

Event *Medal*



Mackenzie Little (AUS)
Set recent personal best
of 66.27m in London

Length: **2.6m-2.7m**

Min. weight: **800g**

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

GRIP STRENGTH

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

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