

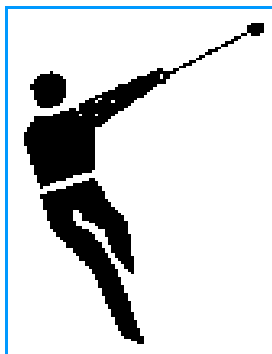
Who has ever seen a hammer throwing champion on TV or in a stadium and was not fascinated by the dynamics, the power - and at the same time by the aesthetic of this demanding event?

Rasenkraftsport is heavy athletics and has three events:

- Hammer throwing
- Weight throwing
- Stone putting

These are very old events with a long-standing history. They have constantly advanced in the course of centuries, before they took their place in athletics and heavy athletics at the end of the 19th and beginning of the 20th century.

The hammer is thrown out of a throwing circle which is 2,134 m in diameter. It is

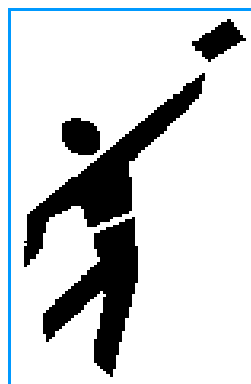


secured by wire netting. The hammer weighs 4 kg or 7,36 kg respectively and consists of a metal shot which is fixed to a steel wire with a grip. Normally, the athlete throws the hammer after

three of four turns.

In principle, weight throwing is like hammer throwing and it has nearly the same rules. The weight is also spherical

and fixed to a metal chain with a grip 50 cm in length. The weight has 5kg for female athletes and 12,5 kg for male.



Stone putting is the third event in this heavy athletics triathlon. The stone to put is shaped like a brick and is made of steel or cast iron. It is put by one hand out of an optionally long run-up. A beam the size of 10 cm x 10 cm x 4 m marks the

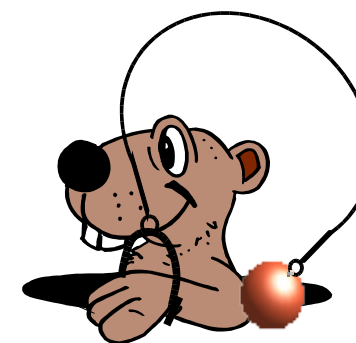
line from where to put. The stone weighs 5 kg for the women, 15 kg for the men.

To make competition as fair as possible, the athletes participate in various weight classes. For the men, there are six of them, for the women four. The European champion of this heavy athletics triathlon will be the athlete who adds up the highest number of points in all three events. Additionally, the title <European champion> is awarded to the best team.

Timetable:

Saturday september 10, 2005

- | | |
|---------|-------------------|
| 11 a.m. | men - 71 kg |
| 11 a.m. | woman - 78 kg |
| 11 a.m. | men - 98 kg |
| 2 p.m. | men - 77 kg/83 kg |
| 2 p.m. | woman - 68 kg |
| 2 p.m. | woman + 78 kg |
| 5 p.m. | men - 90 kg |
| 5 p.m. | men + 98 kg |
| 5 p.m. | woman - 58 kg |





Infos:

<http://www.euro-rks.de>

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Organisation:



European- Championship

Rasenkraftsport

Woman + Men

10 Sept. 2005
CH - Rüdlingen