



**Javelin runway and landing sector**  
(not to scale)



## Javelin

### *Javelin Runway*

In the Javelin Throw the minimum length of the runway shall be 30m and the maximum 36.5m. Where conditions permit, the 151 **RULE 187** minimum length shall be 33.5m. It shall be marked by two parallel white lines 5cm wide and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8m. The arc shall consist of a strip painted or made of wood 7cm wide. It shall be white and be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide. The maximum lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction 1:1000.

*Note: It is a failure if an athlete begins his runs more than 36.5 metres from the inner edge of the arc.*

### *Landing sector*

The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint. The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000. Except for the Javelin Throw, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92 such that the inner edge of lines, if extended, would pass through the centre of the circle.

*Note: The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle 12m (20x0.60) apart. Thus for every 1m from the centre of the circle, the distance across shall be increased by 60 cm.*

In the Javelin Throw, the landing sector shall be marked with white lines 5cm (2in) wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part. The sector is thus about 29°.