Polish Athletic Association certificate
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	

Type	training with nominal diameter indicated
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]*	+/- 1 mm

Code	Weight [kg]*	Diameter [mm]*	Notes
PK-2,5/100	2,5	100	
PK-3,25/108	3,25	108	
PK-3,25/95	3,25	95	
PK-3,5/105	3,5	105	
PK-3,5/106	3,5	106	
PK-3,5/108	3,5	108	
PK-3,5/110	3,5	110	
PK-3,5/95	3,5	95	
PK-3,75/108	3,75	108	
PK-3,8/106	3,8	106	
PK-3/120	3	120	
PK-3/128	3	128	

Code	Weight [kg]*	Diameter [mm]*	Notes
PK-3/90	3	90	
PK-3/106	3	106	
PK-4,25/108	4,25	108	
PK-4,5/108	4,5	108	
PK-4,8/115	4,8	115	
PK-4,8/120	4,8	120	
PK-4/106	4	106	
PK-4/115	4	115	
PK-4/120	4	120	
PK-4/128	4	128	
PK-5,5/115	5,5	115	
PK-5,5/120	5,5	120	
PK-5/106	5	106	
PK-5/125	5	125	
PK-5/128	5	128	
PK-6,5/120	6,5	120	
PK-6,5/128	6,5	128	
PK-6,8/120	6,8	120	
PK-6,8/125	6,8	125	
PK-6,8/128	6,8	128	
PK-6/127	6	127	
PK-6/128	6	128	
PK-6/135	6	135	
PK-7,38/125	7,38	125	
PK-7,5/120	7,5	120	
PK-7,71/128	7,71	128	
PK-7/120	7	120	
PK-8,1/128	8,1	128	
PK-8/125	8	125	
PK-8/128	8	128	
PK-10/137	10	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. 2018-11-26

2) Issuer's name: POLANIK

Issuer's address: Życzliwa 11, 97-300 Piotrkow Tryb.

3) Object of declaration

No.	Description	Code
1	Training steel shot put 1 kg	PK-1
2	Training steel shot put 1,5 kg	PK-1,5
3	Training steel shot put 2 kg	PK-2
4	Training steel shot put 2,5 kg	PK-2,5
5	Training steel shot put 6 kg	PK-6
6	Training steel shot put 7,26 kg	PK-7,26
7	Training steel shot put 8 kg	PK-8
8	Training steel shot put 9 kg	PK-9
9	Training steel shot put 10 kg	PK-10
10	Training steel shot put 11 kg	PK-11
11	Training steel shot put 12 kg	PK-12
12	Training steel shot put 2,5 kg śr. 100 mm	PK-2,5/100
13	Training steel shot put 3,25 kg, śr. 108 mm	PK-3,25/108
14	Training steel shot put 3,25 kg śr. 95 mm	PK-3,25/95
15	Training steel shot put 3,5 kg, śr. 105 mm	PK-3,5/105
16	Training steel shot put 3,5 kg, śr. 106 mm	PK-3,5/106
17	Training steel shot put 3,5 kg, śr. 108 mm	PK-3,5/108
18	Training steel shot put 3,5 kg, śr. 110 mm	PK-3,5/110
19	Training steel shot put 3,5 kg śr. 95 mm	PK-3,5/95
20	Training steel shot put 3,75 kg, śr. 108 mm	PK-3,75/108
21	Training steel shot put 3,8 kg, śr. 106 mm	PK-3,8/106
22	Training steel shot put 3 kg, śr. 106 mm	PK-3/106
23	Training steel shot put 3 kg, śr. 120 mm	PK-3/120
24	Training steel shot put 3 kg, śr. 128 mm	PK-3/128
25	Training steel shot put 3 kg śr. 90 mm	PK-3/90
26	Training steel shot put 4,25 kg, śr. 108 mm	PK-4,25/108
27	Training steel shot put 4,5 kg, śr. 108 mm	PK-4,5/108
28	Training steel shot put 4,8 kg, śr. 115 mm	PK-4,8/115
29	Training steel shot put 4,8 kg, śr. 120 mm	PK-4,8/120
30	Training steel shot put 4 kg, śr. 106 mm	PK-4/106
31	Training steel shot put 4 kg, śr. 115 mm	PK-4/115
32	Training steel shot put 4 kg, śr. 120 mm	PK-4/120
33	Training steel shot put 4 kg, śr. 128 mm	PK-4/128
34	Training steel shot put 5,5 kg, śr. 115 mm	PK-5,5/115

35	Training steel shot put 5,5 kg, śr. 120 mm	PK-5,5/120
36	Training steel shot put 5 kg, śr. 106 mm	PK-5/106
37	Training steel shot put 5 kg, śr. 125 mm	PK-5/125
38	Training steel shot put 5 kg, śr. 128 mm	PK-5/128
39	Training steel shot put 6,5 kg, śr. 120 mm	PK-6,5/120
40	Training steel shot put 6,5 kg, śr. 128 mm	PK-6,5/128
41	Training steel shot put 6,8 kg, śr. 120 mm	PK-6,8/120
42	Training steel shot put 6,8 kg, śr. 125 mm	PK-6,8/125
43	Training steel shot put 6,8 kg, śr. 128 mm	PK-6,8/128
44	Training steel shot put 6 kg, śr. 127 mm	PK-6/127
45	Training steel shot put 6 kg, śr. 128 mm	PK-6/128
46	Training steel shot put 6 kg, śr. 135 mm +/- 2mm	PK-6/135
47	Training steel shot put 7,38 kg, śr. 125 mm	PK-7,38/125
48	Training steel shot put 7,5 kg, śr. 120 mm	PK-7,5/120
49	Training steel shot put 7,71 kg, śr. 128 mm	PK-7,71/128
50	Training steel shot put 7 kg, śr. 120 mm	PK-7/120
51	Training steel shot put 8,1 kg, śr. 128 mm	PK-8,1/128
52	Training steel shot put 8 kg, śr. 125 mm	PK-8/125
53	Training steel shot put 8 kg, śr. 128 mm	PK-8/128
54	Training steel shot put 10 kg, śr. 137 mm +/- 2 mm	PK-10/137

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 2018-2019	International Association of Athletics Federations 6-8 Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex, <a href="http://www.iaaf.org">www.iaaf.org</a>

Additional Information

5) Declaration for:

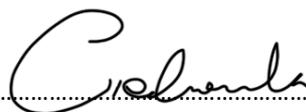
Buyer/Distributor/User

Signed for and in behalf of:

POLANIK  
2018-11-26 Piotrkow Tryb.  
(Date and place of issue)

6) Paweł Ciechanowski  
Product Manager

.....  
(Name, function)



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