

## ASSEMBLY MANUAL

Portable cage base set with accessories

**K6-0026**

for

Competition safety cage for discus and hammer throwing

KLM-7/10-A

Recommended by



Szymon Ziółkowski  
Olympic Champion



## Thank you for purchasing POLANIK portable base set for cage type KLM-7/10-A.

### Safe assembly and use

- Before you start to assemble and use the cage please read this manual carefully. 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 especially when using throwing implements and other throwing equipment, misuse of athletics equipment and implements can cause serious injury or in extreme cases even death. 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) The use of the throwing cage (KLM-7/10-A) is to be done in the properly marked and secured sports facility 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 throwing cage (KLM-7/10-A) is designed to protect the spectators against the improperly released hammer (discus) which misses the cage mouth. The execution of that task brings a risk of damages to the cage elements (for example the pillars), as a crumple zone of an automobile is damaged to absorb energy from the impact during an accident to save passengers. The damages caused by the proper cage operation, which is stopping improperly thrown hammers (discuses) from flying outside the cage and absorbing the impact energy in order to protect the thrower inside the throwing circle, are recognized as a normal wear of the product and are excluded from the warranty. The damages can be removed in course of payable repair or replacement of the cage elements.

### Attention

**Please keep in mind that the portable option of the Polanik throwing cage is only designed to conduct the athletics competitions. Therefore after the athletics event the cage has to be dismantled without delay. After each throwing session:**

**- always lower the net to min. 2,3 m.**

**-close the cage gates and secure them with brakes and rope (not included, min. 16 mm diameter)**

**-extreme pillars bases must be loaded by concrete blocks with total weight min. 400 kg on each extreme pillar**

## I. Characteristics of the set

The base set makes it possible to set up the Polanik hammer and discus cage on any even surface for competitions.



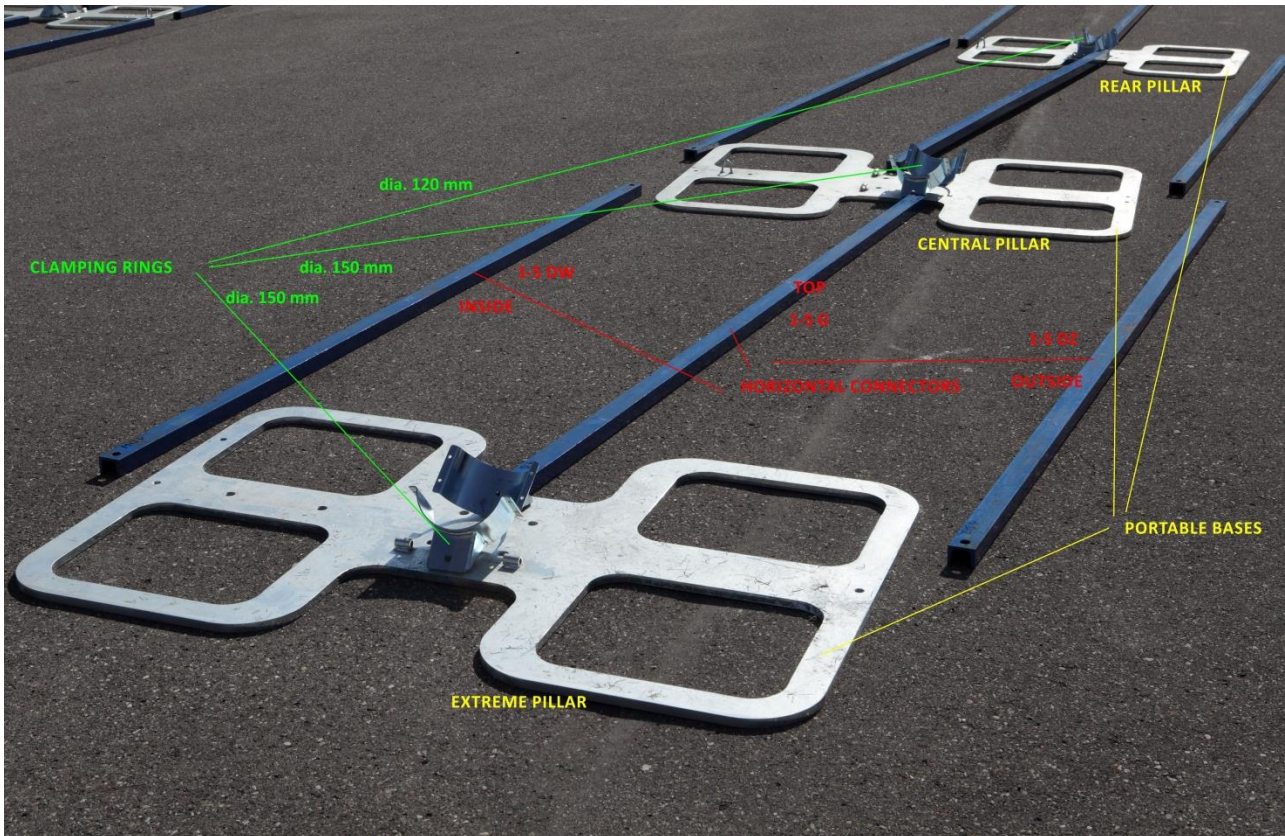


**We deliver the base set to a customer in partially assembled units. Assembly should be conducted according to this manual.**

## II. Parts list (parts sets)

The set consists of three main types of elements:

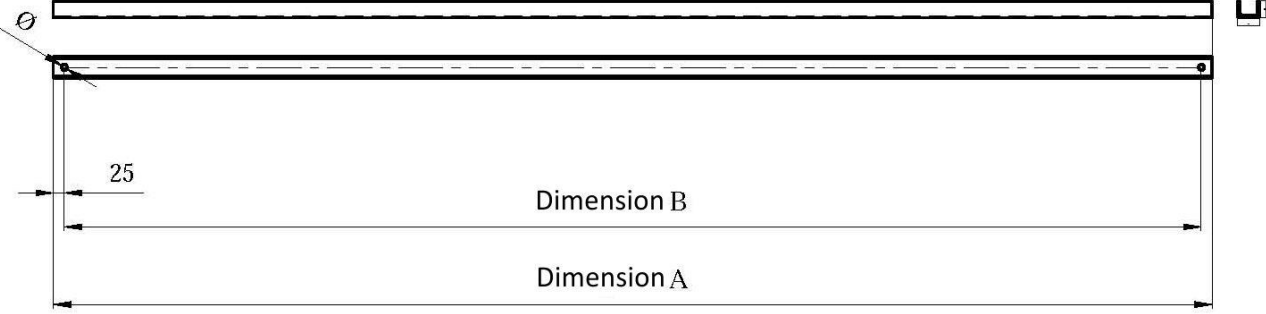
- a). horizontal connectors
- b). clamping rings
- c). portable bases



Ad a). horizontal connectors are used to link the clamping rings of the pillars with each other at the height of 3,85 m and they are used on the ground to connect the portable bases. The connectors are marked permanently at both ends (see the image below).



2 D Z

List of horizontal connectors						
						
Item	Description	Dimension A [mm]	Dimension B [mm]	Diameter $\Phi$ [mm]	Pcs	Notes
1G	Top horizontal connector	2604	2554	13	2	
2G	Top horizontal connector	2663	2613	13	2	
3G	Top horizontal connector	2970	2920	13	2	
4G	Top horizontal connector	3182	3132	13	2	
5G	Top horizontal connector	3184	3134	13	1	
1DW	Inside bottom horizontal connector	2602	2552	18	2	
2DW	Inside bottom horizontal connector	2864	2814	18	2	
3DW	Inside bottom horizontal connector	2931	2881	18	2	
4DW	Inside bottom horizontal connector	2964	2914	18	2	
5DW	Inside bottom horizontal connector	2966	2916	18	1	
1DZ	Outside bottom horizontal connector	2815	2765	18	2	
2DZ	Outside bottom horizontal connector	2788	2738	18	2	
3DZ	Outside bottom horizontal connector	3329	3279	18	2	
4DZ	Outside bottom horizontal connector	3749	3699	18	2	
5DZ	Outside bottom horizontal connector	3750	3700	18	1	

Ad b). clamping rings are mounted on the pillars at the height of 3,85 m (see the image below). They consists of two elements (halves) screwed together. There are two sizes of the clamping rings:

- for extreme and central pillars diameter 150 mm = 4 complete rings
- and for rear pillars diameter 120 mm = 6 complete rings.



Ad c). portable bases function as anchors, there are three types of the bases:

-for extreme pillars = 2 pcs



mounting holes to fasten  
the flat bar of the  
extreme pillar foot

-for central pillars = 2 pcs



loop for the steel bottom rope situated between mounting hole for the bottom connectors

-for rear pillars, smaller ones = 6 pcs



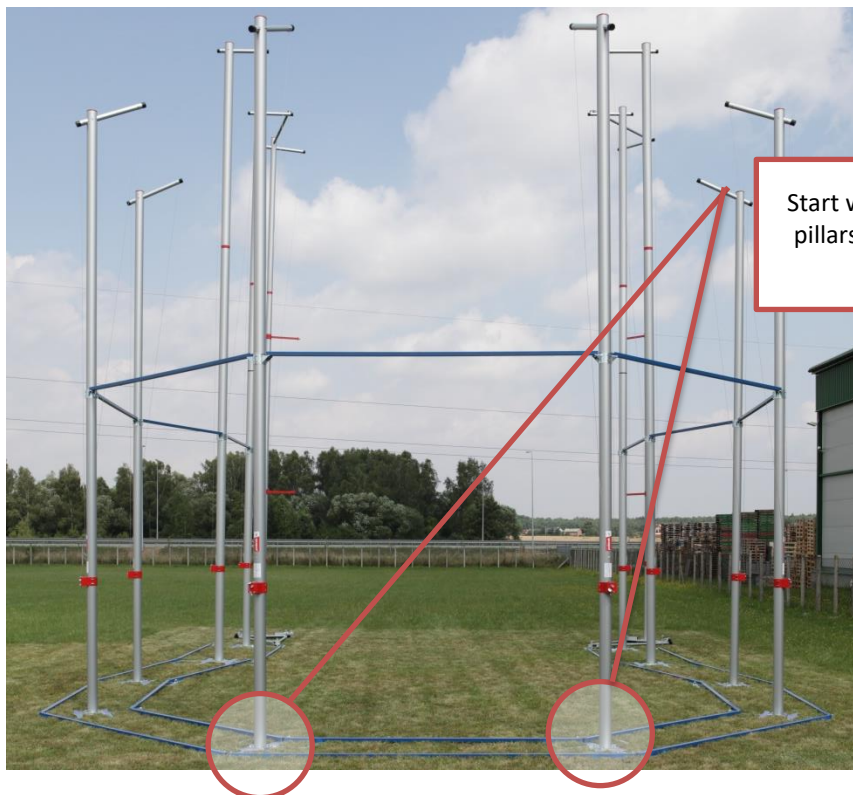
loop for the steel bottom rope situated at the base edge

### III. General assembly description

To properly assemble the cage on the portable bases you need to have the centre of the throwing circle positioned first. Then all the elements are placed on the field around the throwing circle in the given distance and angle to the centre of throwing circle. Next the bottom connectors (inside and outside ones) are screwed to the bases. After that one of the rear pillars at the back of the cage is placed in the hinges of the base and the clamping ring is installed on the pillar. Then



the pillar is put in upright position and screwed to the base. The same is done the next rear pillar and so on. Cage gates are installed at the end of the assembly.



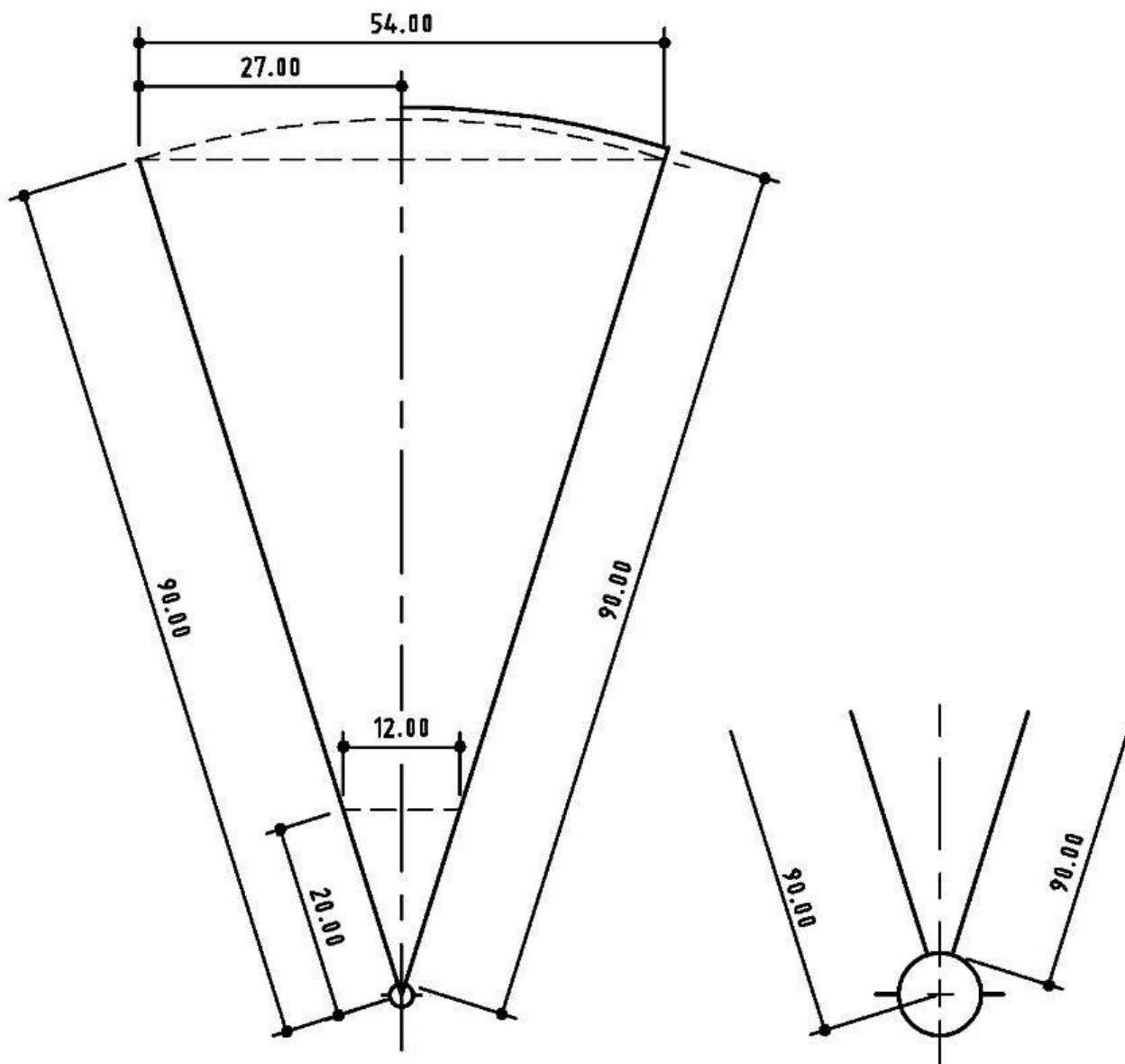
Start with one of the rear  
pillars at the back of the  
cage

#### IV. Assembly

Please follow the below sequence of the assembly steps:

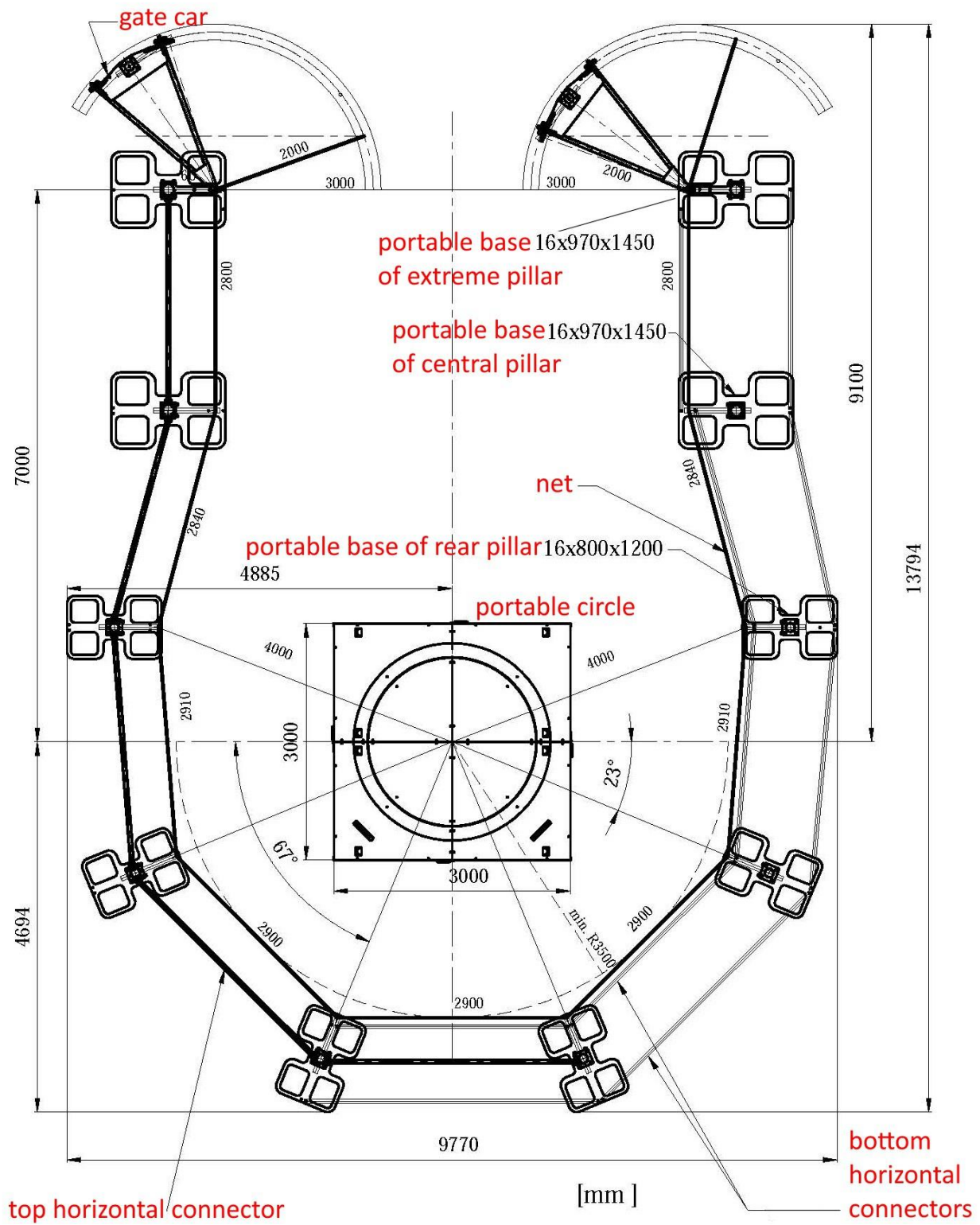
1. Position, mark the landing sector and the location of the throwing circle according to the IAAF rules:
  - The IAAF Competition Rules 2016-2017 (Chapter 5, Section IV C. Throwing events)
  - The IAAF Track and Field Facilities Manual 2008 edition (Chapter 2, Facilities for throwing events 2.4)

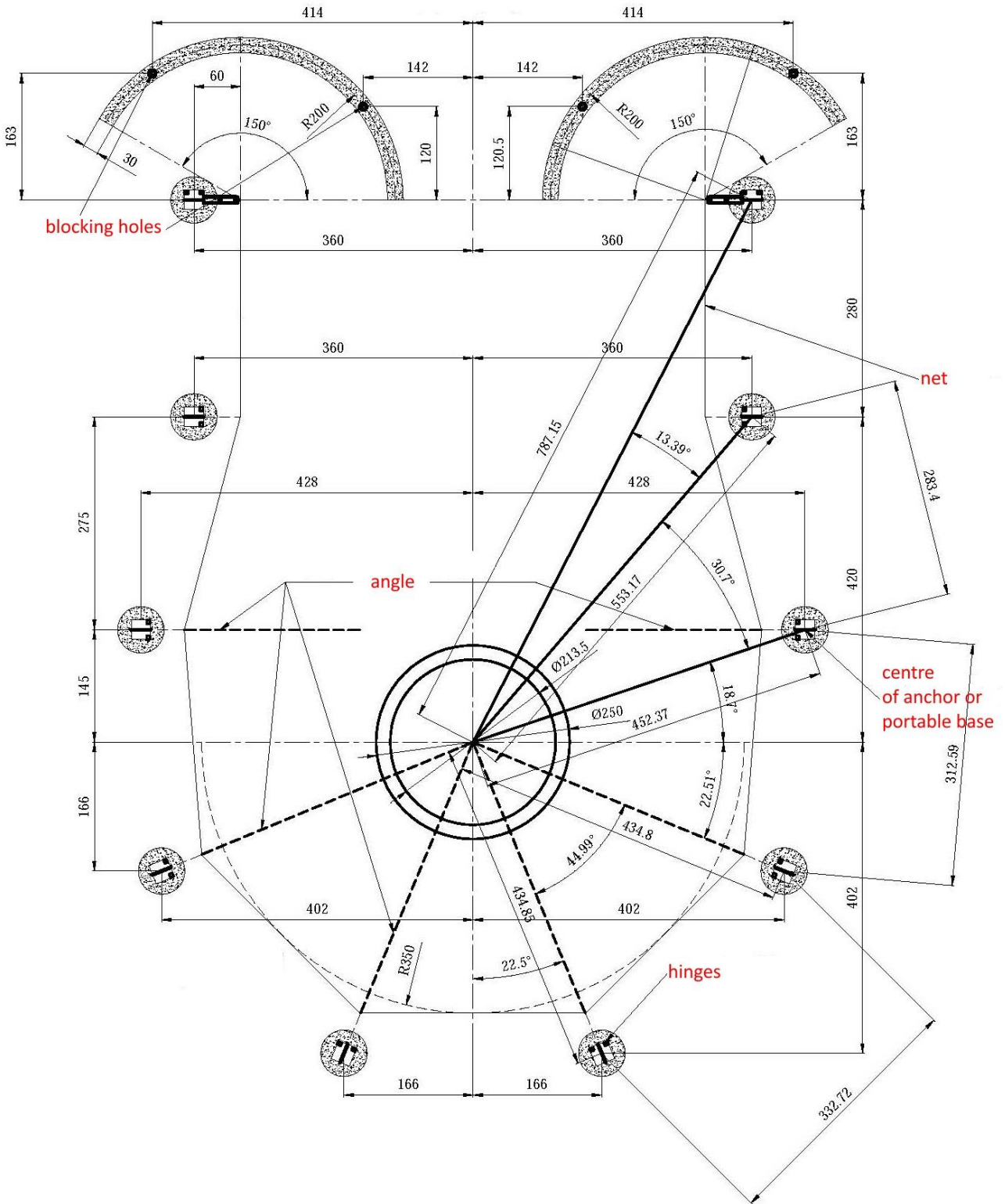
The example of the landing sector and the throwing circle is presented below.



[m]

2. Place the portable bases according to the below drawings.





[cm]

3. Screw down bottom horizontal connectors: **1DZ, 2DZ, 3DZ, 4DZ, 5DZ, 1DW, 2DW, 3DW, 4DW and 5DW** to portable bases according to the plans and images below.

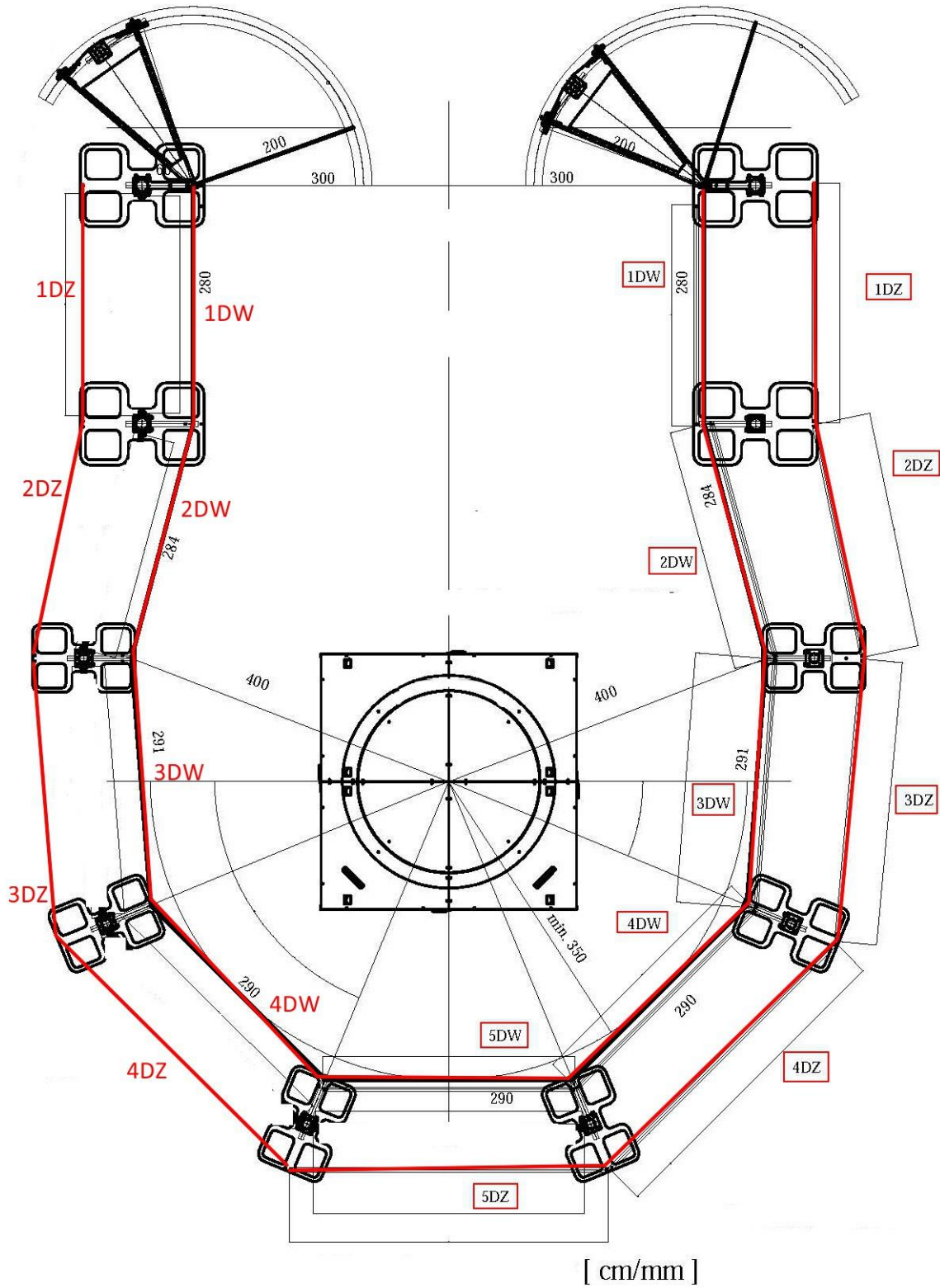


Please note that the both ends of the connectors are permanently marked.



First install all the screws using just hands, when you screw all the screws use a wrench to tighten them.

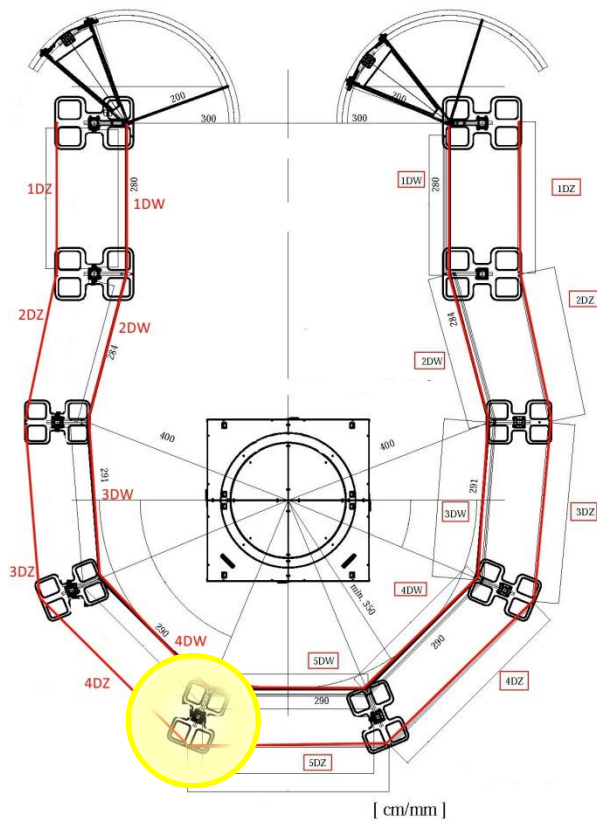




4. Place the rear pillar foot in the portable base hinges (see the instruction manual of the KLM-7/10-A cage for the details).



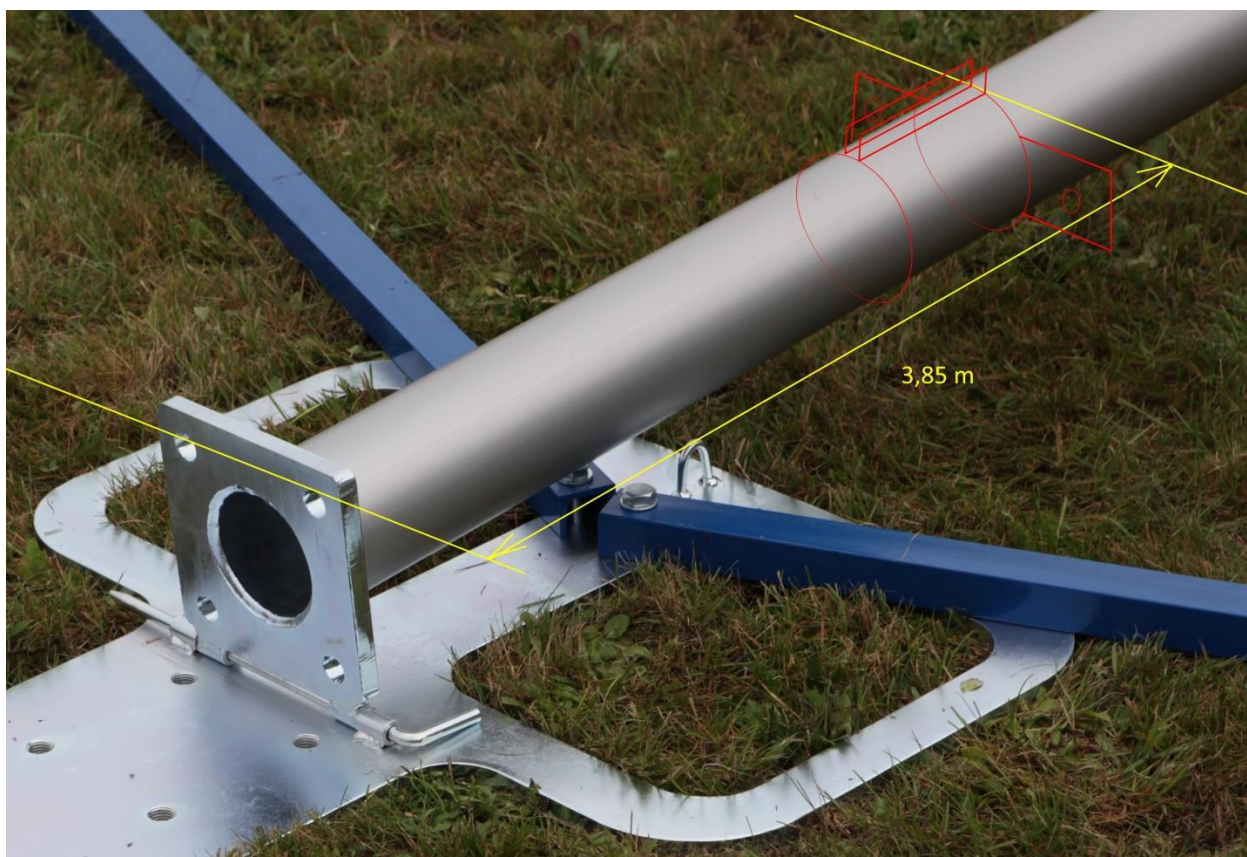
Start with the rear pillar marked yellow below.



5. Install the clamping ring on the laying pillar. The clamping ring consists of two halves which are screwed together with four screws.

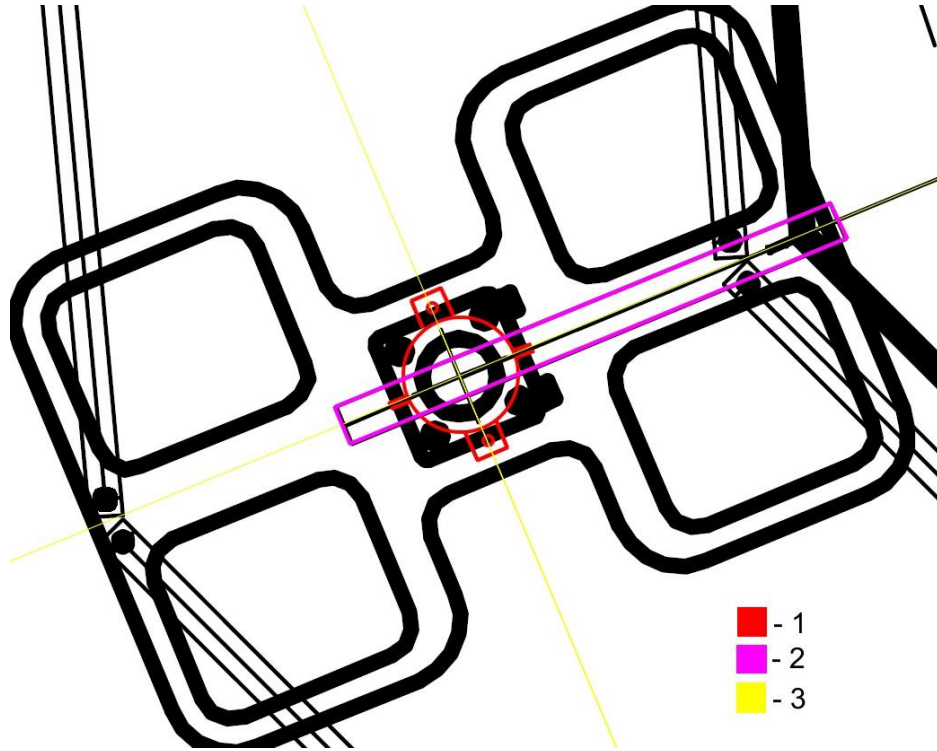


Please note that all the rings are to be installed on the same height 3,85 m (measuring from the bottom of the pillar foot).





The connection of the halves are to be positioned on the axle of the portable base and the pillar extension arm. See the drawing below.

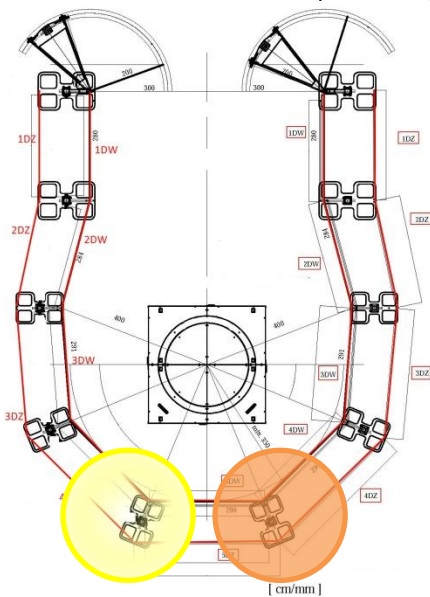


Top view

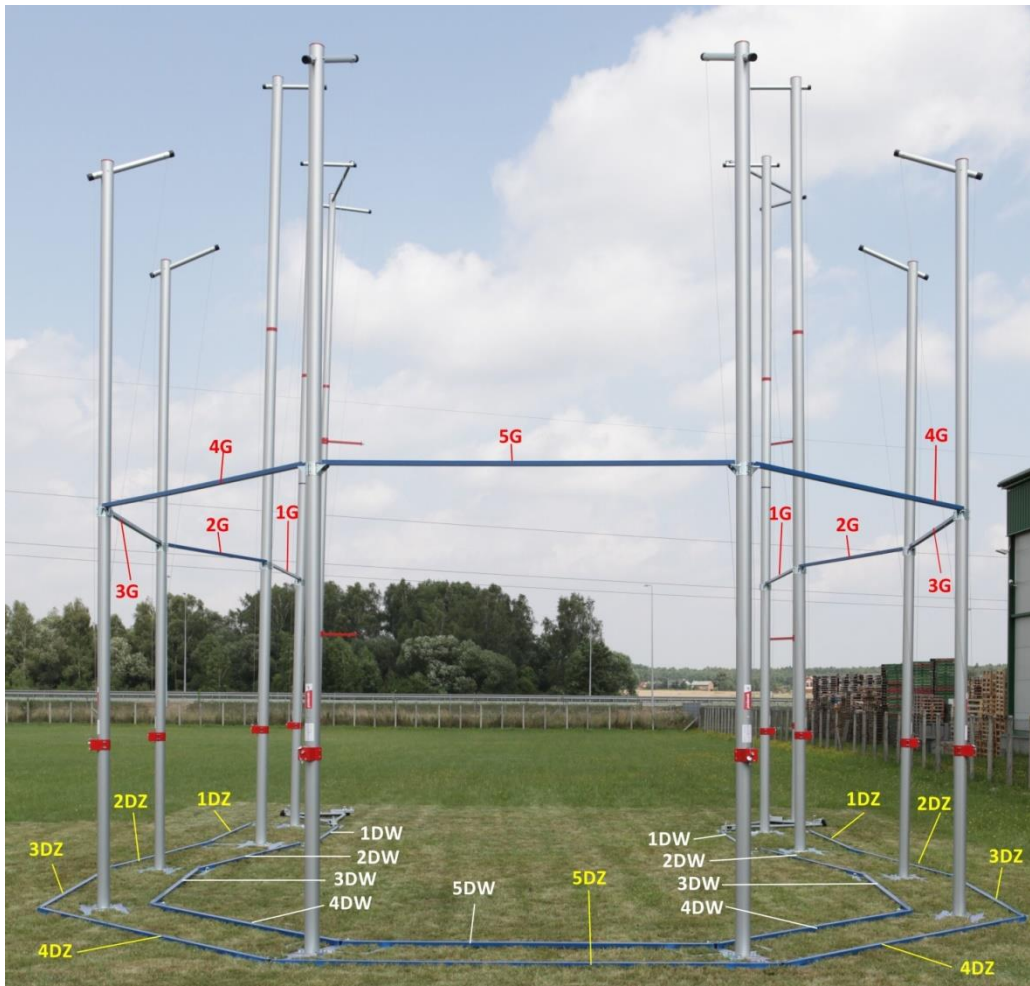
- 1. Clamping ring mounted on the pillar
- 2. Projection of the extension arm of the pillar
- 3. Axle of the portable base and the extension arm of the pillar

6. Lift the pillar and put it in upright position, screw it to the portable base (see the instruction manual of the KLM-7/10-A cage for the details).

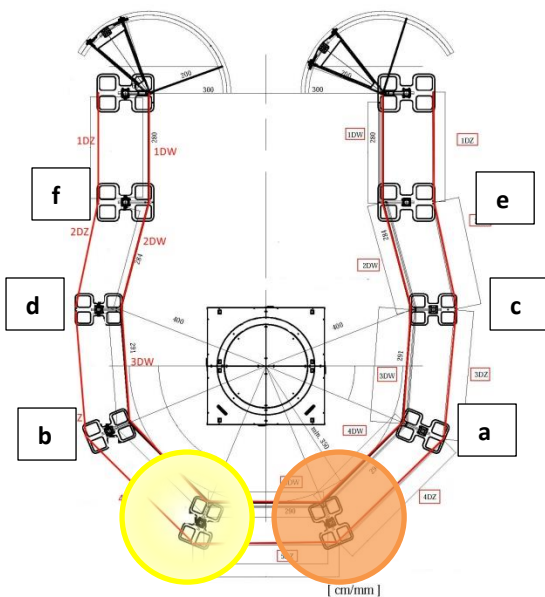
7. Do the same with the next pillar on right (marked orange).



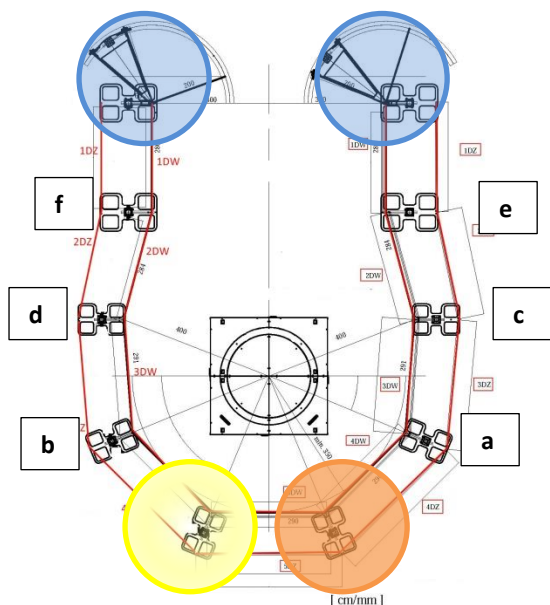
8. Install the horizontal connector **5G** between the installed pillars.



9. Mount the rest of the pillars (marked from a to f) in the same way, each time link them one by one with the top horizontal connectors **4G**, **3G** and **2G** (see the image above).



10. Provided that all the pillars (marked yellow, orange and from a. to f.) are installed and linked, you can install the extreme and gate pillars (marked blue, see the instruction manual of the KLM-7/10-A cage for the details). **Note that the Polanik cage gate lift (CGL-3) is not designed to be used with portable bases. Therefore the complete gate is to be lifted and installed manually without any shields and pads by min. 6 men or the gate fully equipped with shields and pads can be installed with the crane.**



After each gate has been installed, the top horizontal connector **1G** must be installed.

11. Next step is to install the net according to the instruction manual of the KLM-7/10-A cage.