

TECHNICAL SPECIFICATION **ASSEMBLY MANUAL**

Training hurdles - spring back

PP-180

PP-180/7

PP-181

PP-182



File: 2015-08-06

PRODUCT SUPPORT
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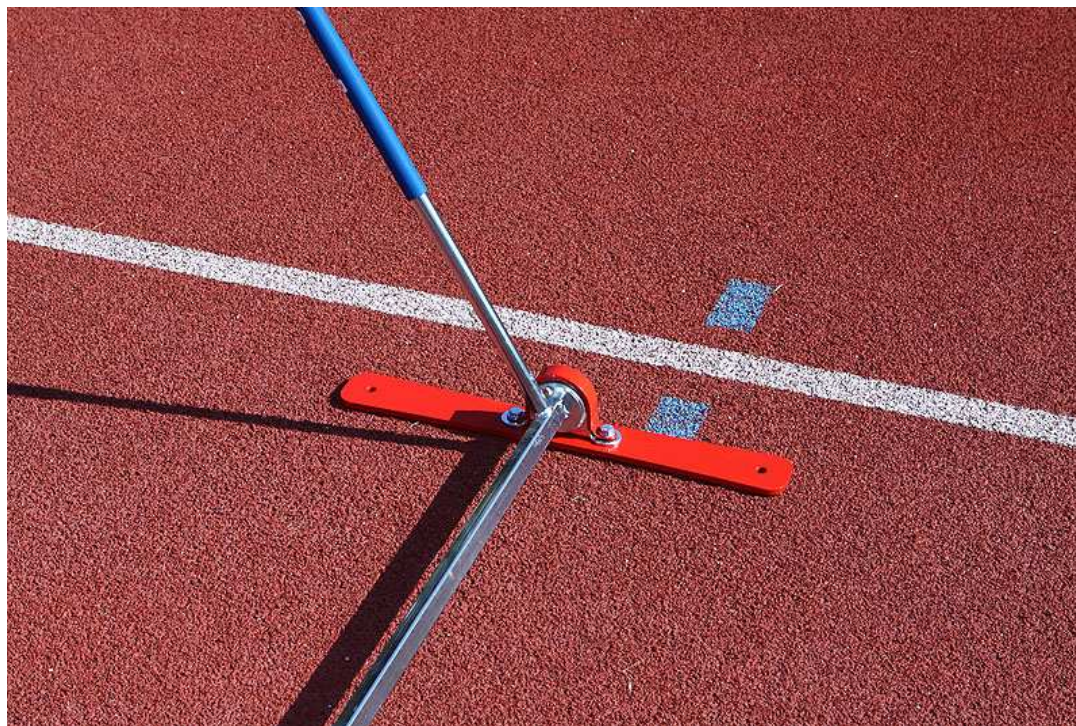
Thank you for choosing Polanik hurdles.

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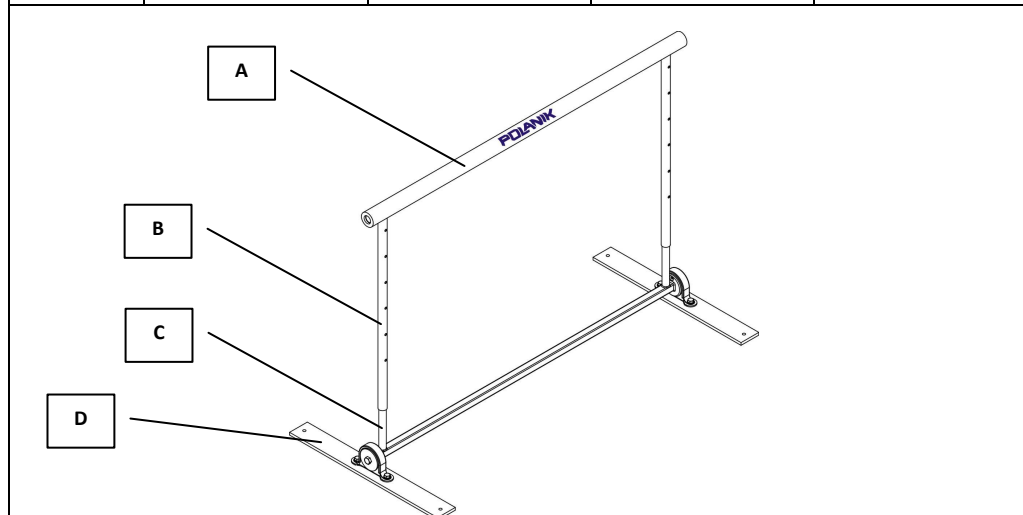
I. General description and use

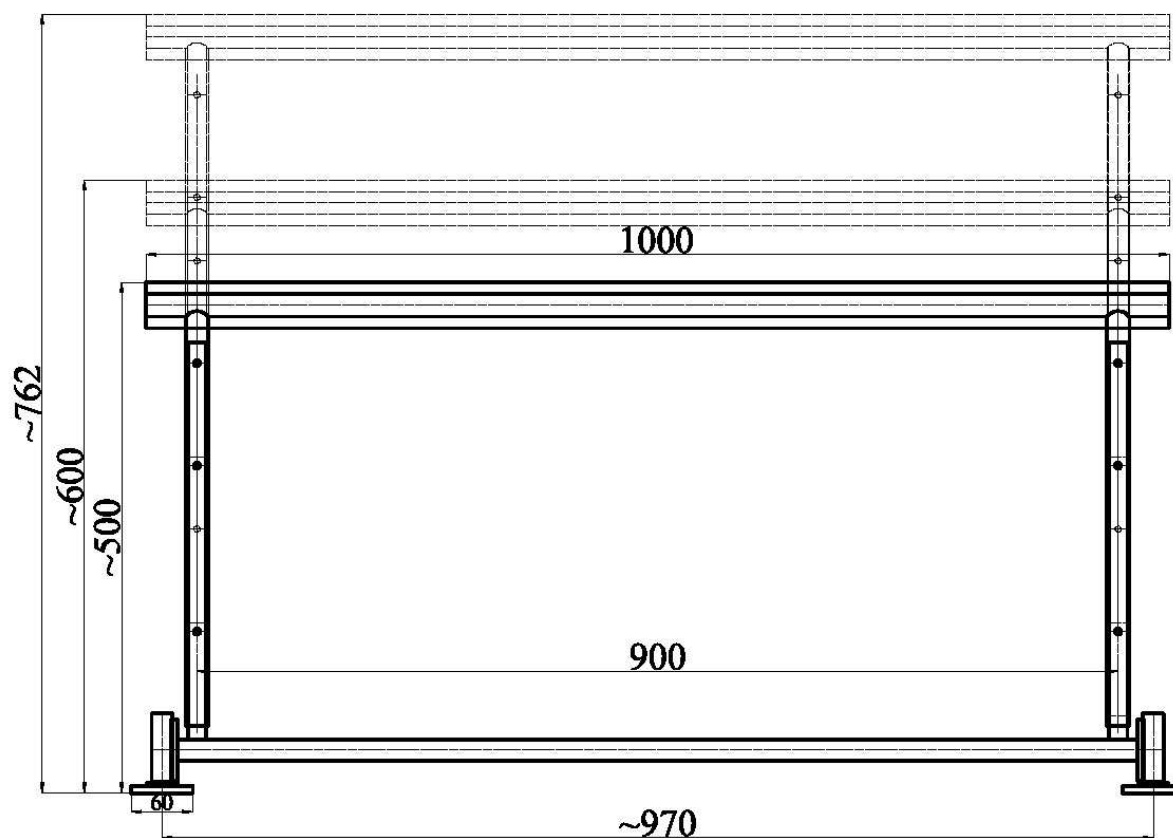
Polanik spring back hurdle is a durable, newly-invented construction which is designed for training hurdle races for juniors and seniors in sports schools and clubs. Special spring back mechanism and soft lining of top bar provides safe training. The mechanism is responsible for returning hurdle crossbar to its original position after stroke, which is harmless for an athlete due to the lining.



II. Technical specification

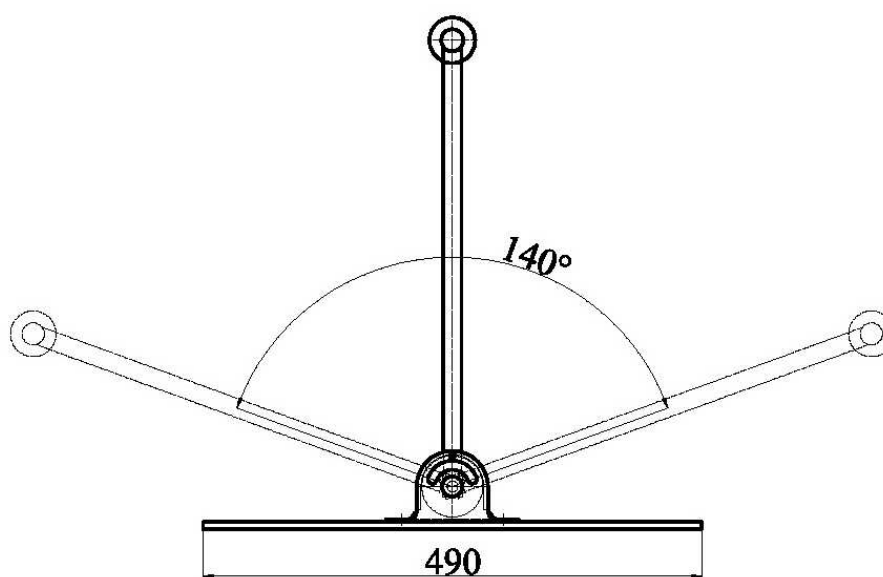
Code	PP-180	PP-180/7	PP-181	PP-182
Hurdle type	training, spring back	training, spring back	training, spring back	training, spring back
(A) Top bar	aluminium, combined with telescope tubes, with soft lining	aluminium, combined with telescope tubes, with soft lining	aluminium, combined with telescope tubes, with soft lining	aluminium, combined with telescope tubes, with soft lining
(B) Telescope tube	aluminium, powder painted, spring loaded button system of height adjustment	aluminium, powder painted, spring loaded button system of height adjustment	aluminium, powder painted, spring loaded button system of height adjustment	aluminium, powder painted, spring loaded button system of height adjustment
(C) Frame	steel galvanized	steel galvanized	steel galvanized	steel galvanized
(D) Feet	steel, powder painted, equipped with rubber pads	steel, powder painted, equipped with rubber pads	Steel, powder painted, equipped with rubber pads	Steel, powder painted, equipped with rubber pads
Heights [mm]	-	-	-	500
	-	-	600	600
	-	650	-	-
	686	686	686	-
	762	762	762	762
	840	840	840	-
	914	914	914	-
	990	990	-	-
1067	1067	-	-	
Weight [kg]	7	7	7	5





The range of the height levels depends upon the hurdle model.





[mm]



Max deflection angle 70° for one direction

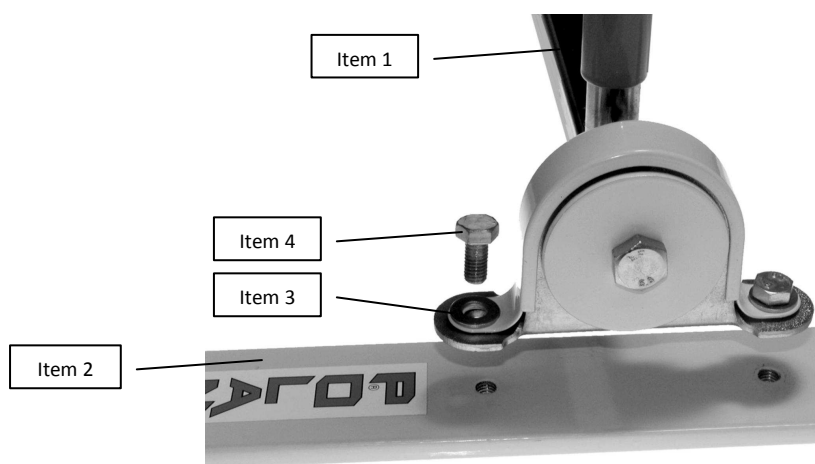
III. Parts list (part sets)

The hurdle is delivered in parts and one complete hurdle contains:

Item	Part\set description	Q-ty [pcs]	Sketch
1	Hurdle frame	1	
2	Hurdle foot	2	
3	Washer	4	
4	Foot screw	4	

IV. Assembly

The sequence of the assembly operations connected with hurdles PP-180, PP-180/7, PP-181 and PP-182 is described in this manual and shown with details in the picture below. A wrench 13 is needed to perform the assembly. Although one person can prepare the hurdle for use, the convenient and fast assembly process requires two persons. To assemble the hurdle one ought to screw the hurdle feet (item 2) to the hurdle frame (item 1) by means of the supplied screws and washers (item 4 and item 3).



V. Operation and maintenance

During an idle periods the hurdles must be stored in a roofed and dry place. If the hurdle becomes dirty wash it using soft detergent and then dry it. After every athletics season the hurdle must be cleaned from sand (mud, dust and etc.). Please note that the collapsible hurdle construction is only designed to lower the transport cost. We do not recommend unscrewing hurdle feet for storing.

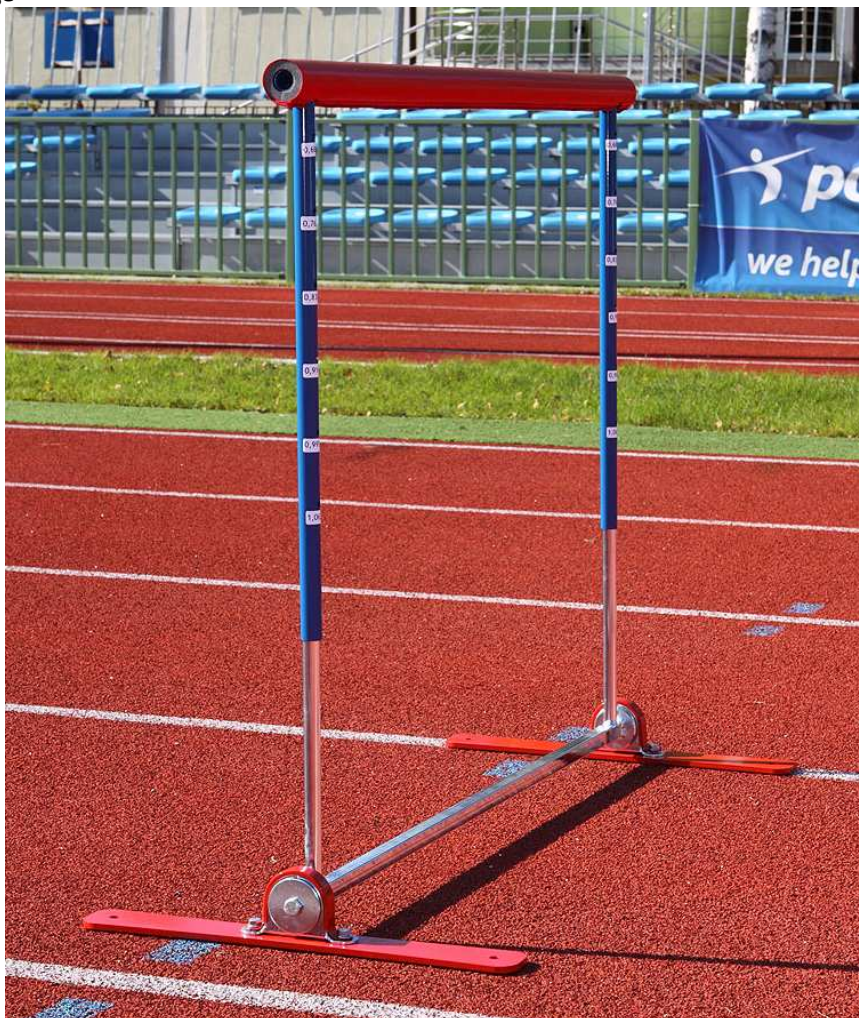
Please note that the max. deflection angle of the top bar in one direction is 70°, which is enough for normal use during training. Do not force the top bar beyond that limit, it may damage the hurdle.

Even the best technical solutions do not replace the common sense. Hurdle races should be carried out only with qualified coach's supervision. The producer is not responsible for any accidents connected with using the hurdle in an inappropriate way.

VI. Packing and transport

Hurdles are put into a cumulative box or are put on pallets and wrapped with foil.

VII. Product's image



PP-180 PP-180/7 PP-181 PP-182 © 2015 Polanik

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

VIII. Declaration

- 1) No. 2015-08-06
- 2) Issuer's name: POLANIK
Issuer's address: Życzliwa 11, 97-300 Piotrków Tryb.
- 3) Objects of declaration

No.	Name	Code
1	Training hurdle- spring back 686-1067 mm	PP-180
2	Training hurdle- spring back 650-1067 mm	PP-180/7
3	Training hurdle- spring back 600-914 mm	PP-181
4	Training hurdle- spring back 500-762 mm	PP-182

- 4) Technical specification described above is in accordance with the factory's internal engineering standards.

Additional Information

- 5) Declaration for:
Buyer/Distributor/User

Signed for and in behalf of:

POLANIK
2015-08-06 Piotrków Tryb.
(Date and place of issue)

- 6) Pawel Ciechanowski
Product Manager

.....
(Name, function)



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