



Summary

Different kinds of throwing events have been included in the athletics competitions since time immemorial, Javelin throw and Discus throw were parts of the ancient Olympic Games held between 776 BCE and 393 A.D. Hammer throw was standardized in 1908, before that Hammer was thrown under several set of rules. This was a favourite events for Irish athletes who held the world record from 1885 to 1949. There were stone throws in the modern intercalated Games in 1906. Shot put of both hands, 56 pound (equivalent to 25.4 Kg) weight throw was included in the Olympic Games held at St. Luis in 1904 and in 1920 held at Antwerp. As such Greek style Javelin throw, throwing with both hands and free style Javelin throws were included at the beginning years of modern Olympic Games. International Association of Athletic Federation has recognized shot put, Discus, Hammer and Javelin to be included in the athletic competition both for men and women. in all International competition, the implements used shall comply with IAAF specifications. The standard weight of implement are as follows : Shot put Men - 7.260 Kg, Women 4.00 Kg Discus - Men-2 Kg, Women 1 Kg. Javelin - Men 800 gm. Women 600gm.