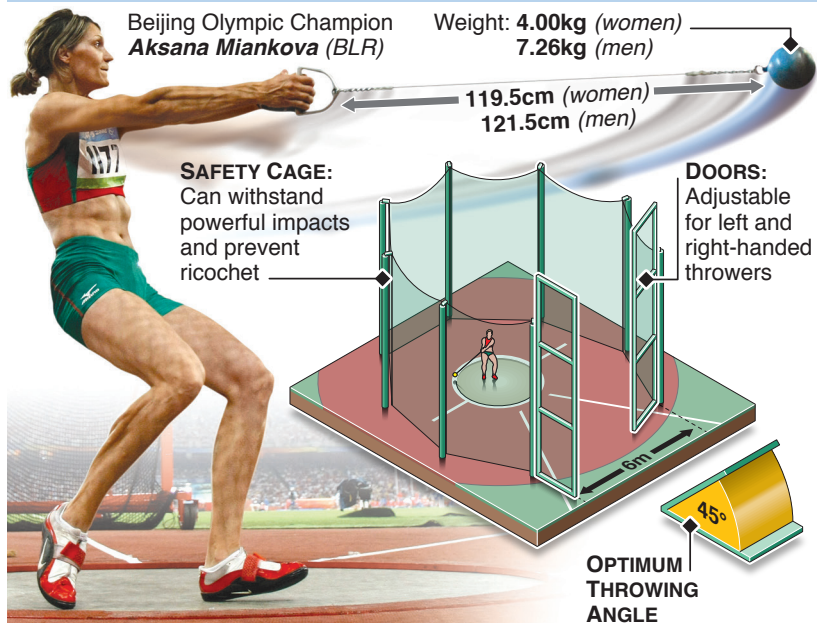


# Hammer Throw *Olympic Stadium*

● men ● women



## TECHNIQUE

Hammer swings twice around head to build momentum

Three or four rotations around load-bearing foot to increase speed

Release



<b>Olympic record</b>	<i>m</i>	<b>Sergei Litvinov (URS)</b>	<i>Seoul, 1988</i>	<b>84.80m</b>
	<i>w</i>	<b>Aksana Miankova (BLR)</b>	<i>Beijing, 2008</i>	<b>76.34m</b>
<b>World record</b>	<i>m</i>	<b>Yuriy Sedykh (URS)</b>	<i>Stuttgart, 1986</i>	<b>86.74m</b>
	<i>w</i>	<b>Betty Heidler (GER)</b>	<i>Halle, 2011</i>	<b>79.42m</b>