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TECHNICAL SPECIFICATION

Polanik throwing weights

TW and TWR series



File: 2014-07-15

PRODUCT SUPPORT
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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]***
TW-5,45	5,45	398	105
TW-7,26	7,26	398	115
TW-9,08	9,08	398	125
TW-10	10	398	125
TW-10,89	10,89	400	135
TW-11,34	11,34	400	135
TW-12	12	400	135
TW-12,5	12,5	400	135
TW-12,73	12,73	400	135
TW-15	15	394	147
TW-15,88	15,88	394	147
TW-20	20	400	167
TW-25,4	25,4	400	167

bold font - standard USATF and WMA weights

* 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)

TWH	not applicable	not applicable	not applicable	handle with chain and shackle for throwing weights, please state the weight code when ordering
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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. 2008-10-13
- 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	2009	All above
not applicable	USA Track & Field 2009 Competition Rules	2009	All above
not applicable	WMA (World Masters Athletics) Hurdles and Implement Specifications	2002	All above

Additional Information

- 5) Declaration for:

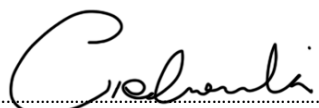
BUYER and USER

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

2014-07-15 Piotrkow Tryb.
(Date and place of issue)

Pawel Ciechanowski
Product Manager

- 6)
(Name, function)


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

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Declaration of conformity

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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)

documents:

The object of declaration described above is in conformity with the requirements of the following

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

5)

Declaration for:


BUYER and USER

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

2008-10-13 Piotrkow Tryb.
(Date and place of issue)

Pawel Ciechanowski
Product Manager

7)
(Name, function)


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

TW series

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