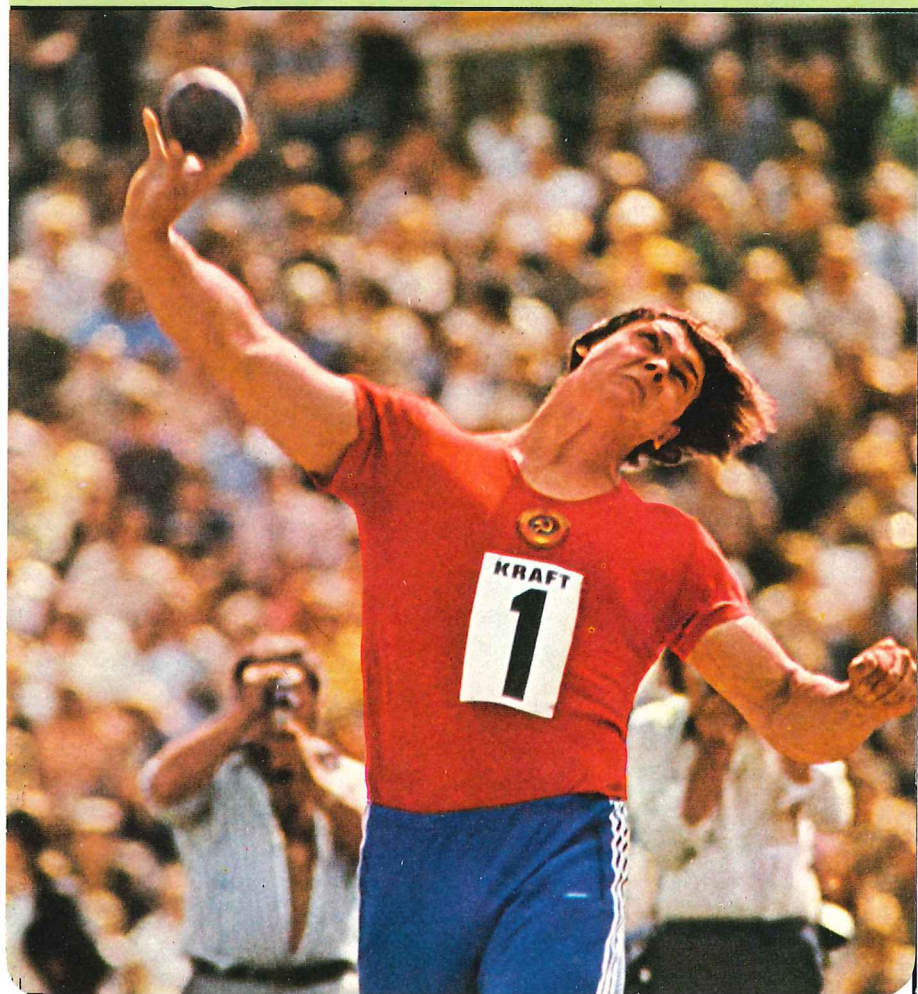


Track and Field



The Shot Put



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The Shot Put

An American Speciality

The shot put originated in Scottish and Irish folklore. With the 16-pound shot (7.26 kg) in use today, the 13^m mark was passed as far back as 1883, but in those days one could throw as one pleased. The Irishman Dan Hogan reached 14.35 m in 1899 by throwing the shot over his shoulder. It was with a throw of only 14.10 m that the American Richard Sheldon took the Olympic title in Paris in 1900.

Ever since Ralph Rose's performance, which made him the world's first official record holder, Americans have held the record almost without a break. Not that they have always come out best. During the 1972 Olympics in Munich, the gold medal went to the Pole Wladislaw Komar. In 1976 in Montreal, no American was present on the winner's rostrum, a unique fact in Olympic history of the shot put.

CHRONOLOGY OF WORLD RECORD

15.54 m	R. Rose	USA	1909 San Francisco	18.62 m	P. O'Brien	USA	1956 Salt Lake City
15.79 m	E. Hirschfeld	GER	1928 Breslau	18.69 m	P. O'Brien	USA	1956 Los Angeles
15.87 m	J. Kuck	USA	1928 Amsterdam	19.06 m	P. O'Brien	USA	1956 Eugene
16.04 m	E. Hirschfeld	GER	1928 Bochum	19.25 m	P. O'Brien	USA	1956 Los Angeles
16.04 m	F. Douda	CZE	1931 Brno	19.25 m	D. Long	USA	1959 Santa Barbara
16.05 m	Z. Heljasz	POL	1932 Poznan	19.30 m	P. O'Brien	USA	1959 Albuquerque
16.16 m	L. Sexton	USA	1932 Freeport	19.38 m	D. Long	USA	1960 Los Angeles
16.20 m	F. Douda	CZE	1932 Prague	19.45 m	B. Nieder	USA	1960 Palo Alto
16.48 m	J. Lyman	USA	1934 Palo Alto	19.67 m	D. Long	USA	1960 Los Angeles
16.80 m	J. Torrance	USA	1934 Des Moines	19.99 m	B. Nieder	USA	1960 Austin
16.89 m	J. Torrance	USA	1934 Milwaukee	20.06 m	B. Nieder	USA	1960 Walnut
17.40 m	J. Torrance	USA	1934 Oslo	20.08 m	D. Long	USA	1962 Los Angeles
17.68 m	C. Fonville	USA	1948 Lawrence	20.10 m	D. Long	USA	1964 Los Angeles
17.79 m	J. Fuchs	USA	1949 Oslo	20.20 m	D. Long	USA	1964 Los Angeles
17.82 m	J. Fuchs	USA	1950 Los Angeles	20.68 m	D. Long	USA	1964 Los Angeles
17.90 m	J. Fuchs	USA	1950 Visby	21.52 m	R. Matson	USA	1965 College Station
17.95 m	J. Fuchs	USA	1950 Eskilstuna	21.78 m	R. Matson	USA	1967 College Station
18.00 m	P. O'Brien	USA	1953 Fresno	21.82 m	A. Feuerbach	USA	1973 San José
18.04 m	P. O'Brien	USA	1953 Compton	21.85 m	T. Albritton	USA	1976 Honolulu
18.42 m	P. O'Brien	USA	1954 Los Angeles	22.00 m	A. Barichnikov	USSR	1976 Paris
18.43 m	P. O'Brien	USA	1954 Los Angeles	22.15 m	U. Beyer	EGE	1978 Göteborg
18.54 m	P. O'Brien	USA	1954 Los Angeles				

A. Barichnikov putting an end to 44 years of American supremacy