



# Shot Put

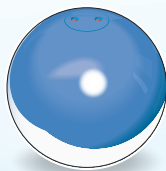
Olympic Stadium



**Shot:** Made from brass or iron



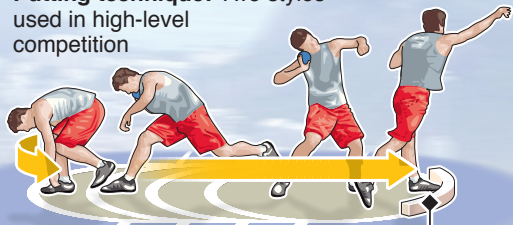
Women: 4kg



Men: 7.26kg

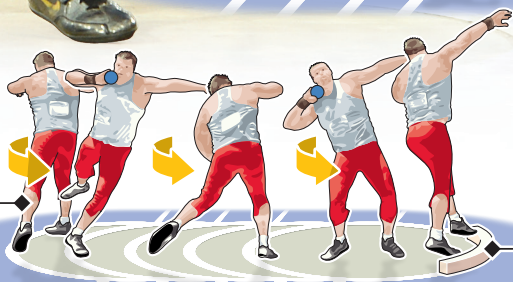
*London Olympics  
men's shot put  
gold medallist  
Tomasz Majewski  
(POL)*

**Putting technique:** Two styles used in high-level competition



**Circle:**  
2.135m  
wide

**Spin:**  
Thrower  
rotates 1½  
times



**Glide:**  
Thrower  
makes  
half-turn  
from rear  
of circle

**Toe  
board:**  
10cm high

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