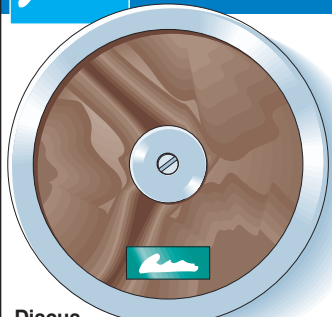


# FIELD EVENTS

## Discus, Shot and Hammer

Like the javelin, the discus dates from the Ancient Greek games and is thought to have been adapted from the round, flat shields of soldiers. The hammer and shot are thought to have originated from Scottish Highland games during the 14th century



### Throwing the discus

1: Athlete twists body like a spring adding extra speed to the release of the discus.

2-5: Thrower builds up momentum by spinning body across circle. 6: Left arm is pulled tight to body to increase speed of spin

### Olympic records

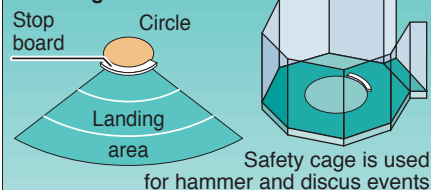
**Men 68.82m:** J. Schult (GDR) 1988  
**Women 72.30m:** M. Hellmann (GDR) 1988

### World records

**Men 74.08m:** J. Schult (GDR) 1986  
**Women 76.80m:** G. Reinsch (GDR) 1988



### Throwing area



Digital readout

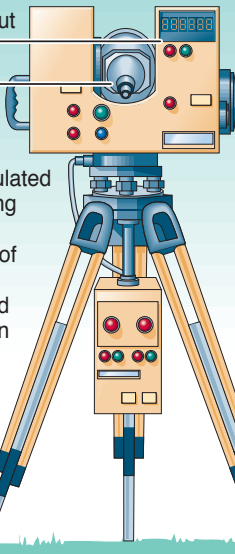
Laser

### Measuring throws

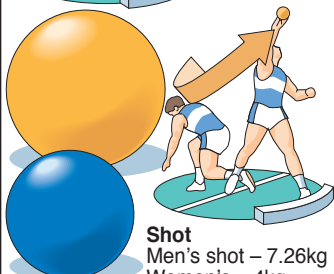
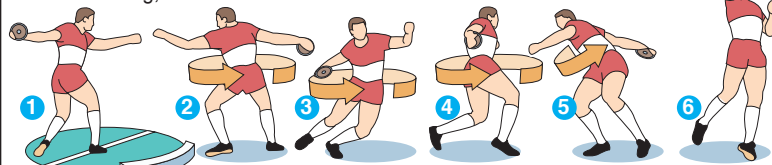
Distances are calculated by a laser measuring device. A marker is placed at the point of landing and the distance is recorded from a fixed position at the edge of the throwing area



Marker



**Discus**  
 Men's – 2kg, 22cm diameter  
 Women's – 1kg, 18cm diameter



**Shot Put** A smooth ball made of iron or brass, the shot is pushed away from the body. The O'Brien stance, facing the back of the circle, gives greater force to the shot put

### Olympic records

**Men 22.47m:** U. Timmerman (GDR) 1988  
**Women 22.41m:** I. Slupianek (GDR) 1980

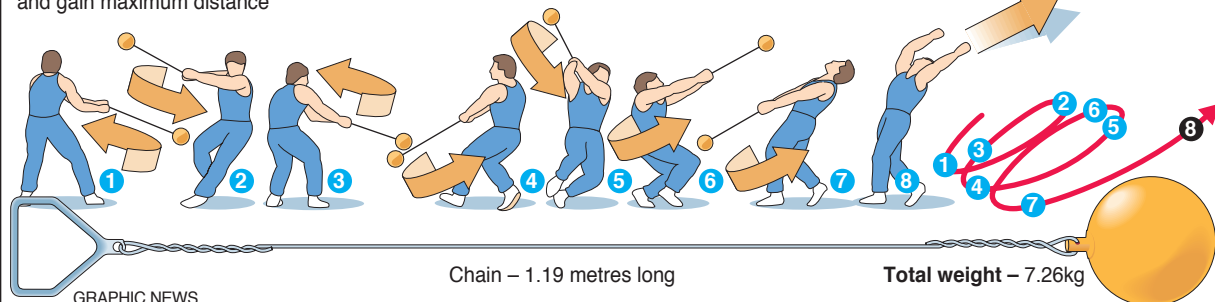
### World records

**Men 23.12m:** R. Barnes (USA) 1990  
**Women 22.63m:** N. Lisovskaya (URS) 1987



**Throwing the hammer** The only throwing event not contested by women.

1: Athlete swivels on lead foot. 2: Pulls trail leg up and down to turn on to ball of small toe. 3-7: Spinning with arms straight increases momentum and counteracts weight of hammer. 8: On the final turn the hammer is lifted over athlete's head and shoulders while body is straightened to increase power and gain maximum distance



### Olympic record

**84.80m:** S. Litvinov (URS) 1988

### World record

**86.74m:** Y. Sedykh (URS) 1986



Chain – 1.19 metres long

Total weight – 7.26kg