



**Ryan Crouser (USA)**  
World record holder aiming for third successive Olympic title in Paris

**Shot:** Made from brass or iron with smooth surface



Men: 7.26kg

Women: 4kg

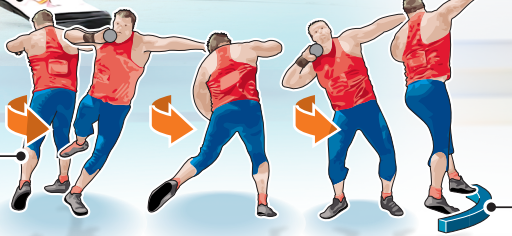
**PUTTING TECHNIQUE**

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 record		Ryan Crouser (USA)	Tokyo 2020	23.30m
		Ilona Slupianek (GDR)	Moscow 1980	22.41m
World record		Ryan Crouser (USA)	Los Angeles 2023	23.56m
		Natalya Lisovskaya (URS)	Moscow 1987	22.63m