

## Paralympic Throwing Events

Hello everyone! My name is Stephen Cannell. I'm a Coordinator for International Relations (CIR) in Toyohashi. Today I'd like to introduce the Paralympic track and field throwing events.

There are a variety of throwing events at the Paralympics: discus, javelin, shot put, and the club throw. The discus and javelin throws were even part of the ancient Olympic Games. The goal of all of these events is to throw the object as far as possible.

Like other Paralympic sports, the throwing events are divided into classes based on type and severity of the athletes' disability. There are a total of 57 throwing events (31 male and 26 female) spread across these classes.

The men's javelin throw uses an 800g 2.6m long javelin, and the women's uses a 600g 2.2-2.3m long javelin. The athletes hold the javelin at the center and build momentum by running down a 30m long track, before throwing it with all their might down a field. In order for the throw to count, the javelin must land point first in a 29 degree area. Unlike discus throw and shotput, athletes are not allowed



Australian javelin thrower

Madeleine Hogan

to spin before the throw. Athletes are required to hold the javelin at the center of gravity.

The discus throw is another sport with origins in the ancient Olympics. In order to throw the discus as far as possible, the athletes spin in circles before throwing the discus as far as they can. The men's discus weighs 2kg while the women's weights 1kg. Athletes must throw



Australian discus athlete Mark Davies



Shotput at the 1988 Seoul Paralympics

the discus from a 2.5m wide circular area into a field 35 degrees wide. Unlike shotput and the javelin throw, there are no rules determining how the discus must be thrown. It is up to the athletes.

Shotput uses a heavy ball, 7.26kg for men and 4kg for women, which must be

held against the neck or chin with one hand before being pushed, not thrown, as far as possible. Some athletes spin and some choose not to. In order to be a legal throw, the shotput must land within a 35 degree-wide area.

The club throw, equivalent to the Olympic hammer throw, has the least classes of all the Paralympic throwing events. It is open only to classes F32 and F51. The club is shaped like a bowling pin and weights about 400 grams. The athletes are strapped to a special chair from which they throw the club as far as they can.

4 Lithuanian athletes from the delegation that visited Toyohashi last October are aiming for Paralympic qualification in the throwing events. Andrius Skuja, who competes in the shotput, and Donatas Dundzys, Jonas Spudis and Ramunas Verbavicius, who compete in the javelin throw and shotput are all aiming for the Tokyo 2020 Paralympics. Let's cheer them all on!

Next year's Paralympic throwing events will be a display of world-class athletes performing unbelievable feats. The ancient sport of throwing is fun and easy to watch, so let's all tune in and cheer on the Lithuanian and Japanese athletes!

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