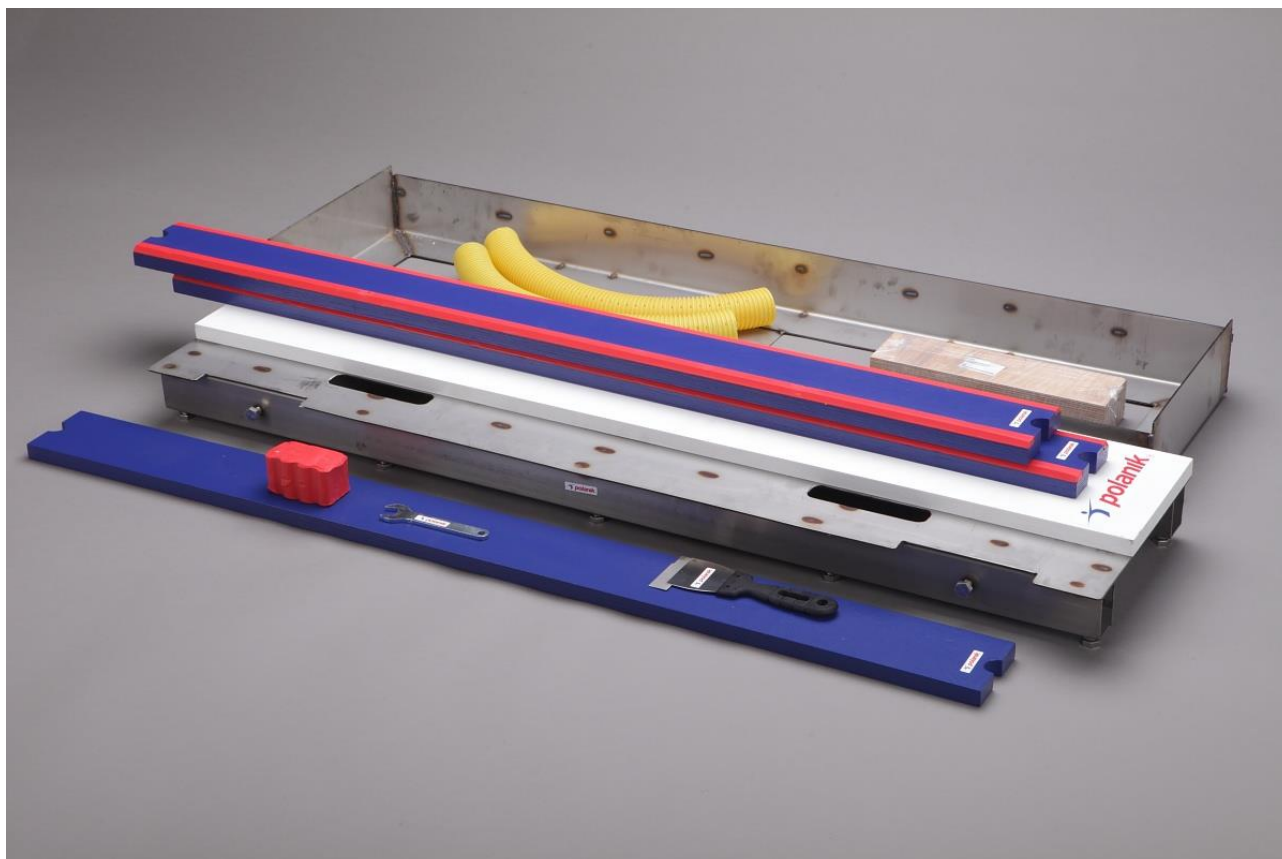


INSTRUCTION MANUAL

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

S12-250 (ver. 2017)



SAFER JUMPS TECHNOLOGY



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

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I. General characteristics

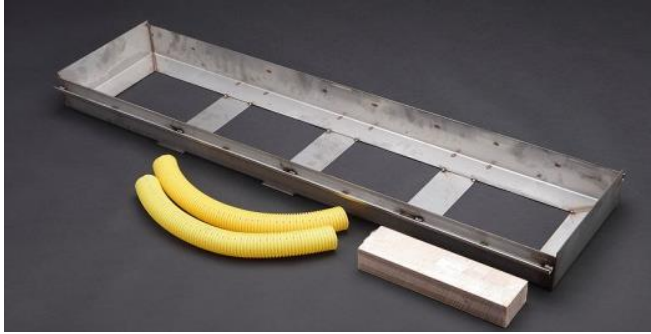




The premium take-off board S12-250 is designed for conducting sports events and training programs of horizontal jumps. Main features of the take-off board:




- **construction according to the latest safety recommendations – no metal elements in take-off zone, so foundation tray with lowered edges covered by synthetic surface and white take-off board fastened from the bottom side, no screws on top**



- **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 International Association of Athletics Federations.

II. 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 S-250-02-00	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 S-250-06-00	1	
8	Wrench - to block the supporting board in the tray S-0250-000-08-0-01	1	

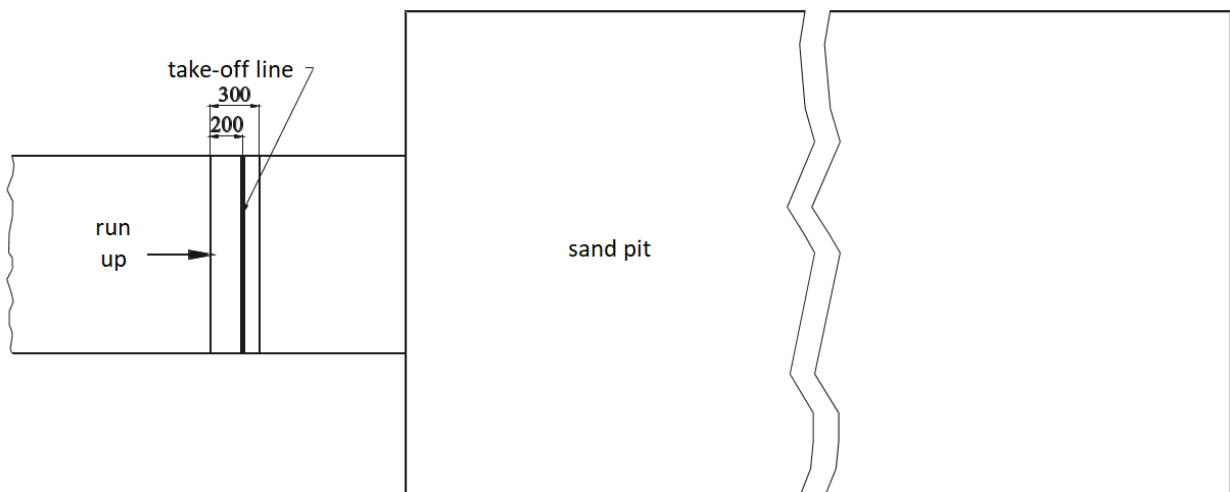
III. Assembly and installation

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 IAAF 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 IAAF international competition rules.

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

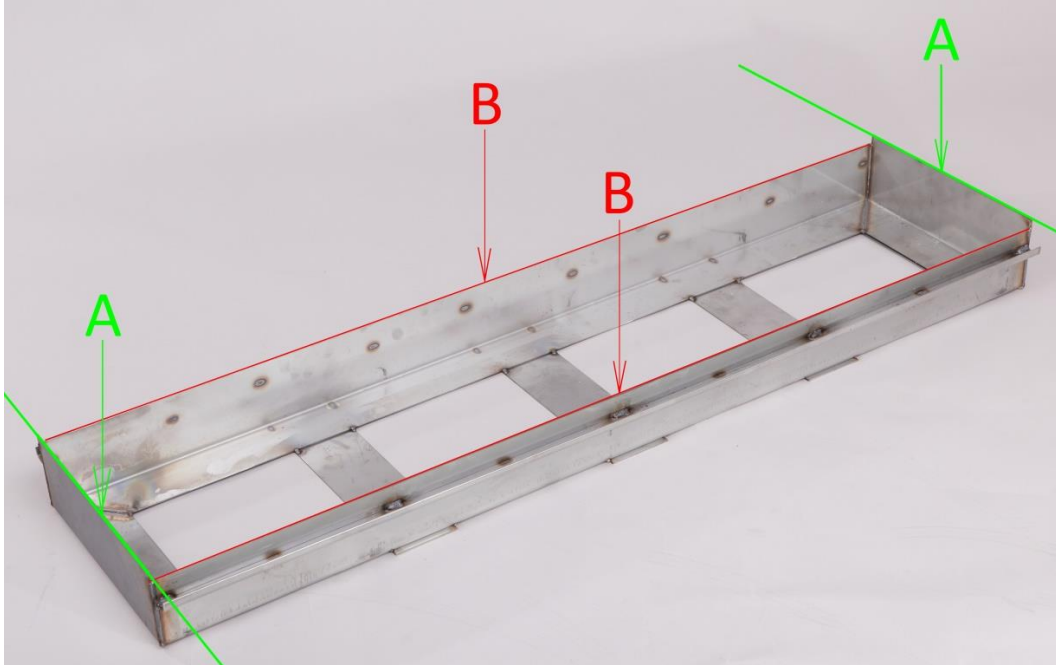
The installation point of the tray (item 1) of the take-off board (item 2) is presented below.



Drawing no. 1. Installing the take-off board – general view

ATTENTION!

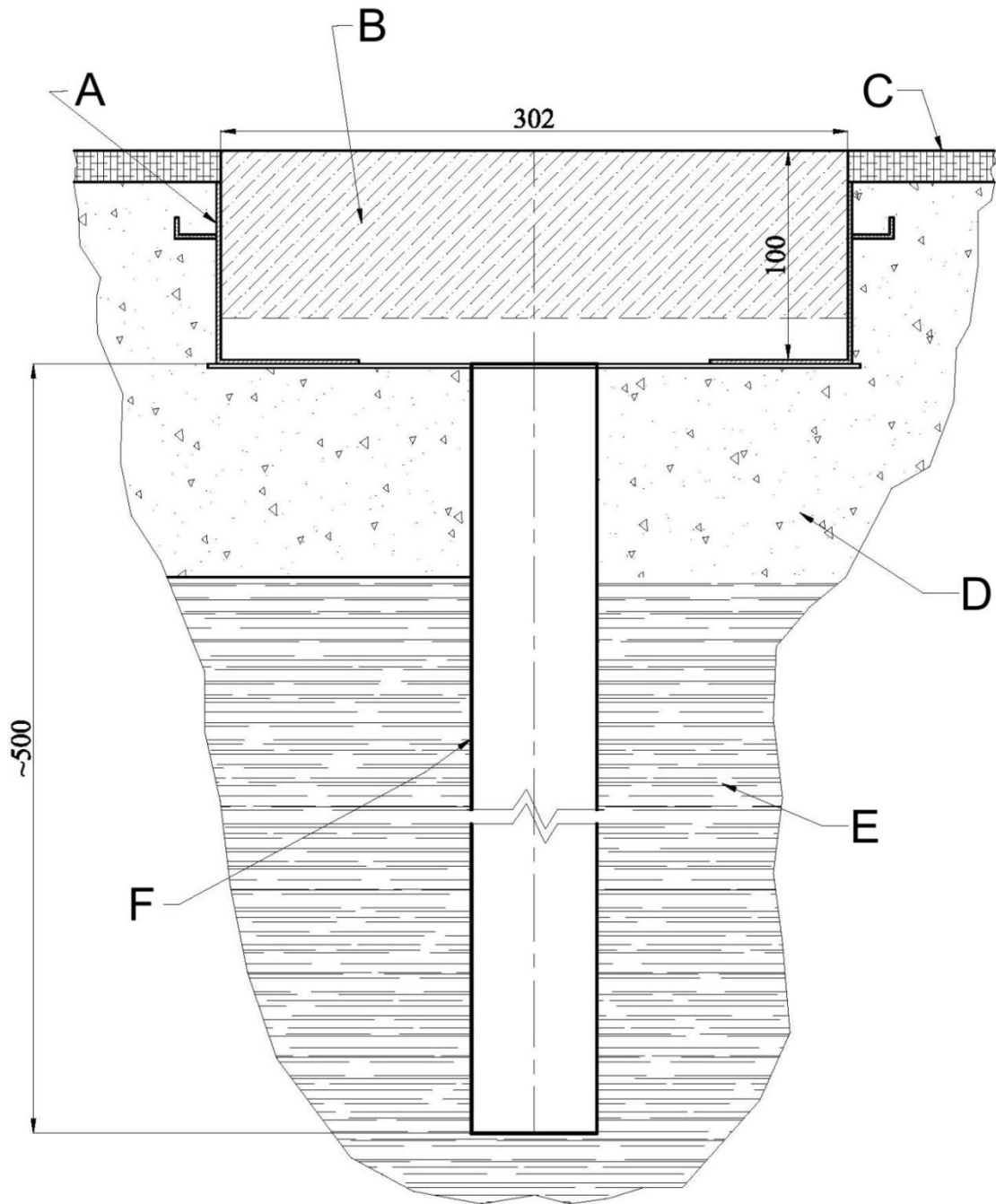
The long side edges (B) of the foundation tray are 13 mm lower, they should be covered by synthetic surface. The short side edges (A) are to be flash with the top surface of the synthetic surface.



The tray should be positioned in the track and the inside of the tray must be secured with spacing boards (see image no. 1 and draw. no. 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 no. 1. Installed tray secured with spacing boards



A – foundation tray

B – spacing board

C – athletics synthetic surface

D – concrete

E – ground

F – draining tube

Drawing no. 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 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.

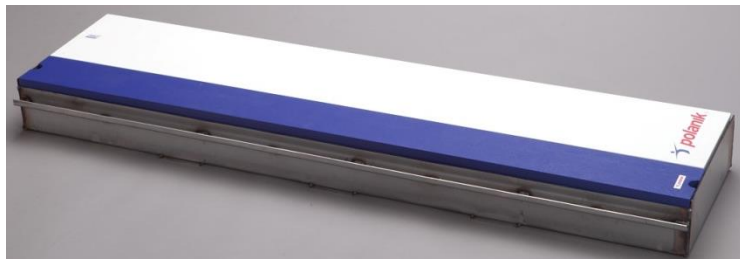
To install the take-off board (item 2 with item 3) in the embedded tray (item 1) use the included flat wrench (item 8).



The installation begins with placing the stainless steel base board (item 2) with white take-off board (item 3) in the embedded tray (item 1), so that the square heads of the blocking bolts point the landing pit.



Next the base board (item 2) with white take-off board (item 3) should be secured inside the tray (item 1). Use the wrench (item 8) to turn counterclockwise the blocking bolts until the perceptible resistance occurs.



When the base board (item 2) is properly mounted, the indicator board (item 4 or item 5) can be put into the tray.

IV. 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 leveled. First one ought to apply thick layers of plasticine (item 6) on the damaged areas. Then the layers are to be leveled 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.

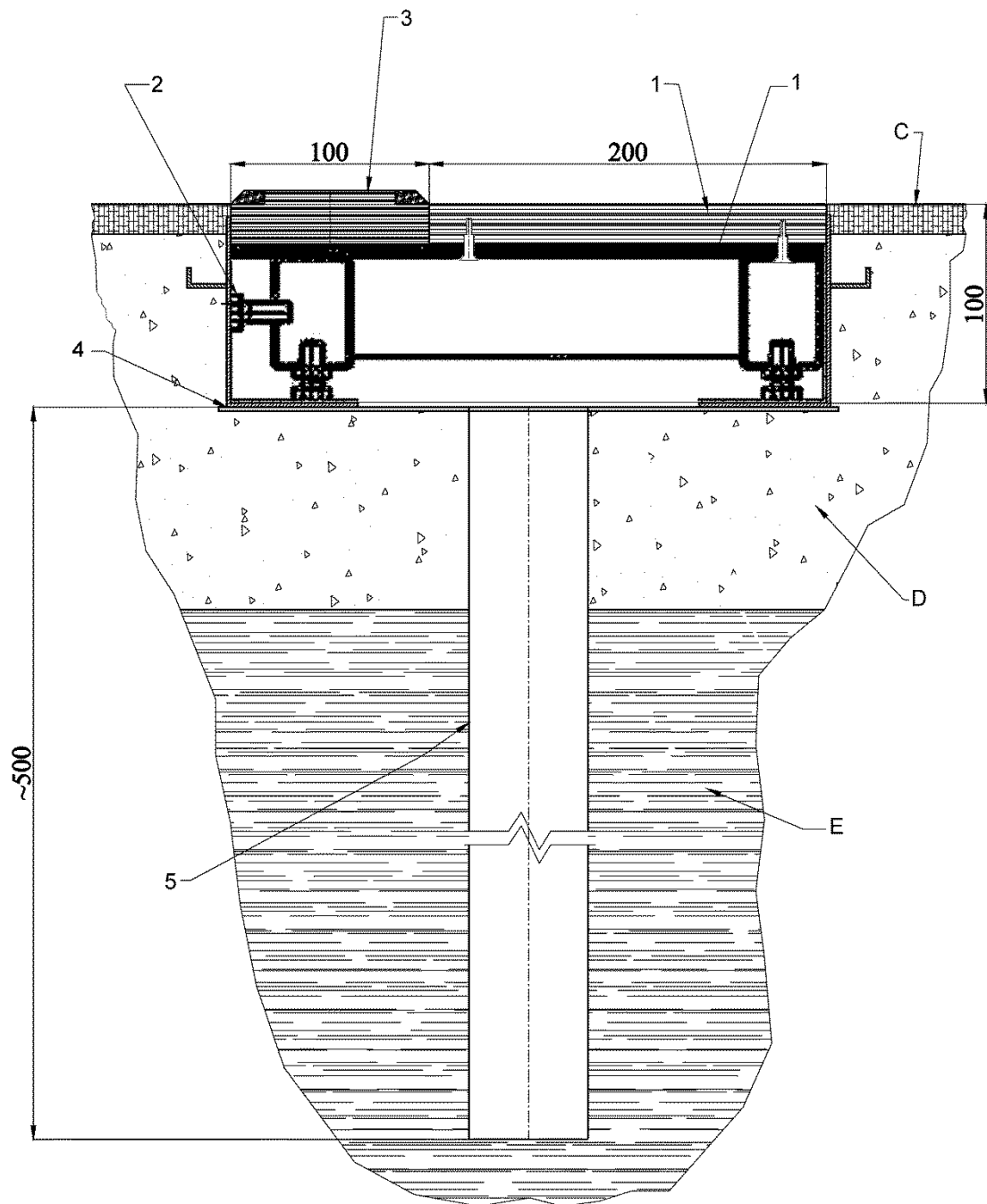
The white take-off board (item 3) K2-250 can be unscrewed, turned over and screwed again to the stainless steel base board (item 2). That prolongs significantly the product's life. Since athletes jump in spikes, the damages of the wooden elements (white take-off board, plasticine indicator boards and 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 10).

Even the best technical solutions cannot substitute for common sense. The usage of the product must take place under the supervision of qualified sports arena staff and trainers. The producer shall not be liable for any incidents caused by the improper take-off board installation, assembly or its misuse.



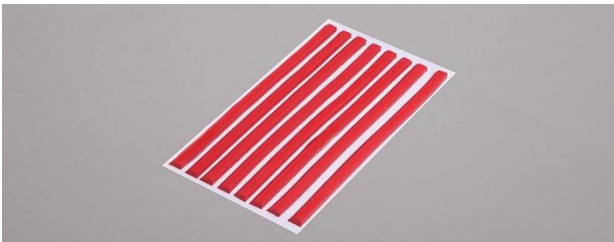

V. Technical drawing - installed take-off board



[mm]

- 1 – stainless steel base board (item 2) with white take-off board (item 3)
- 2 – blocking bolt
- 3 – plasticine indicator board (item 4)
- 4 – stainless tray (item 1)
- 5 – draining tube
- C – athletics synthetic surface
- D – concrete
- E – ground

VI. 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 P8x31</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>	

VII. IAAF Certificate

International Association of Athletics Federations



Product Certificate

The IAAF is pleased to certify hereby that the following product:

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

IAAF Certification Number: E-12-0696

meets the dimensional requirements for use in all international athletics competitions.

It is for the purchaser to determine the item's fitness for the purpose based on his knowledge of the local conditions and use.

Valid from: 1 July 2016

Until the last day of: July 2020

This certificate is issued in accordance with the terms and conditions of the IAAF Certification System of track and field facilities, implements and competition equipment.


SEBASTIAN COE
IAAF President


JORGE SALCEDO
IAAF Technical Committee Chairman

