

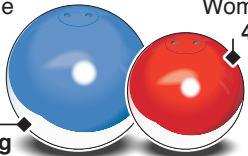
Shot Put *Olympic Stadium*

● men ● women



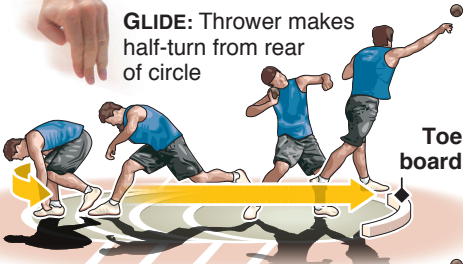
Beijing Olympic Champion **Tomasz Majewski** (POL), favours glide technique

SHOT: Made from brass or iron

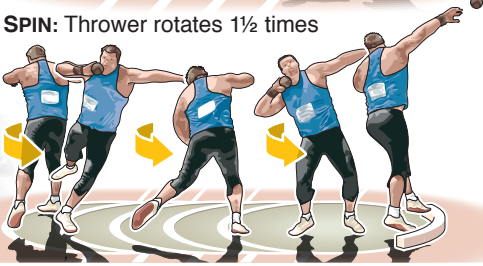


PUTTING ACTION: Two styles used in high-level competition

GLIDE: Thrower makes half-turn from rear of circle



SPIN: Thrower rotates 1½ times



Olympic record	m	Ulf Timmermann (GDR)	Seoul, 1988	22.47m
	w	Ilona Slupianek (GDR)	Moscow, 1980	22.41m
World record	m	Randy Barnes (USA)	Los Angeles, 1990	23.12m
	w	Natalya Lisovskaya (URS)	Moscow, 1987	22.63m