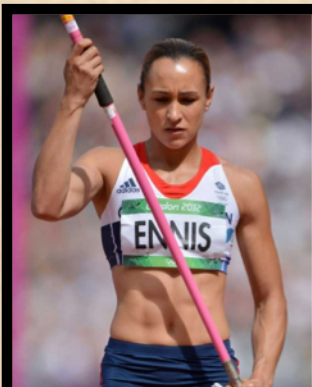


JAVELIN



CHOOSE YOUR GRIP AND MAKE SURE YOU ARE COMFORTABLE



BODY FACING THE LINE, KEEP THE JAVELIN STRAIGHT AND ABOVE HEAD. RUN WITH HIGH KNEES



MOVE SMOOTHLY INTO THE CROSSOVER

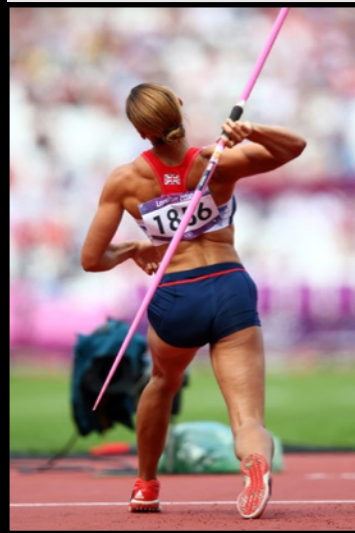
KS3 BOYS STANDARDS
GOLD 26.00M
SILVER 19.00M
BRONZE 12.00M

KS3 GIRLS STANDARDS
GOLD 17.00M
SILVER 13.00M
BRONZE 9.00M



WORLD RECORD 98.48M

TAKE A FINAL LARGE STRIDE AT LEAST 1M BEFORE THE LINE



BEND THE ELBOW OWING THE JAVELIN TO A 45° POSITION. TRANSFER WEIGHT FROM BACK TO FRONT

THE EFFORT SHOULD LAUNCH YOUR WHOLE BODY FORWARDS. KEEP YOUR HEAD LOW. DO NOT CROSS THE LINE

