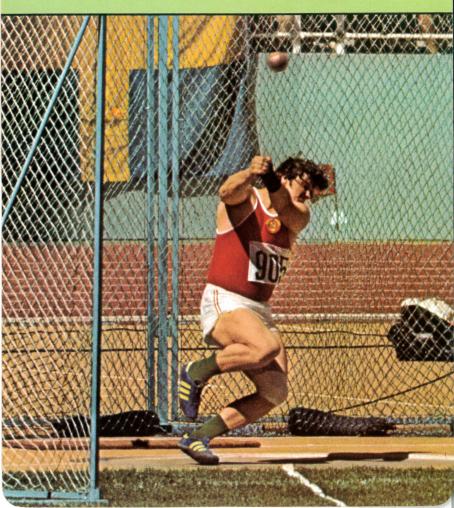
Track and Field











Track and Field



The Hammer



A Slow Progression

Throwing the hammer consists of heaving a 16-pound weight (7.257 kg) as far as possible. The hammer weighs the same as the shot, but differs from it in that it is attached to a 1.22-m length of flexible steel wire with a hand grip. The length of the throw depends on the centrifugal force imparted by the rotation of the thrower on his own axis, in a marked circle.

Hammer throwing figured in the 1900 OG, but no world record was recognized until 1913, when the diameter of the throwing circle was officially reduced from 9 to 7 feet (from 2.743 m to 2.135 m).

The first official record was set by the American Patrick Ryan who threw 57.77 m in 1913. This throw would have assured him of the Olympic title right up to 1938. Progress in this sport was extremely slow for a while. Not until the Soviet athletes came on the scene, and in particular Mikhail Krivonosov, along with the American Harold Connolly (who was of Irish descent, as was Ryan) did the world record really move forward. The hammer

throw is now intrinsically longer than any of the other throws.

CHRONOLOGY OF THE WORLD RECORD

	57.77 m 59.00 m 59.57 m 59.57 m 59.88 m 60.34 m 61.25 m 62.36 m 64.52 m 64.52 m 66.38 m 67.32 m 66.685 m 66.38 m 70.33 m 70.67 m 71.06 m 71.06 m	P. Ryan E. Blask I. Nemeth I. Nemeth I. Nemeth J. Cxermak S. Strandli S. Strandli S. Strandli M. Krivonosov M. Krivonosov M. Krivonosov M. Krivonosov M. Krivonosov M. Krivonosov H. Connolly H. Connolly H. Connolly H. Connolly	USSR USSR USSR USSR USSR1	8.17.13 8.27.38 7.14.48 9. 4.49 5.16.50 7.24.52 9. 5.53 8.29.54 2.12.54 8. 4.55 9.19.55 6.20.58 8.12.60 6.20.58 8.12.60 7.19.62	New York Stockholm Tata Katowice Budapest Helsinki Oslo Oslo Berne Baku Varsova Belgrade Nalchik Minsk Tashkent Los Angele Bakersfield Walnut Palo Alto Ceres
			USA	5.19.65	
	71.26 m	H. Connolly	USA	6.20.65	Walnut
	73.74 m	G. Zsivotsky	HUN	9. 4.65	Debrecen
	73.76 m	G. Zsivotsky	HUN	9.14.68	Budapest
	74.52 m	R. Klim	USSR	6.15.69	Budapest
	74.68 m	A. Bondarchuk		9.20.69	Athens
	75.48 m	A. Bondarchuk	USSR		Rovno
	76.40 m	W. Schmidt	WGE	9. 4.71	Lahr
	76.60 m	R. Theimer	WGE	7. 4.74 9.11.74	Leipzig Munich
	76.66 m 76.70 m	A. Spiridinov KH. Riehm	USSR WGE	5.19.75	Rehlingen
	76.70 m 77.56 m	KH. Riehm	WGE	5.19.75	Rehlingen
	78.50 m	KH. Riehm	WGE	5.19.75	Rehlingen
-	79.30 m	W. Schmidt	WGE	8.14.75	Frankfurt
	, 5.50 111	vv. oominiat	* V JL	5. 1 4.70	. ramerare