



Javelin Throw

Olympic Stadium



Throw must be attempted within 60 seconds of athlete being called

Men's javelin:

Length: **2.6m-2.7m**

Min. weight: **800g**

London Olympics women's javelin gold medallist
Barbora Špotáková
(CZE)

Steel head:

Javelin must land tip first

Women's javelin:

Length: **2.2m-2.3m**

Min. weight: **600g**

Shaft:

Fibreglass or carbon fibre

Cord grip

Finnish grip:

Most popular among top-class throwers

V or claw grip:

Enables throwing arm to remain close to body

Run-up:

Length: **35.6m**

Athlete must not turn their back to scratch line

Scratch line:

Javelin must be thrown over shoulder, not slung or hurled

29°

Olympic records	♂	Andreas Thorkildsen (NOR)	<i>Beijing, 2008</i>	90.57m
	♀	Osleidys Menéndez (CUB)	<i>Athens, 2004</i>	71.53m
World records	♂	Jan Zelezný (CZE)	<i>Jena, 1996</i>	98.48m
	♀	Barbora Špotáková (CZE)	<i>Stuttgart, 2008</i>	72.28m