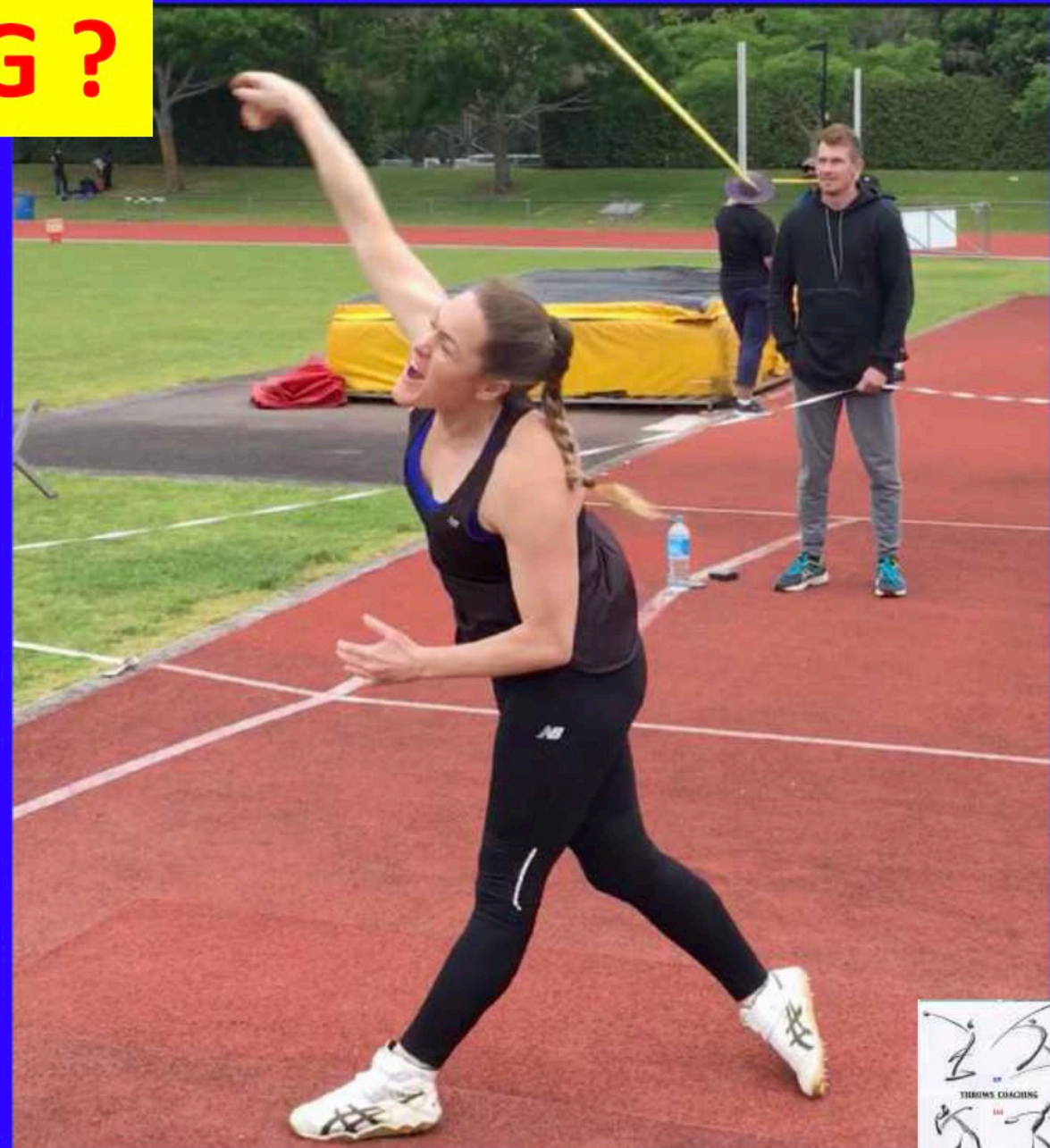


# DIVING ...or not DIVING ?



# JAVELIN THROW : DIVING OR NOT DIVING ?



Tero PITKAMAKI



Timothy HERMAN

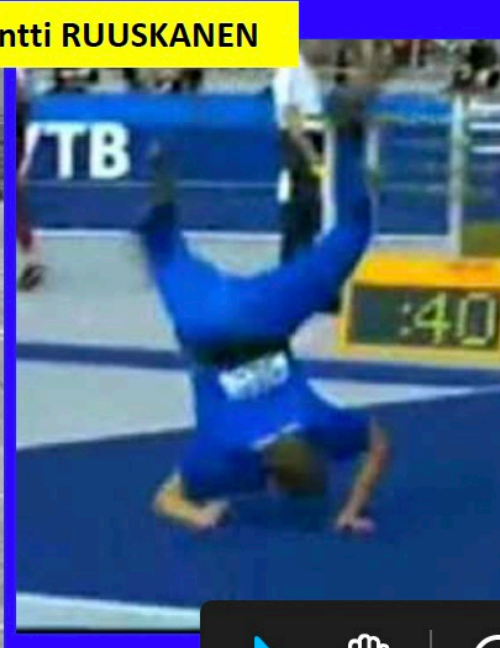
**DIVING**



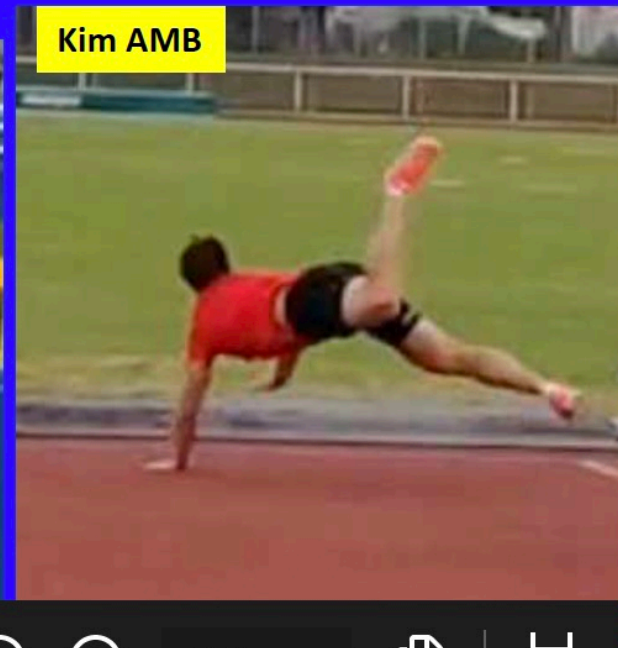
AI CANTELLO



Michel BUTET



Antti RUUSKANEN



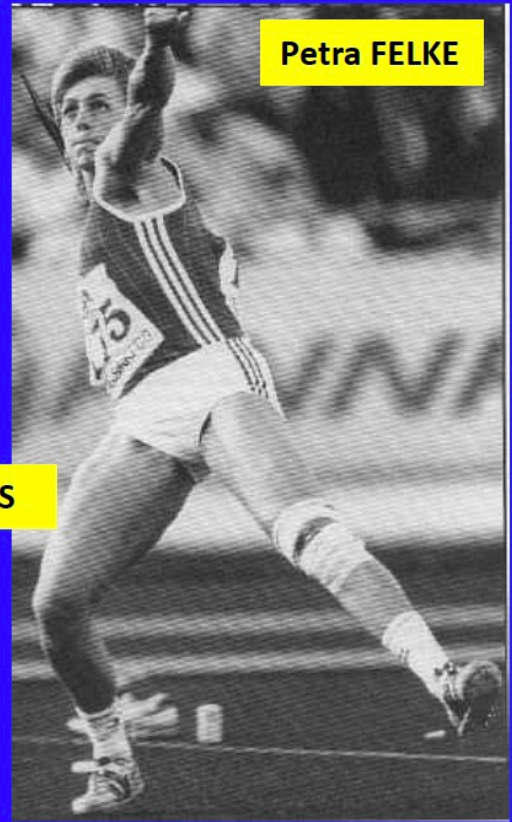
Kim AMB



Jan ZELEZNY

# JAVELIN THROW : DIVING OR NOT DIVING ?

Petra FELKE



Barbara SPOTAKOVA



Steffi NERIUS



or  
NOT  
DIVING

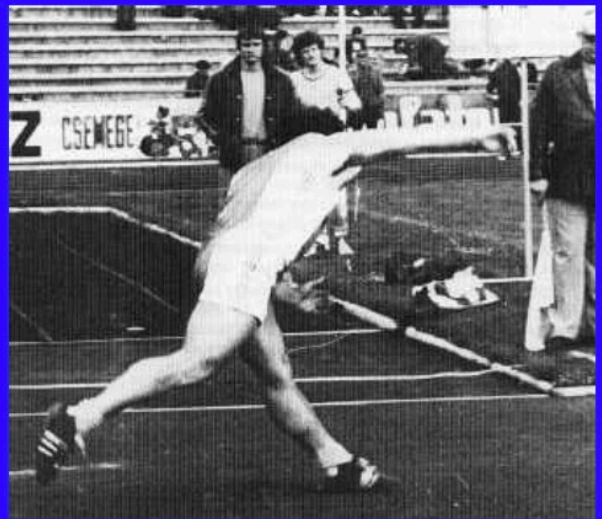
Jan ZELEZNY



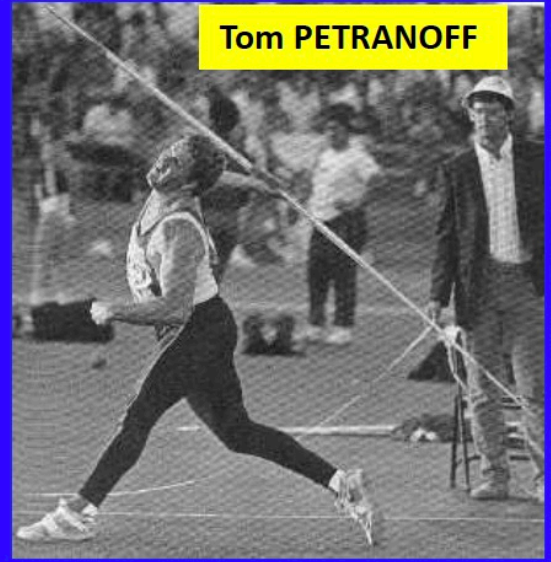
Andreas THORKILDSEN



Ferenc PARAGI



Tom PETRANOFF



# DIVING ....or not DIVING ?

IS IT A TECHNICAL ISSUE ?

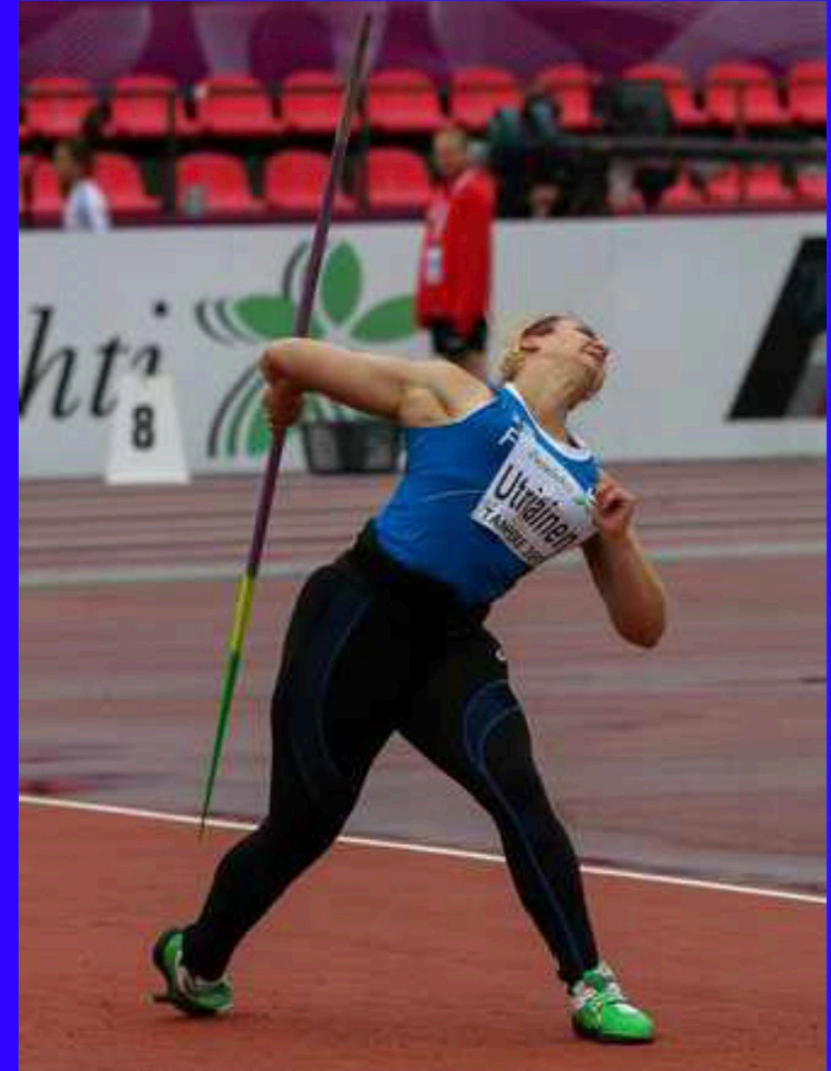
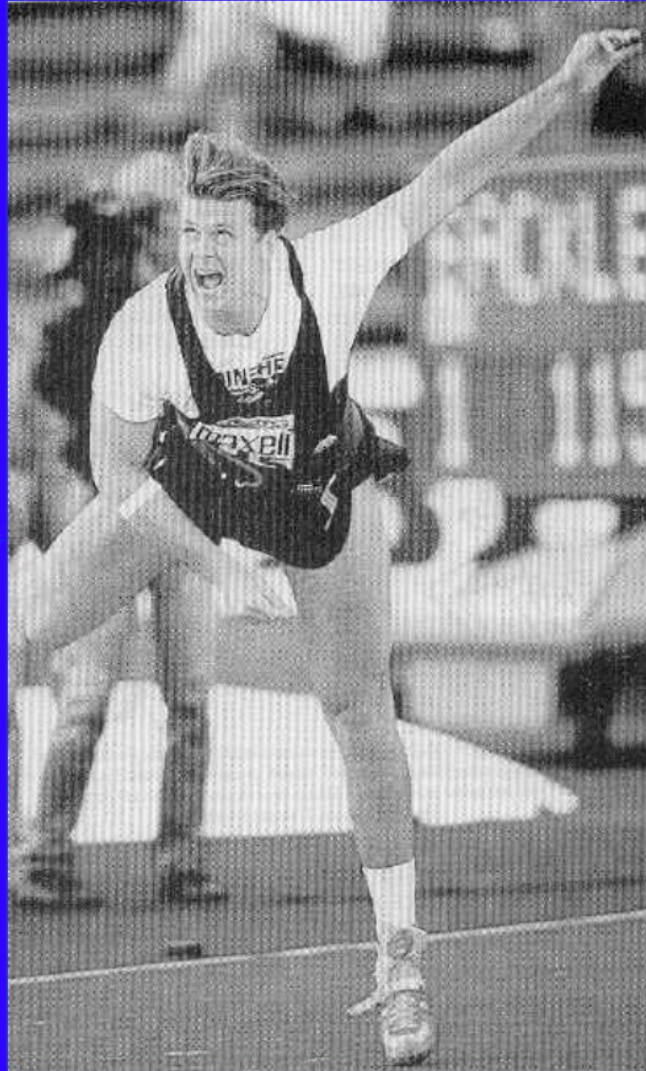


## FACTS AND QUESTIONS

-It seems that more and more modern throwers are diving after the delivery . Is this a technical research or just a consequence of trying to throw faster and not being able to block at higher speeds ?

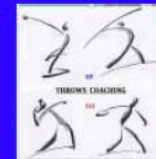
## FACTS AND QUESTIONS

Biomechanically , one can give priority to either of the 3 components of the throw resulting delivery force : Vertical – Longitudinal – Rotational . "Diving" or "not diving" put emphasis on different components . is there a matter of improving on one side and losing on the other ?



# DIVING ....or not DIVING ?

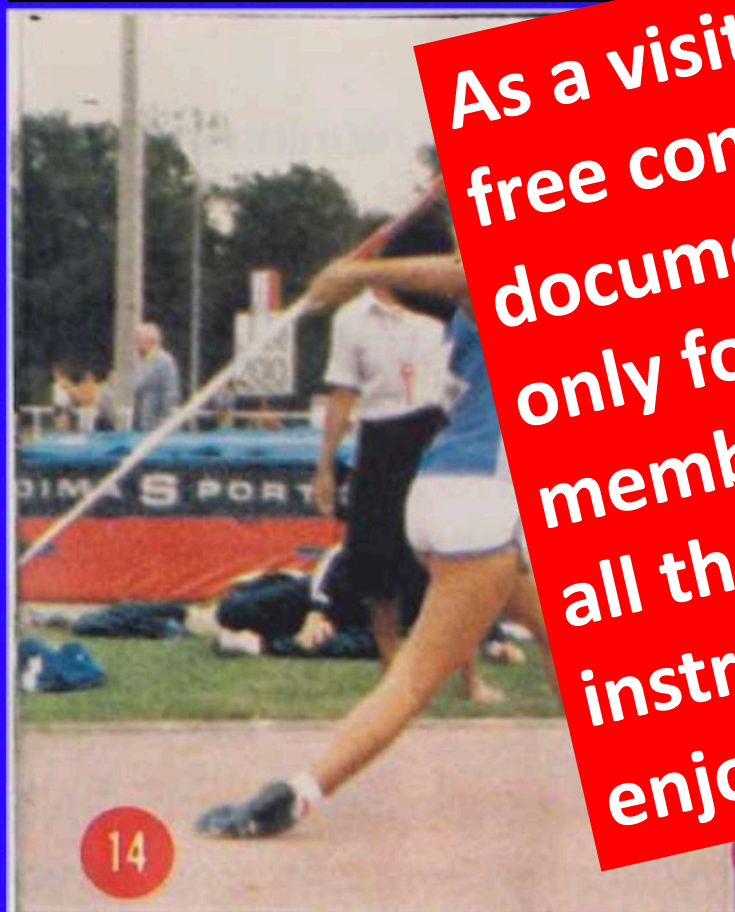
IS IT A TECHNICAL ISSUE ?



## FACTS AND QUESTIONS

Since AI CANTELLO , the pioneer of the "diving" technique , records have been broken using either of these techniques . Does the thrower morphology and "diving" technique affect the performance ?

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...system of aggressive and being their approach of the event ? Or of the women not really able or reluctant to try it ?

