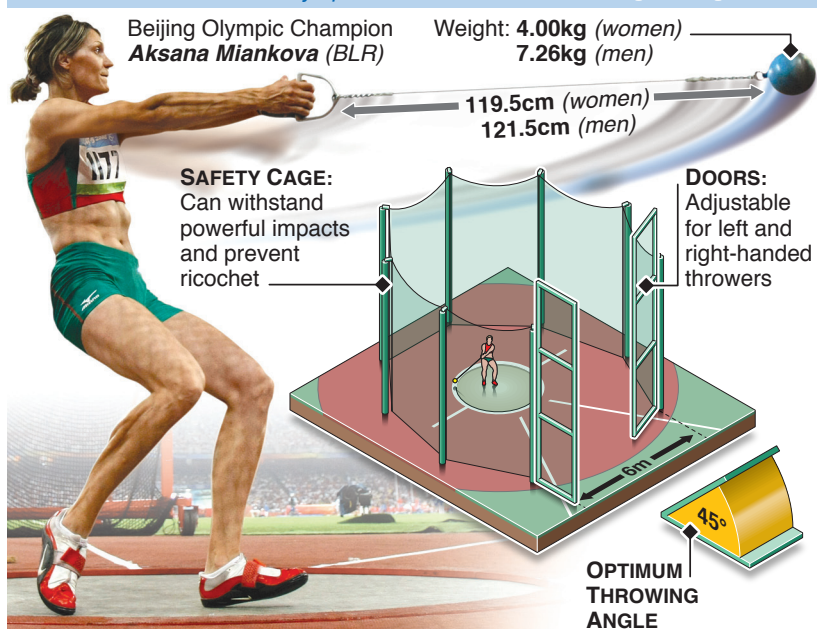


Hammer Throw Olympic Stadium

● men ● women

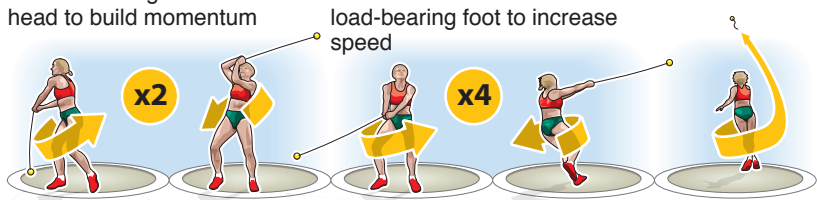


TECHNIQUE

Hammer swings twice around head to build momentum

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

Release



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