

Javelin

Olympic Stadium

● men ● women

Metal shaft with cord grip

Men's javelin: **2.6m-2.7m**; min. weight: **800g**
 Women's javelin: **2.2m-2.3m**; min. weight: **600g**

Throw must be attempted within 60 seconds of athlete being called

RUN-UP (35.6m)

Athlete must stay within lines and not turn their back to throwing arc

THROWING ARC OR SCRATCH LINE

Javelin must be thrown over shoulder, not slung or hurled

Judges

29°

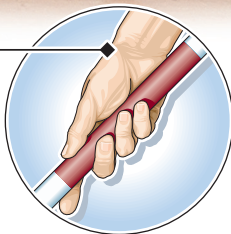
Judges

LANDING SECTOR

Javelin must land within sector. Tip must land first, breaking turf

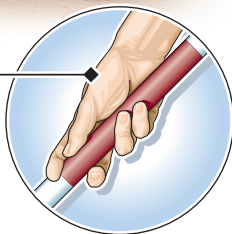
FINNISH GRIP

Most popular among top-class throwers



V OR CLAW GRIP

Enables throwing arm to remain close to body



Olympic record	m	Andreas Thorkildsen (NOR)	Beijing, 2008	90.57m
	w	Osleidys Menendez (CUB)	Athens, 2004	71.53m
World record	m	Jan Zelezny (CZE)	Jena, 1996	98.48m
	w	Barbora Spotakova (CZE)	Stuttgart, 2008	72.28m