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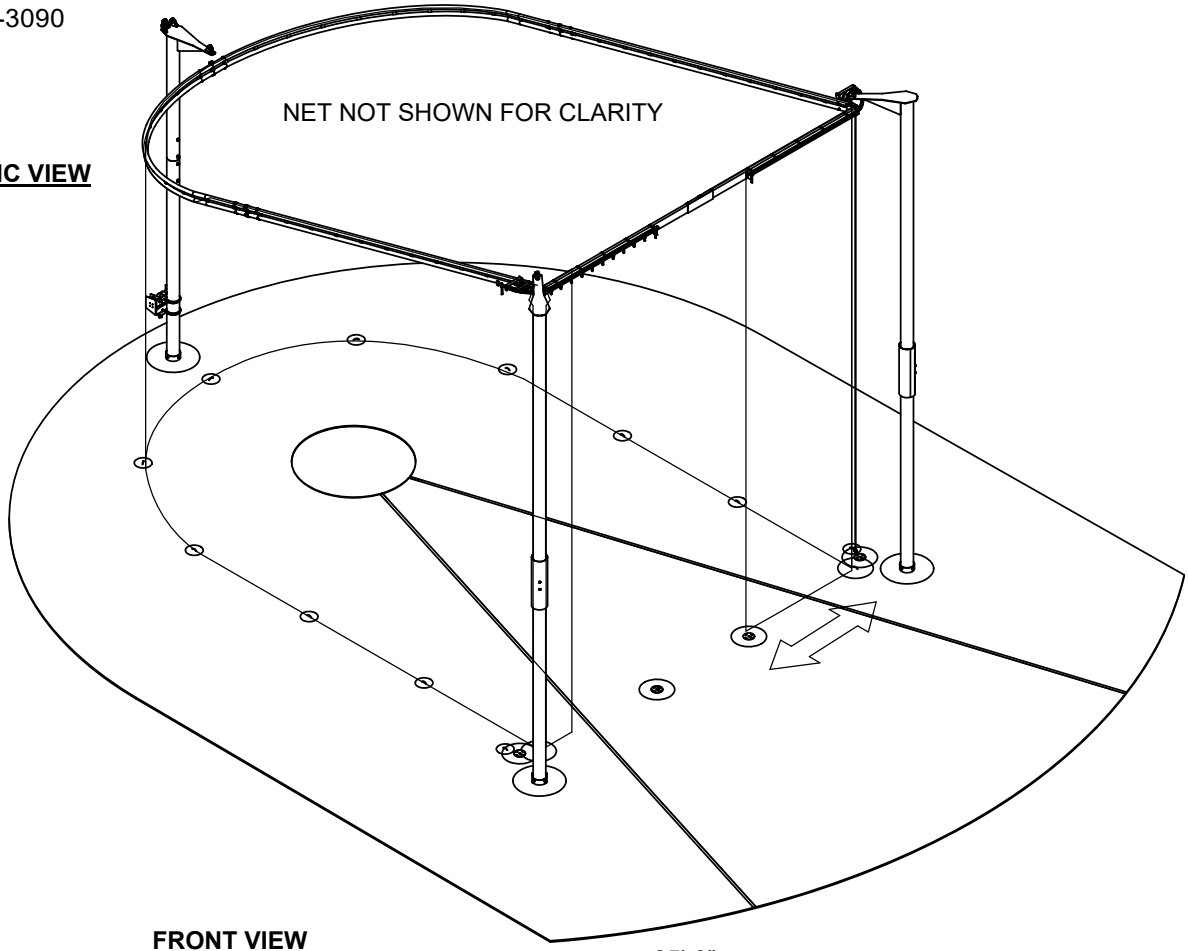
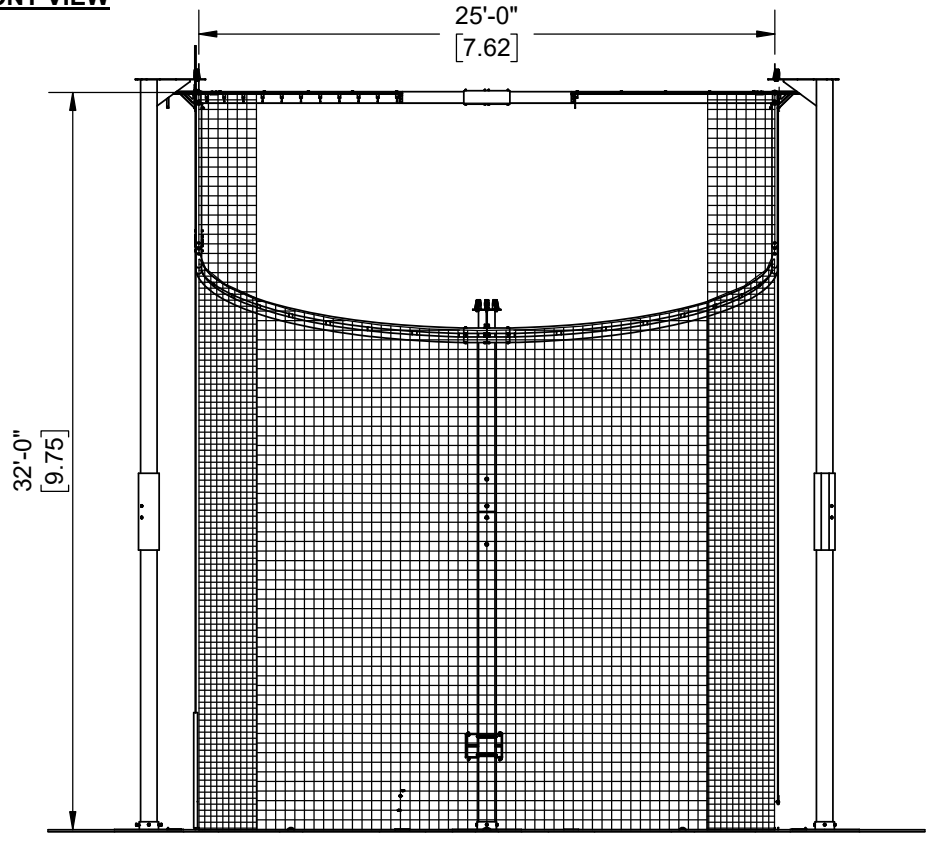
753100CXX - HAMMER AND DISCUS THROWING CAGE
SINGLE RING ASSEMBLY INSTRUCTIONS

ISOMETRIC VIEW



FRONT VIEW



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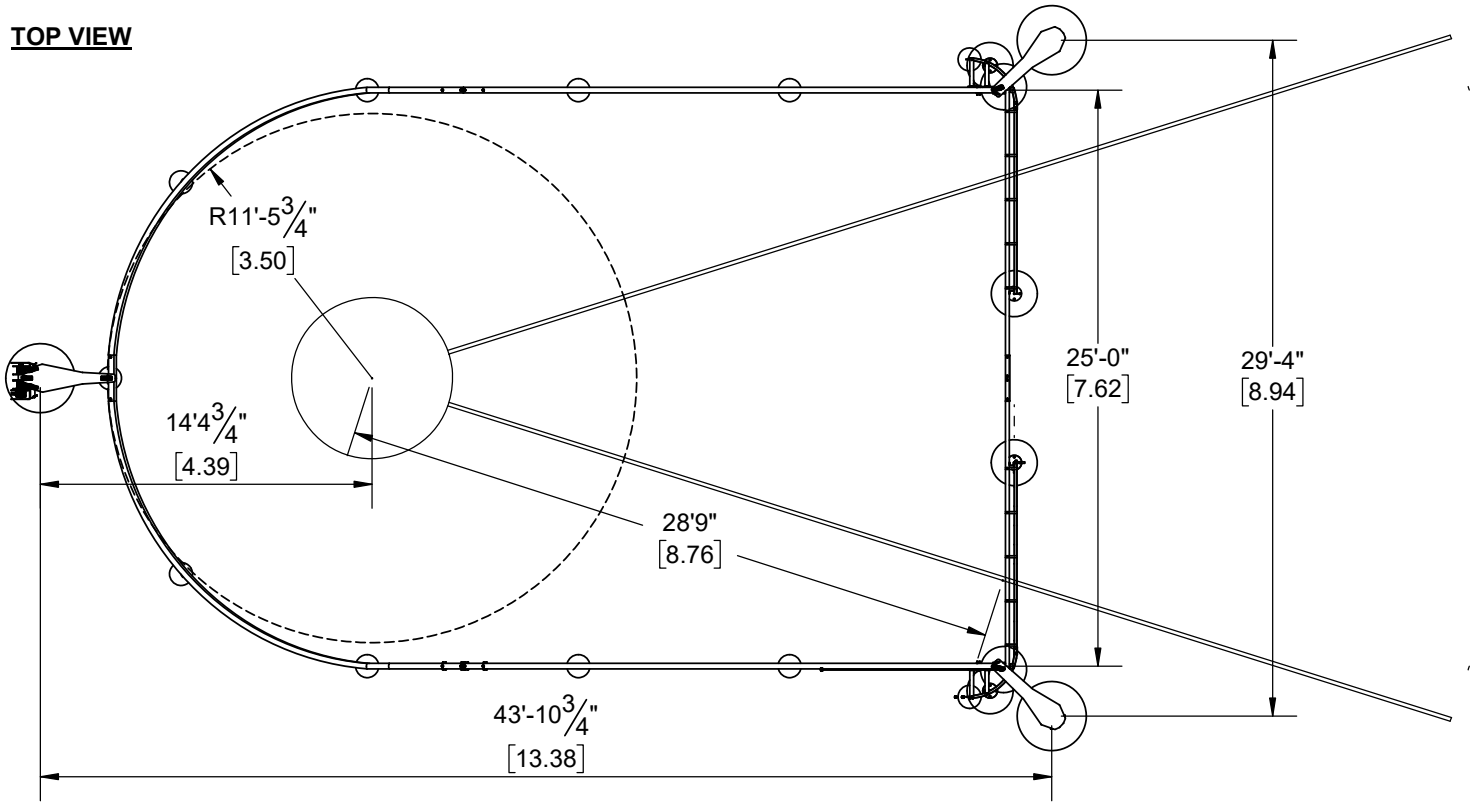
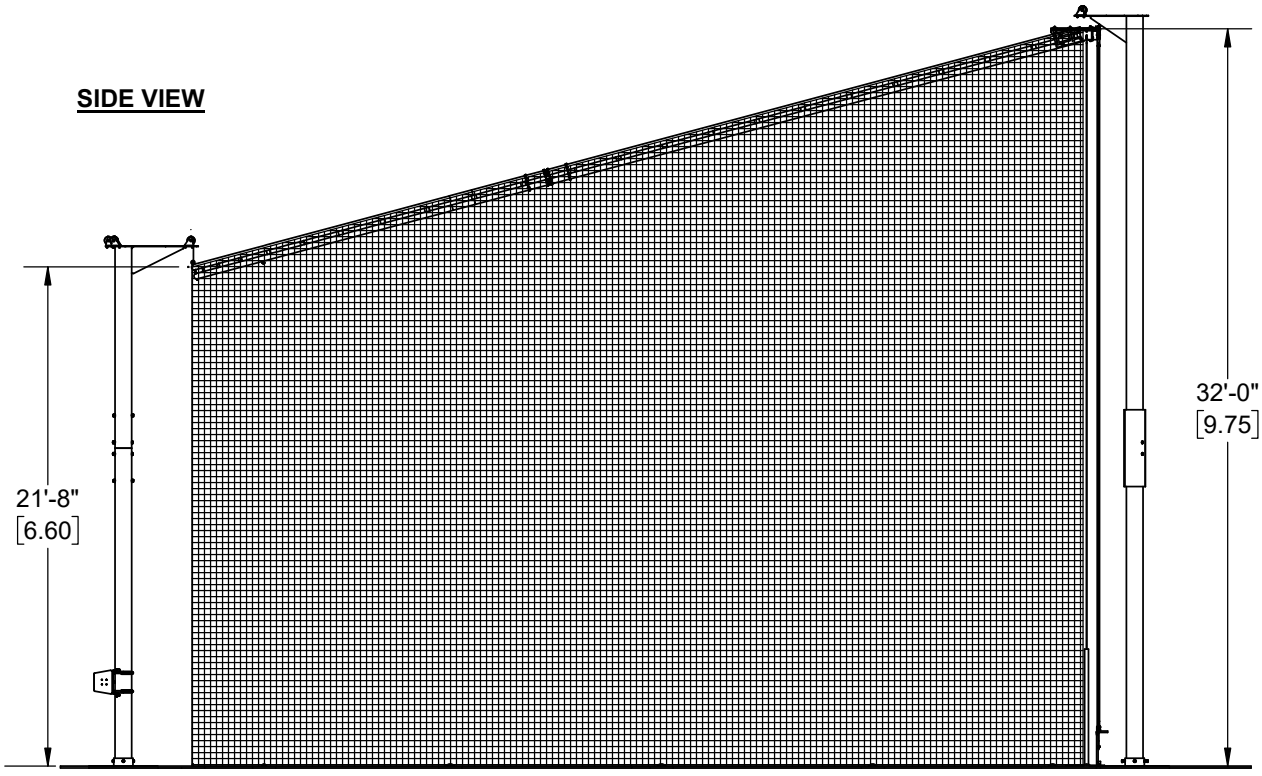
753100CXX - HAMMER AND DISCUS THROWING CAGE
SINGLE RING ASSEMBLY INSTRUCTIONS

TOP VIEW



SIDE VIEW



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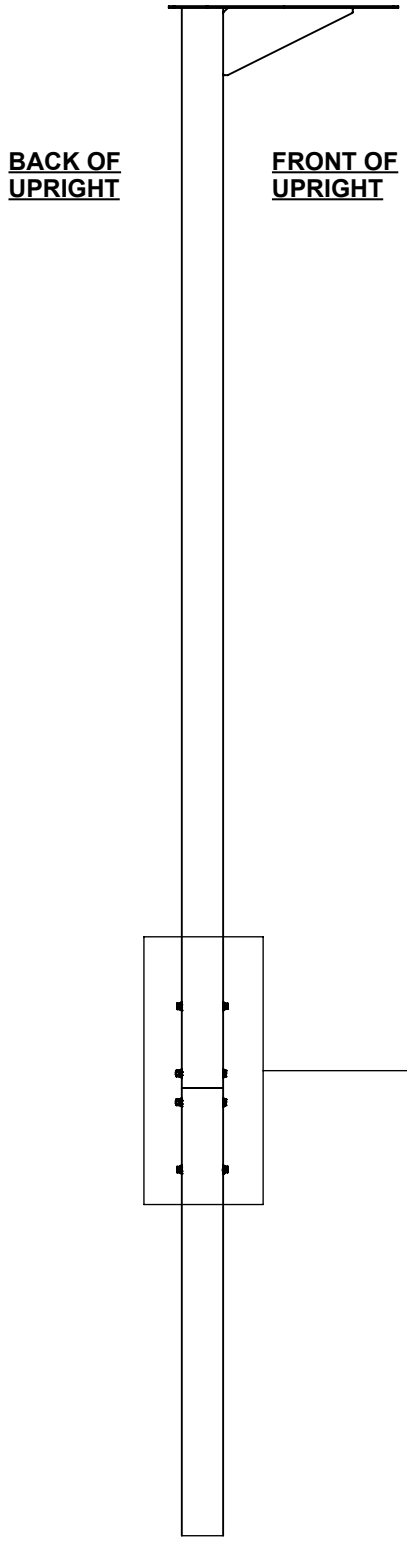
753100CXX - HAMMER AND DISCUS THROWING CAGE ASSEMBLY INSTRUCTIONS

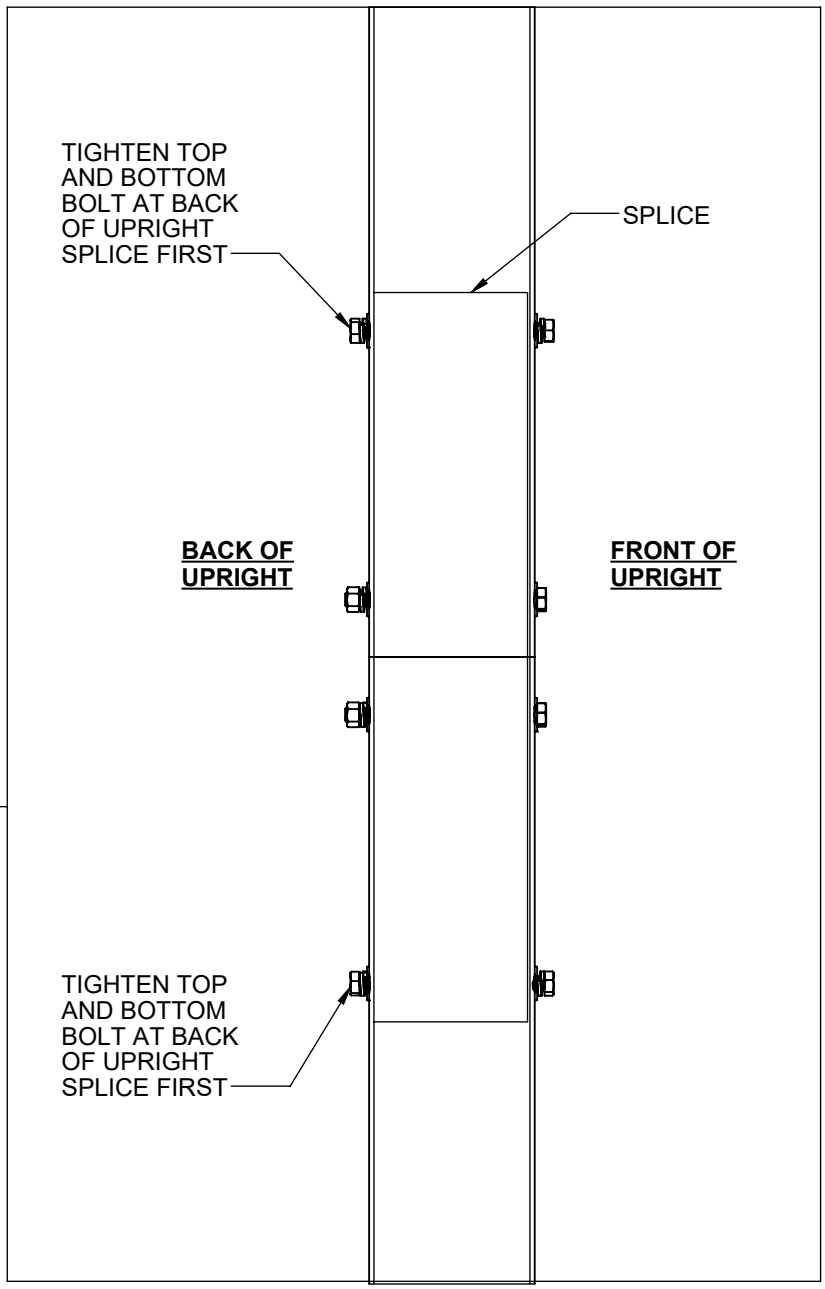
INSTALL UPRIGHT ASSEMBLY STEPS



INSTALL ALL UPRIGHT SPLICE HARDWARE LOOSELY

STAND UPRIGHTS UP INSIDE GROUND SLEEVES.

TIGHTEN TOP AND BOTTOM BOLTS AT BACK OF UPRIGHT SPLICE FIRST. THIS PULLS THE SPLICE TO THE BACK OF THE UPRIGHT INSIDE WALL ENSURING THE ASSEMBLY TO BE MORE STRAIGHT.



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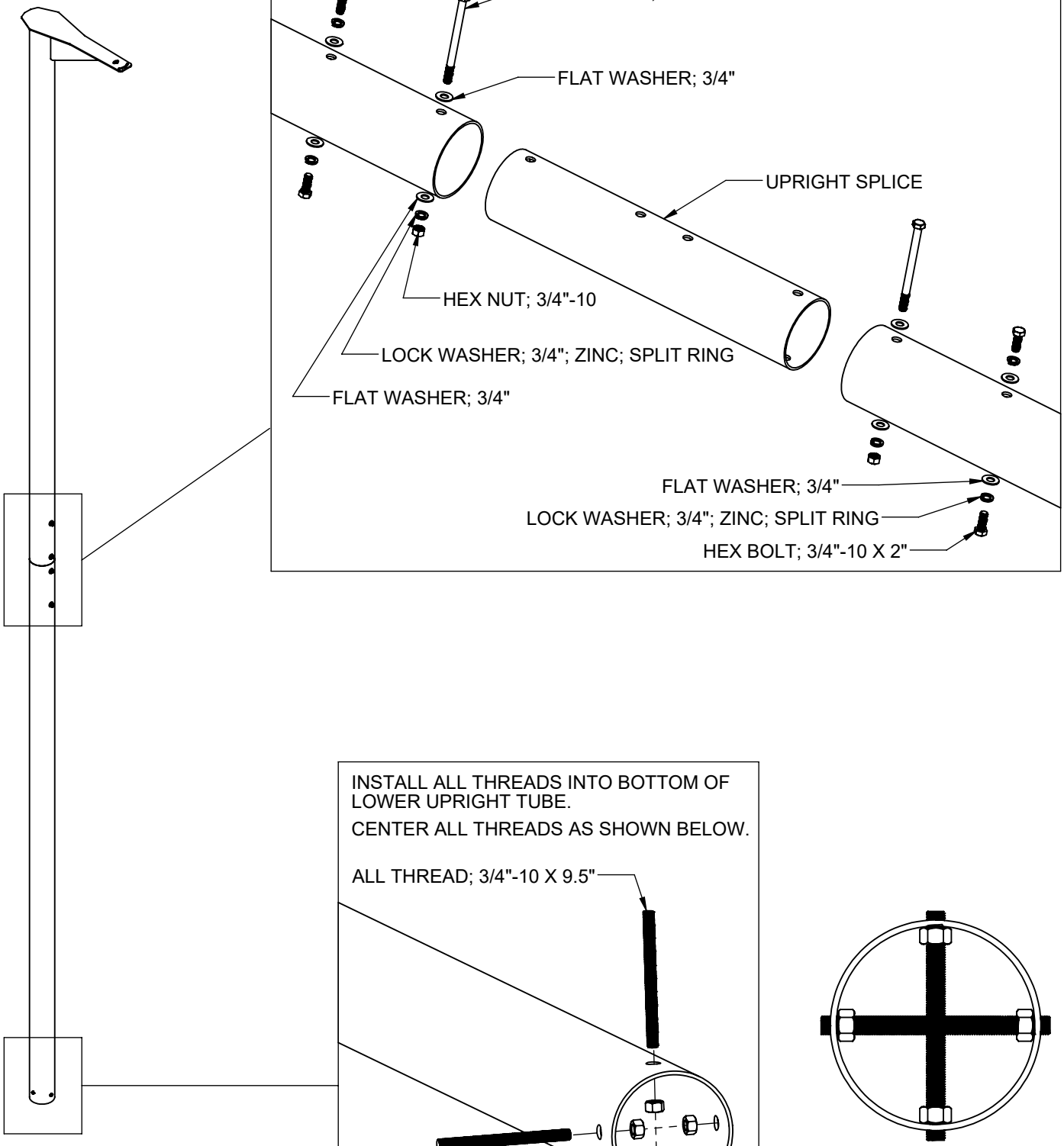
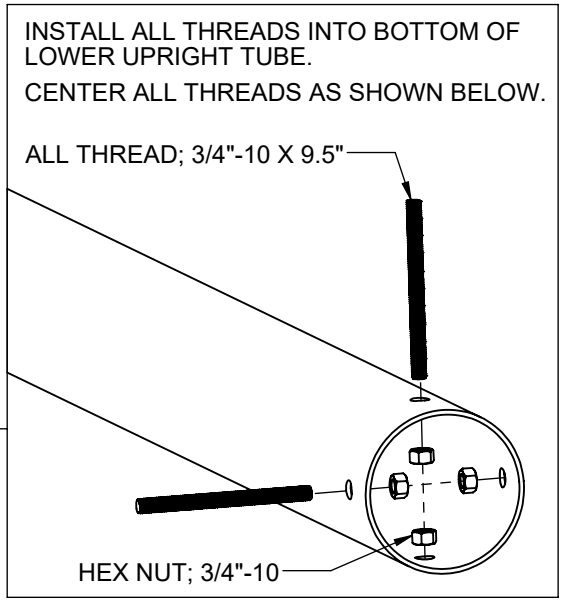
UPRIGHT ASSEMBLY





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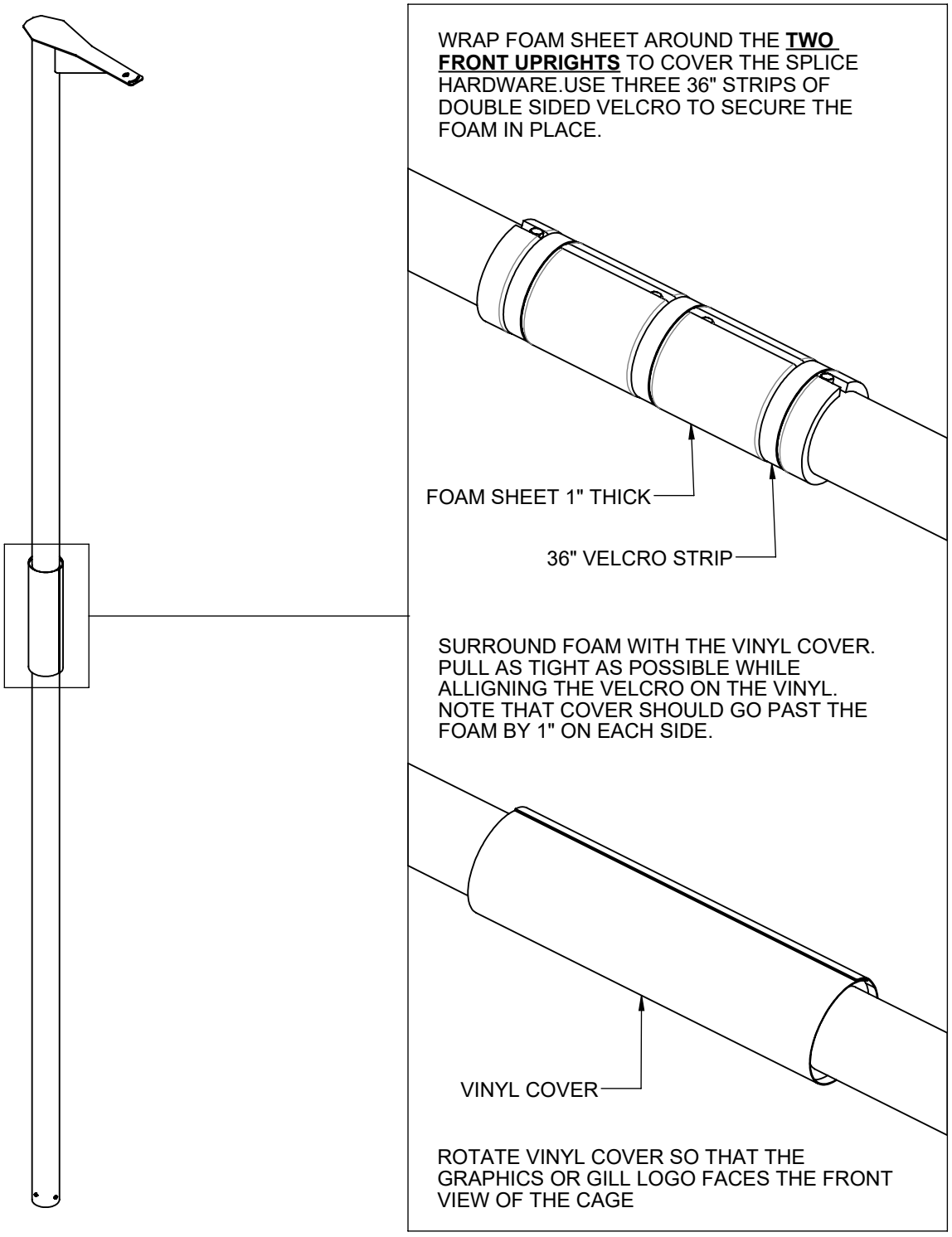
UPRIGHT PAD INSTALL



WRAP FOAM SHEET AROUND THE **TWO FRONT UPRIGHTS** TO COVER THE SPLICE HARDWARE.USE THREE 36" STRIPS OF DOUBLE SIDED VELCRO TO SECURE THE FOAM IN PLACE.

SURROUND FOAM WITH THE VINYL COVER. PULL AS TIGHT AS POSSIBLE WHILE ALLIGNING THE VELCRO ON THE VINYL. NOTE THAT COVER SHOULD GO PAST THE FOAM BY 1" ON EACH SIDE.

ROTATE VINYL COVER SO THAT THE GRAPHICS OR GILL LOGO FACES THE FRONT VIEW OF THE CAGE

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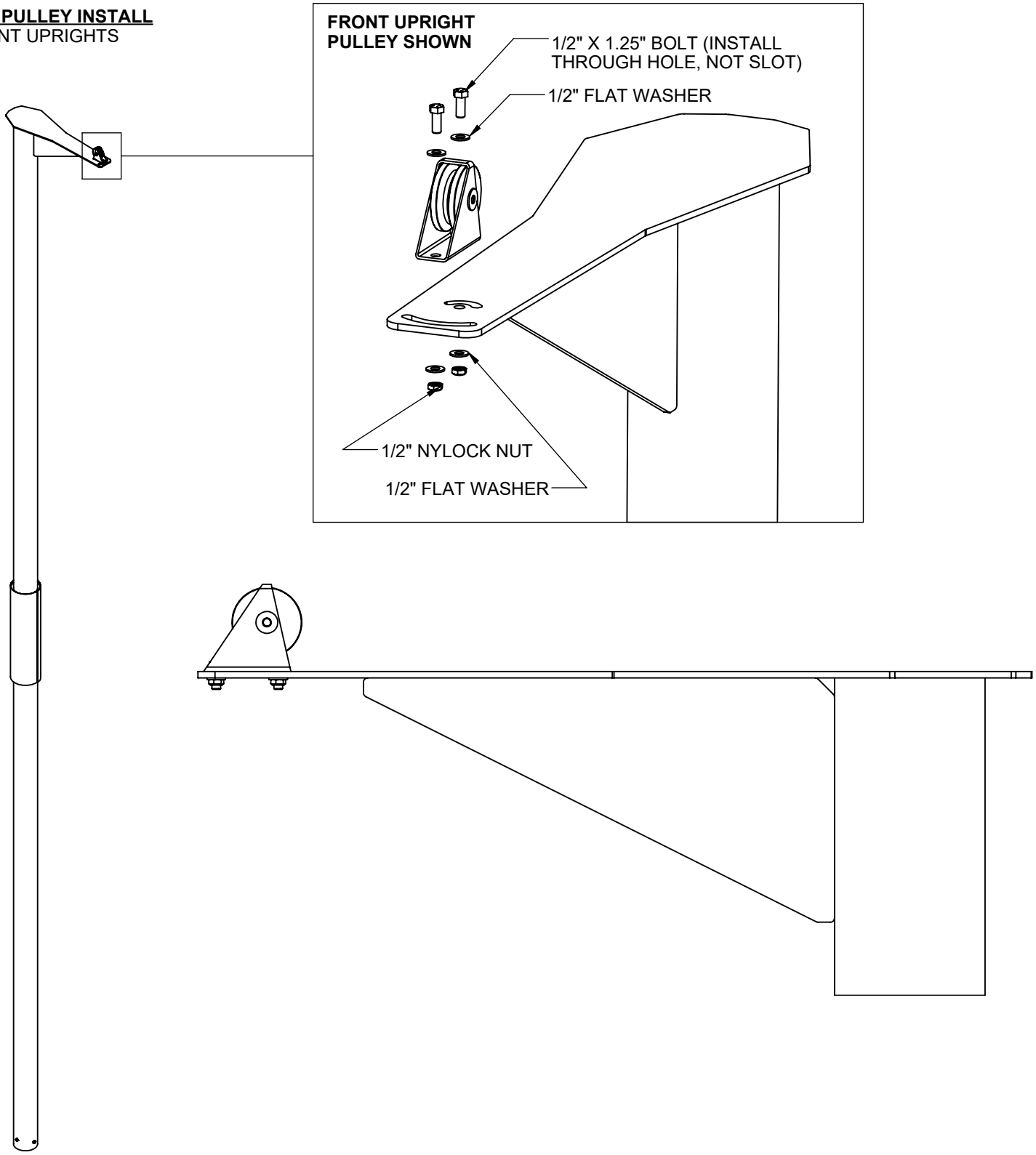
TOP PULLEY INSTALL
FRONT UPRIGHTS



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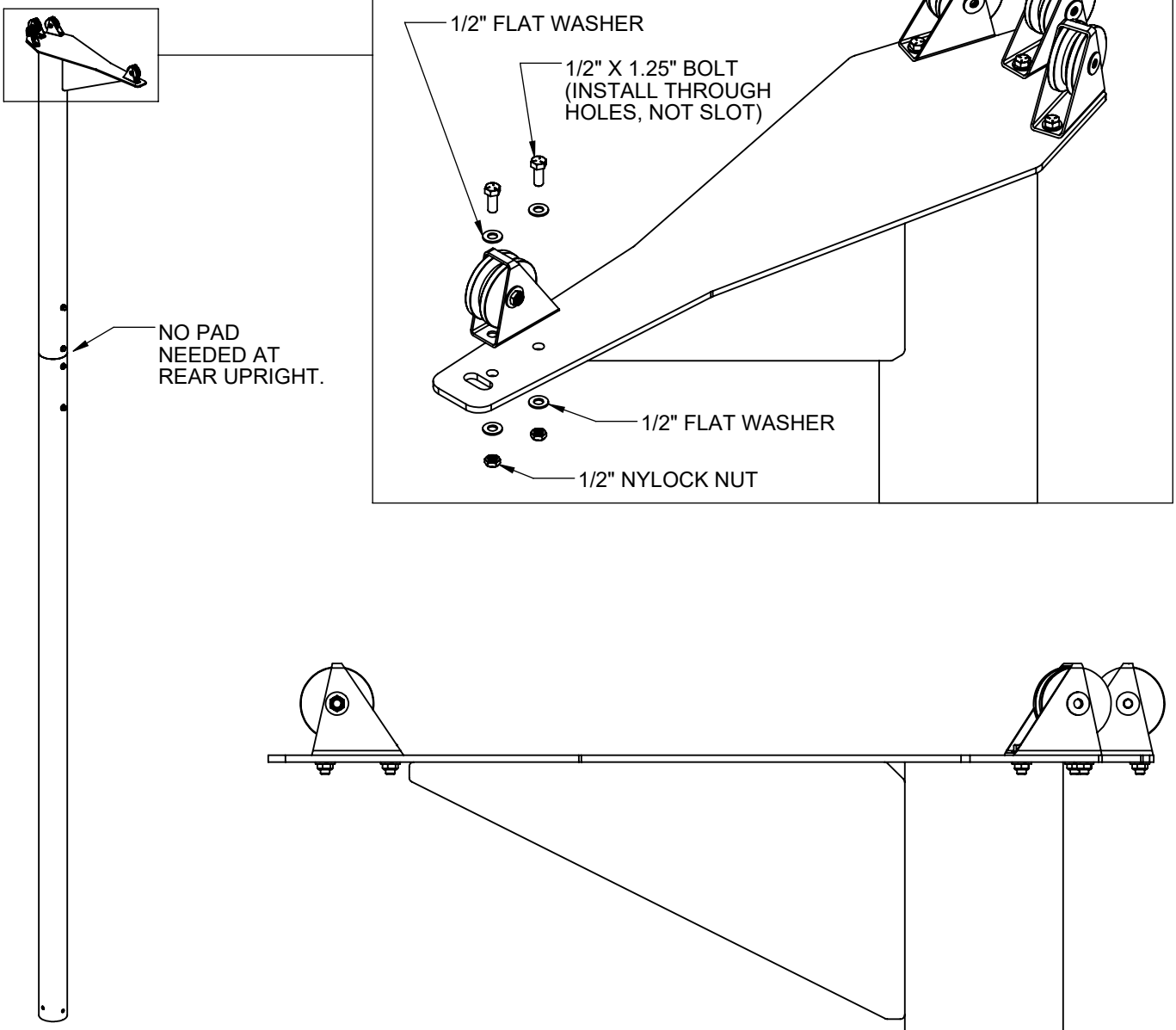
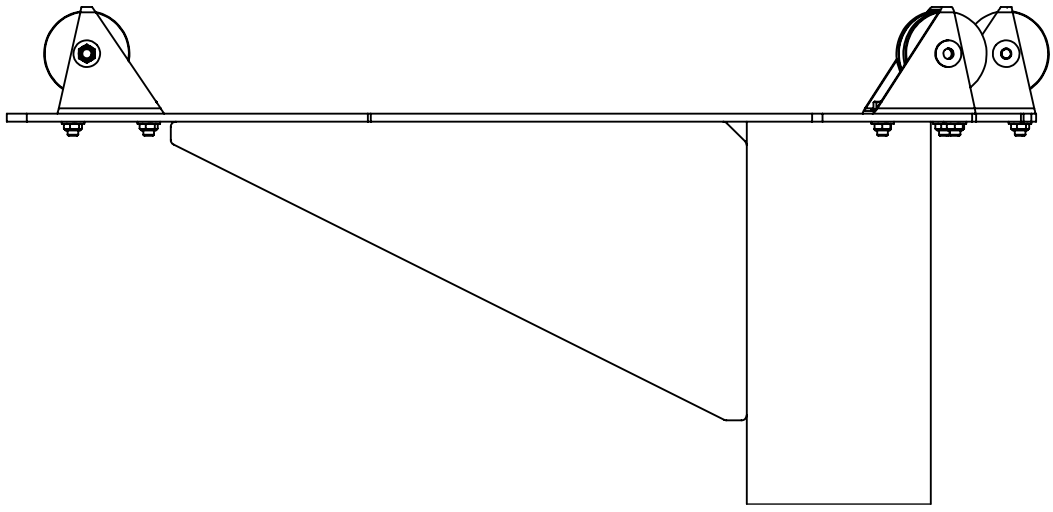
TOP PULLEY INSTALL
REAR UPRIGHT





See next page for pulley allignment.

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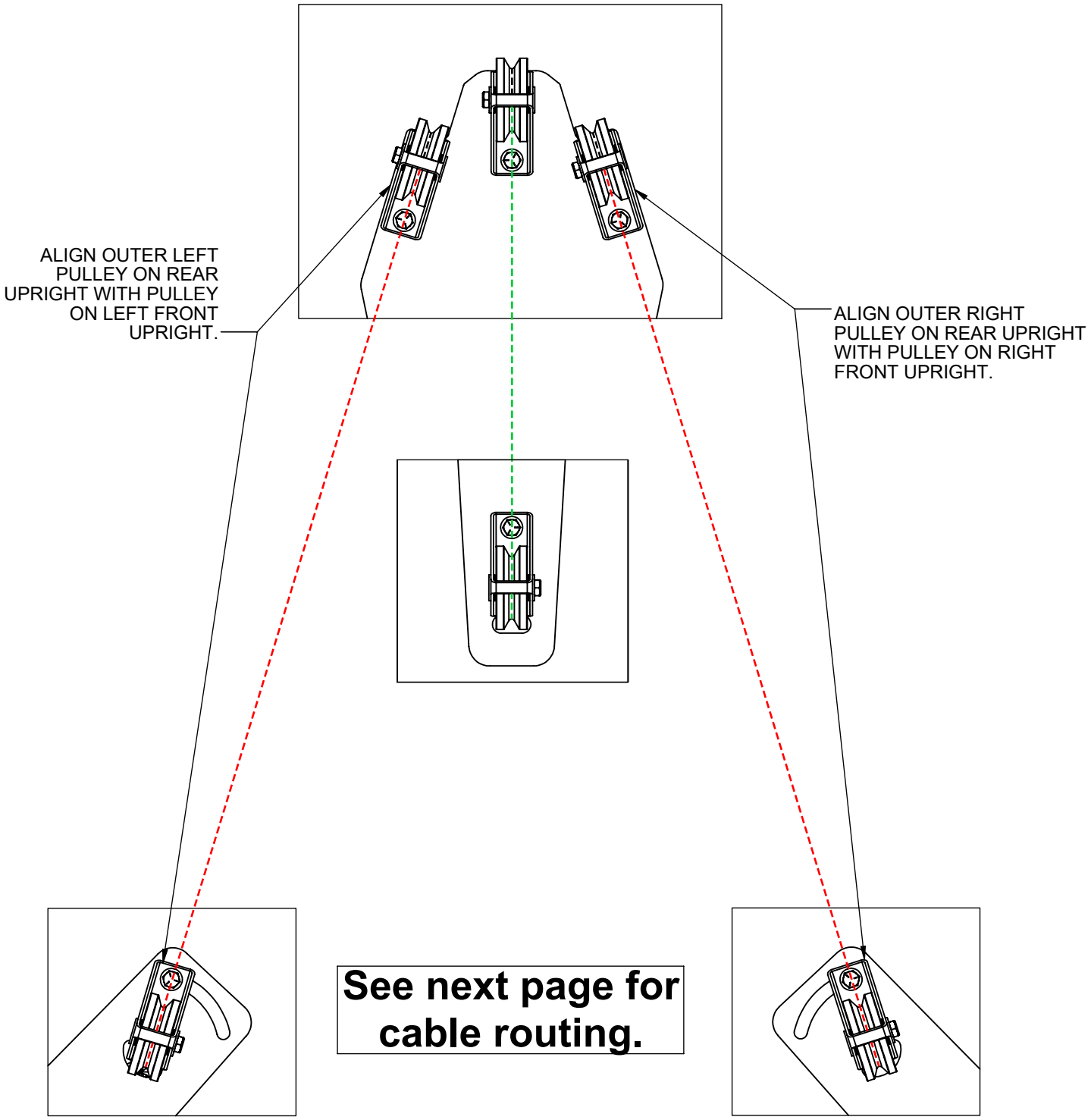
TOP PULLEY LAYOUT



See next page for cable routing.

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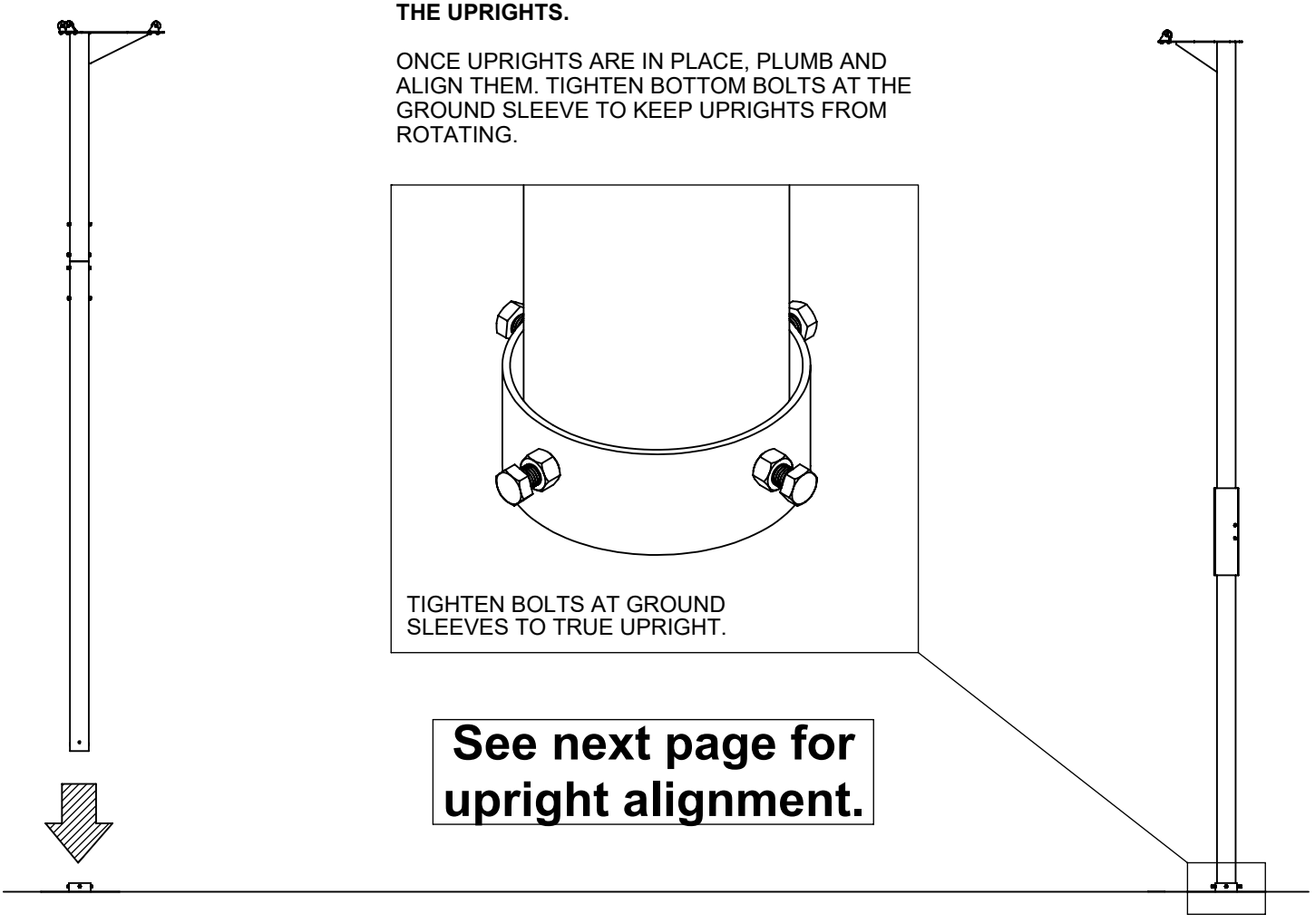
UPRIGHT INSTALL

INSTALLER NOTE:
DROP FULLY ASSEMBLED UPRIGHTS INTO GROUND SLEEVES AND ALIGN AS SHOWN. BE SURE TO NOT SCRATCH UP THE POWDER COAT OF THE UPRIGHTS.

IF NO LIFT IS AVAILABLE TO REACH THE TOP OF THE UPRIGHTS TO FEED 1/4" CABLE THROUGH TOP PULLEYS, DO SO BEFORE STANDING UP THE UPRIGHTS.

ONCE UPRIGHTS ARE IN PLACE, PLUMB AND ALIGN THEM. TIGHTEN BOTTOM BOLTS AT THE GROUND SLEEVE TO KEEP UPRIGHTS FROM ROTATING.

TIGHTEN BOLTS AT GROUND SLEEVES TO TRUE UPRIGHT.



See next page for upright alignment.

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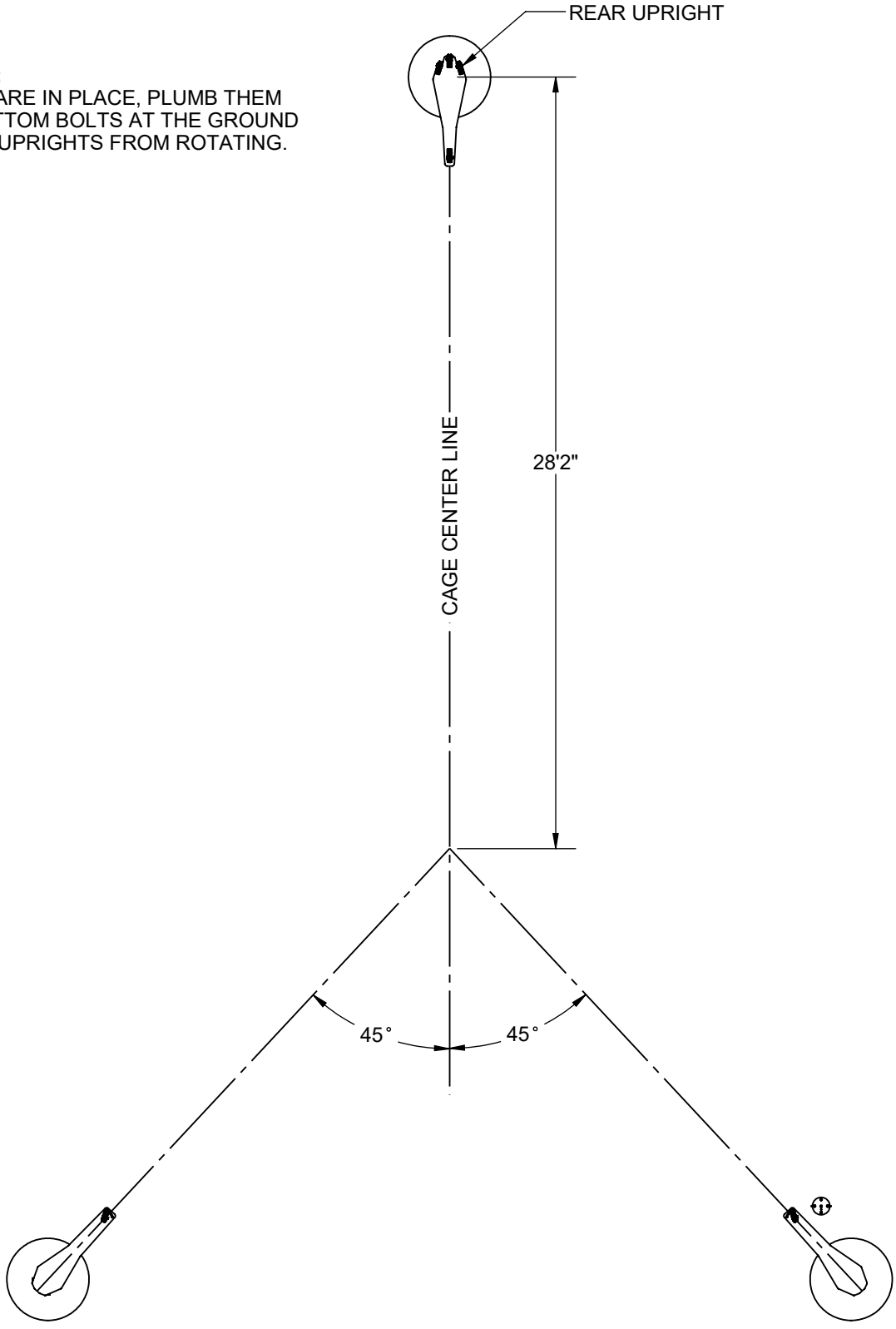
UPRIGHT ALIGNMENT

INSTALLER NOTE:
ONCE UPRIGHTS ARE IN PLACE, PLUMB THEM AND TIGHTEN BOTTOM BOLTS AT THE GROUND SLEEVE TO KEEP UPRIGHTS FROM ROTATING.



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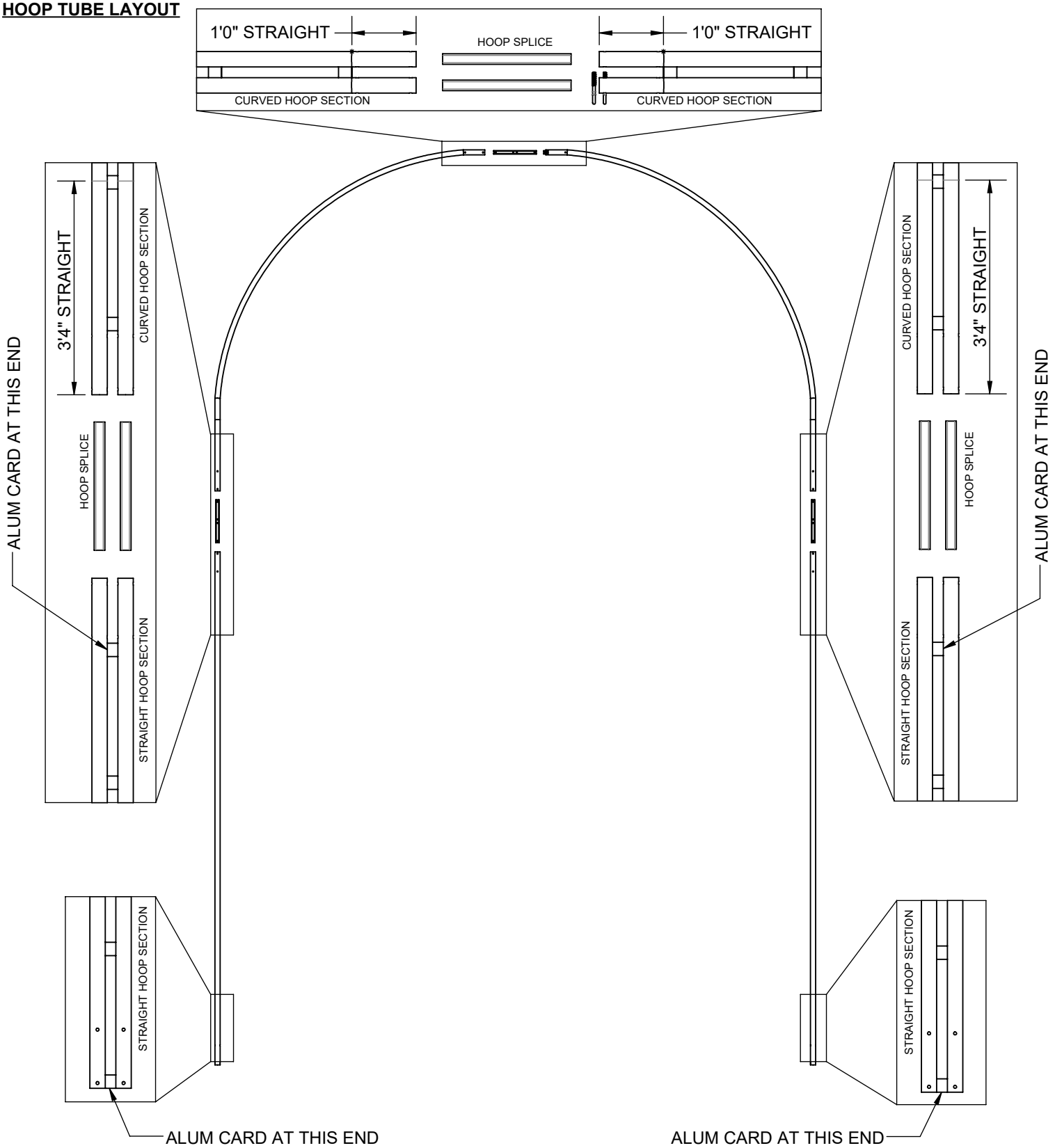
HOOP TUBE LAYOUT



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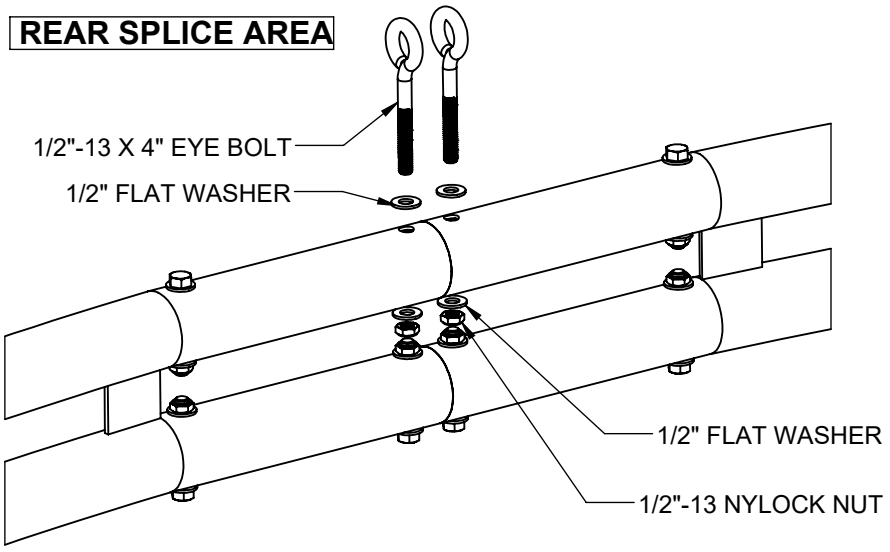
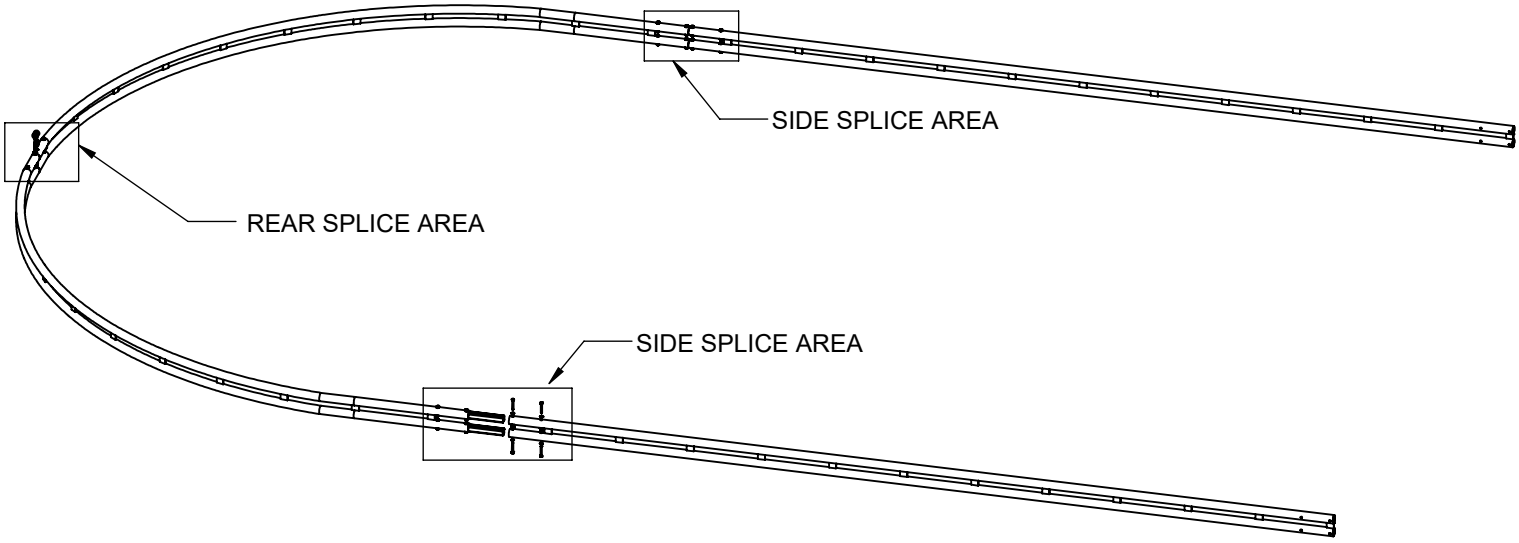
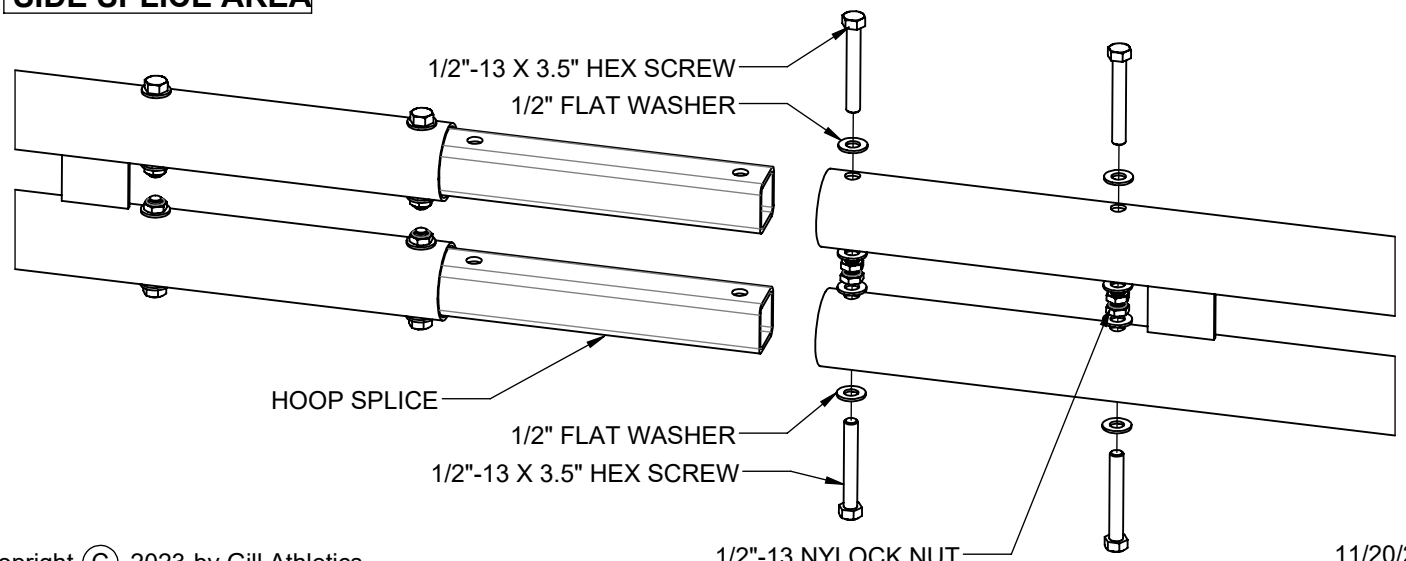
HOOP ASSEMBLY

REAR SPLICE AREA





SIDE SPLICE AREA



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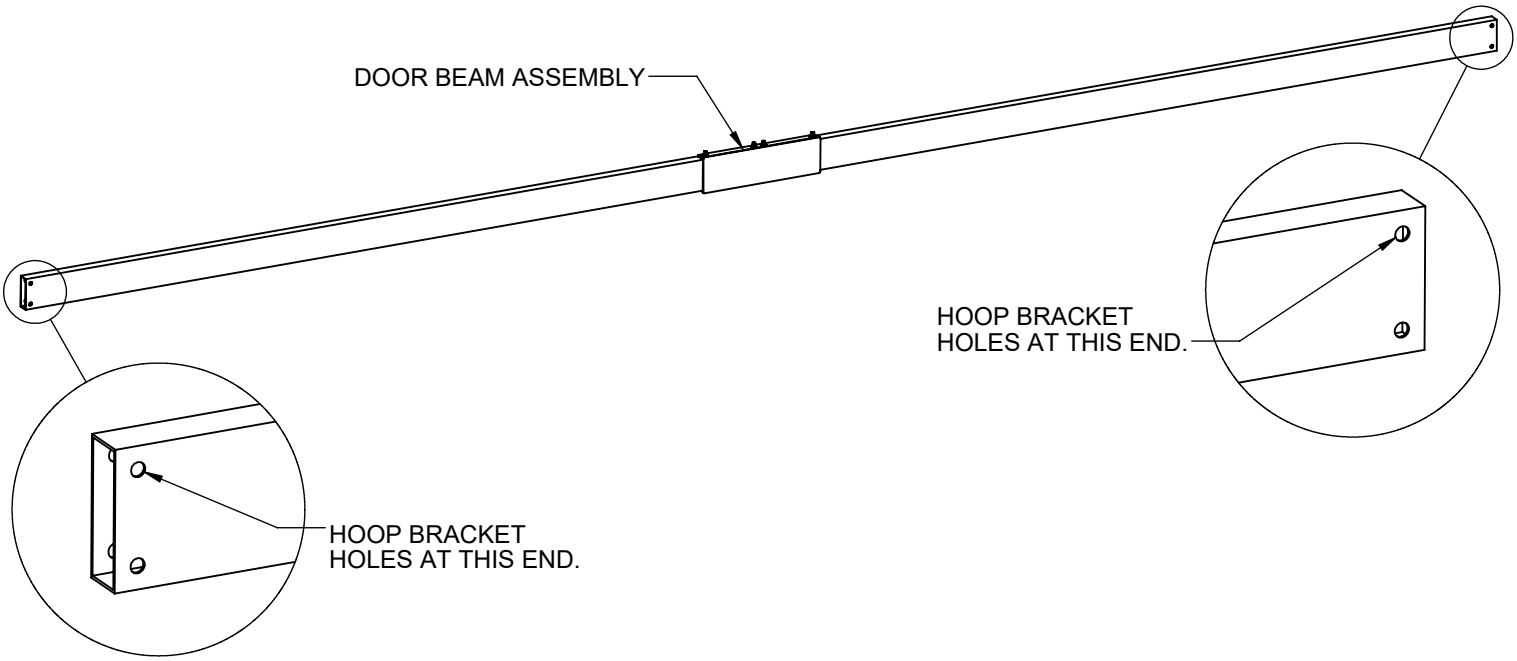
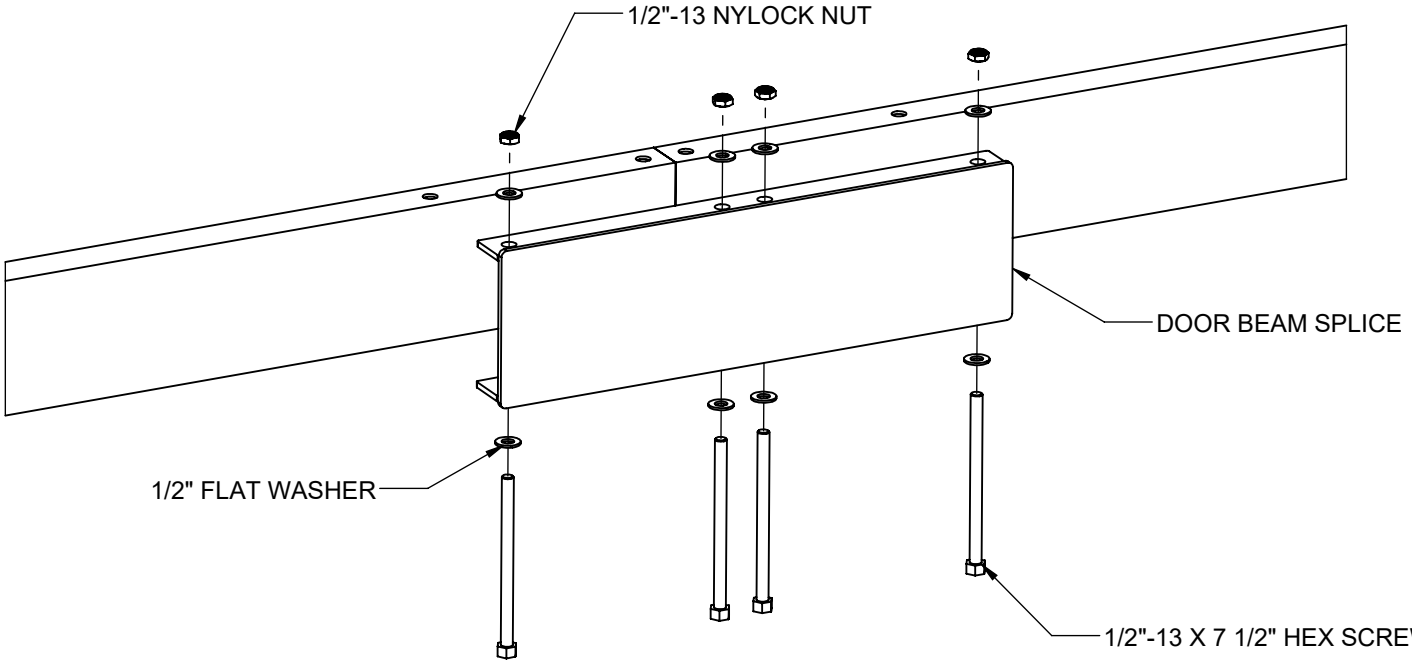
DOOR BEAM ASSEMBLY





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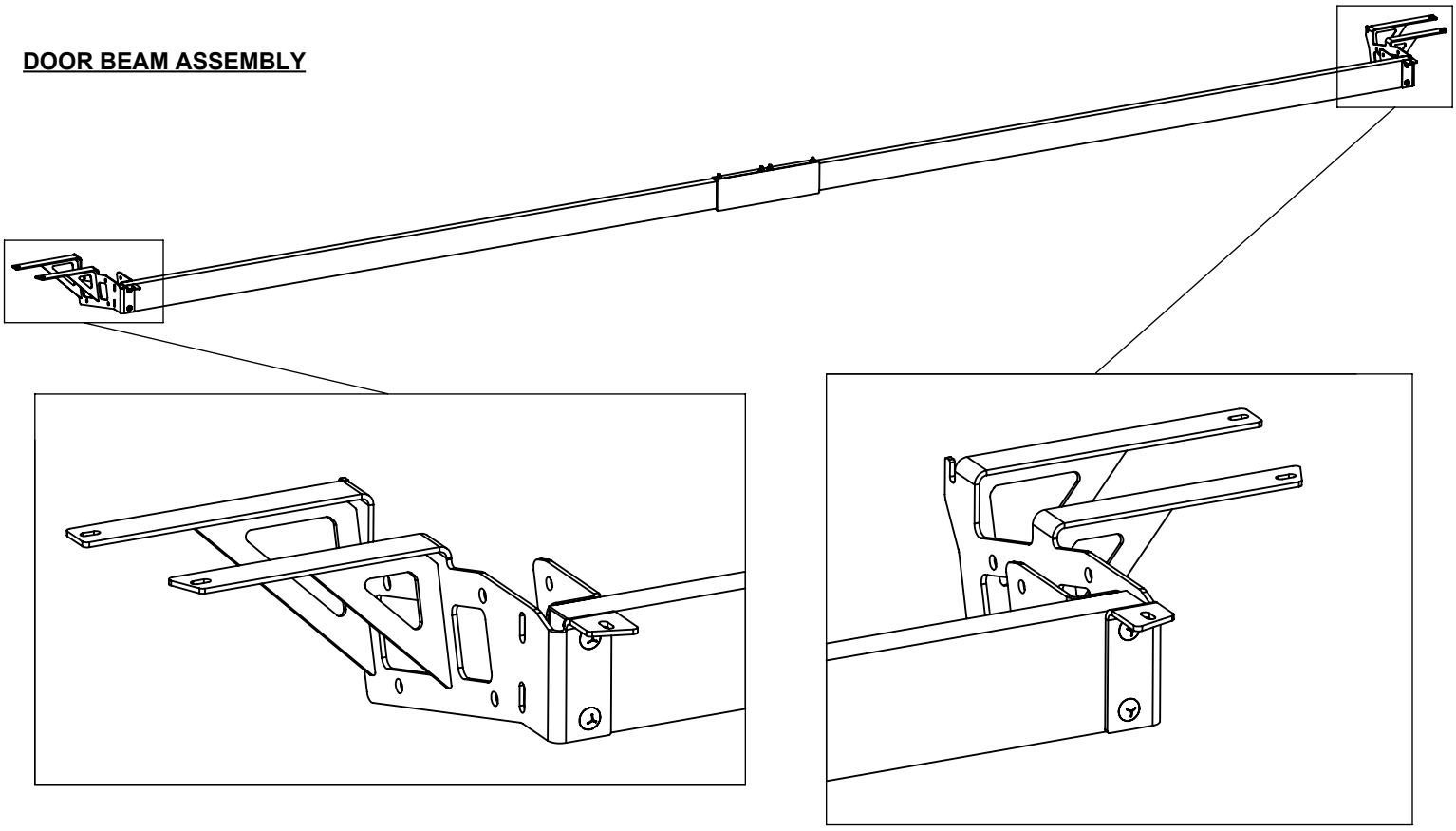
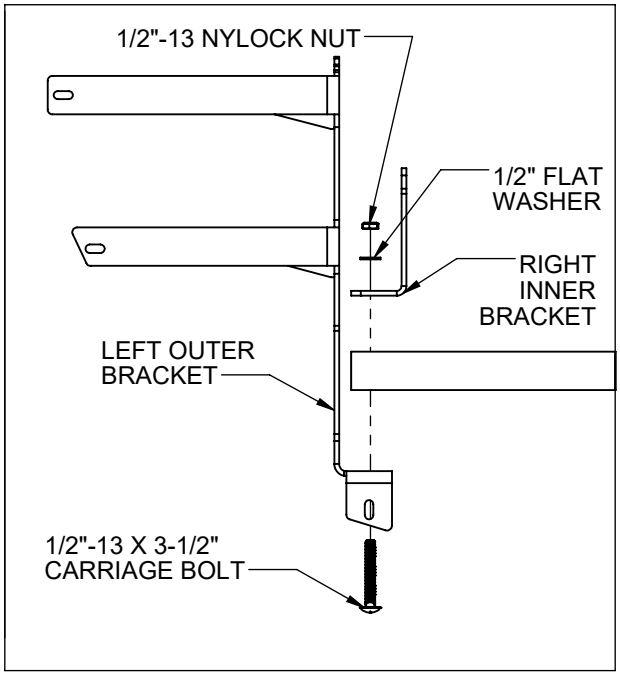
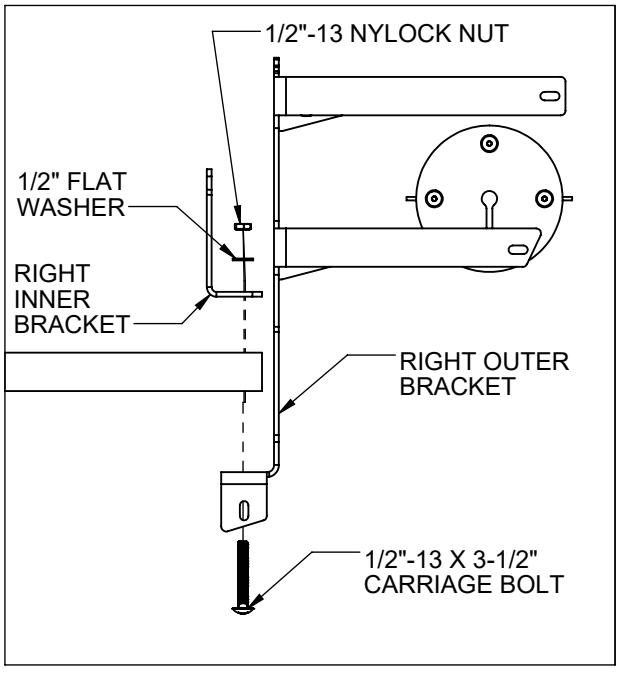
753100CXX - HAMMER AND DISCUS THROWING CAGE ASSEMBLY INSTRUCTIONS

DOOR BEAM ASSEMBLY







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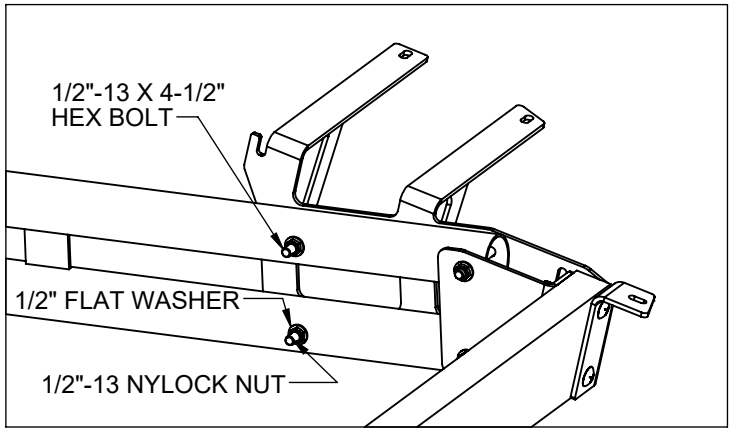
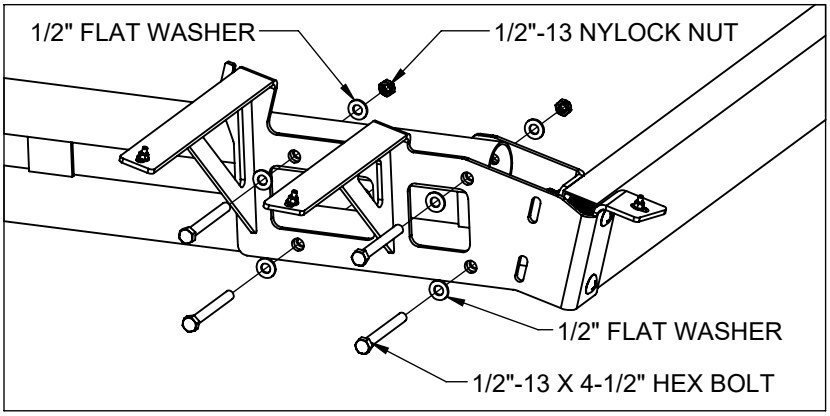
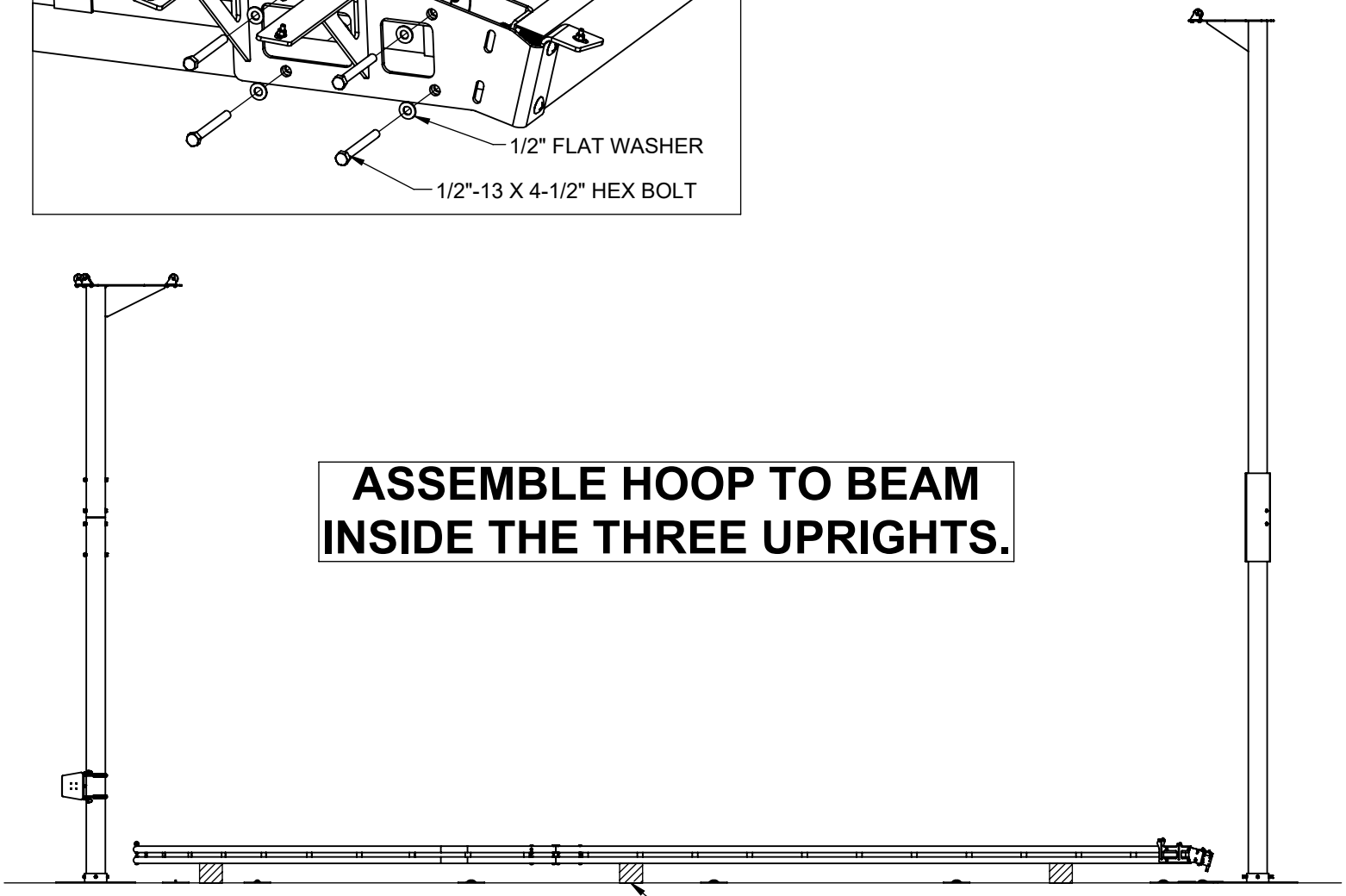
HOOP TO BEAM ASSEMBLY







ASSEMBLE HOOP TO BEAM INSIDE THE THREE UPRIGHTS.

USE WOODEN BLOCKING TO PROP HOOP AND BEAM ASSEMBLY OFF THE GROUND.

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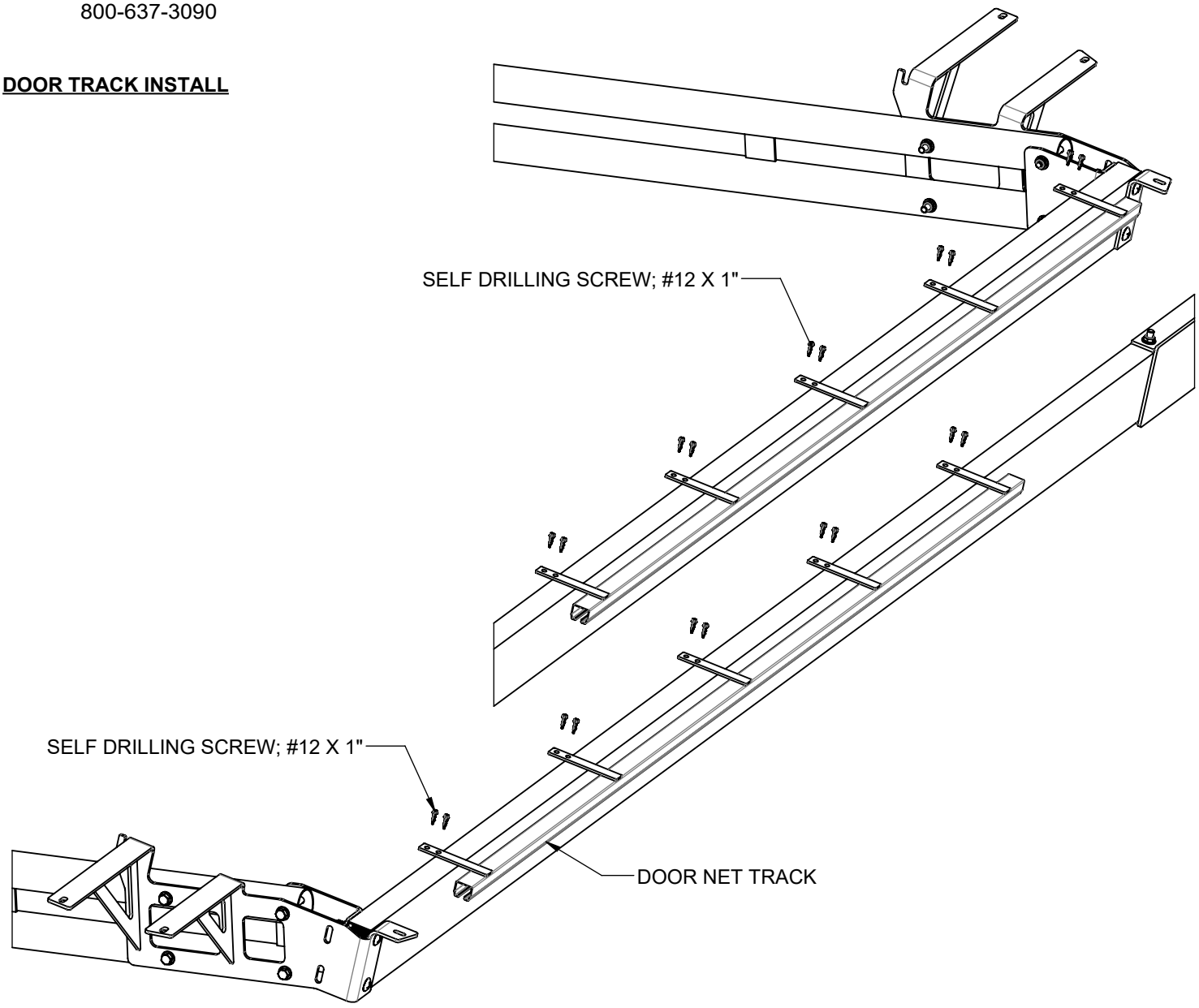
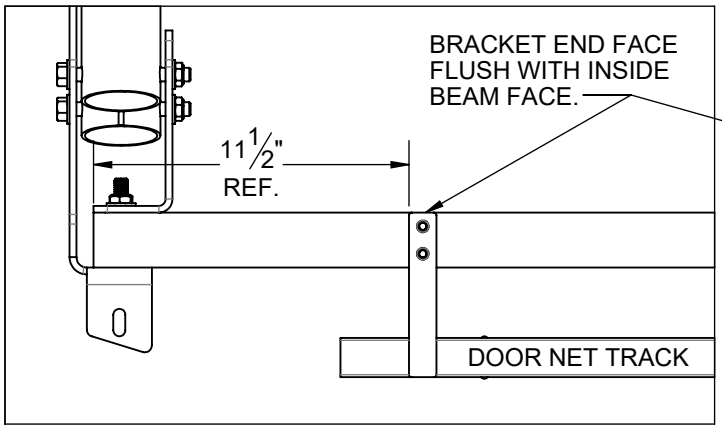
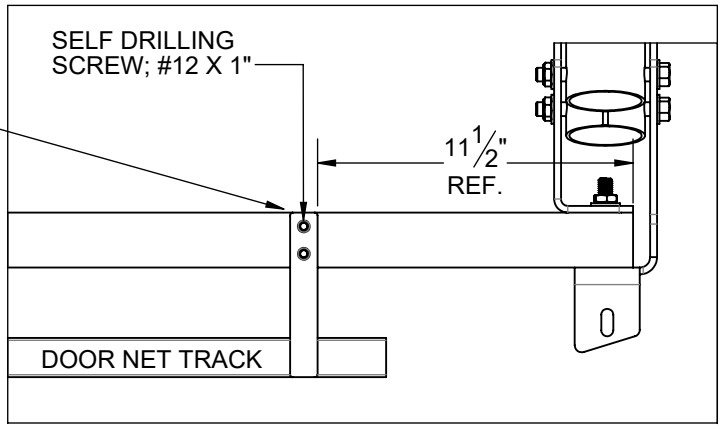
DOOR TRACK INSTALL







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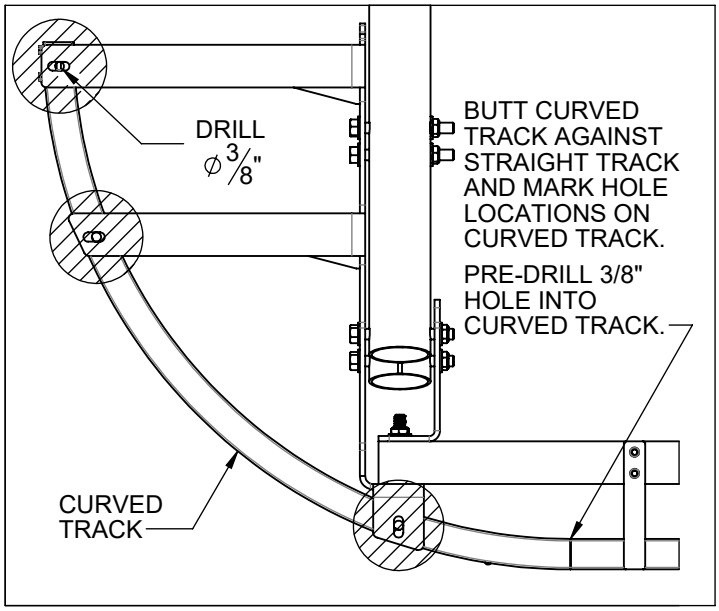
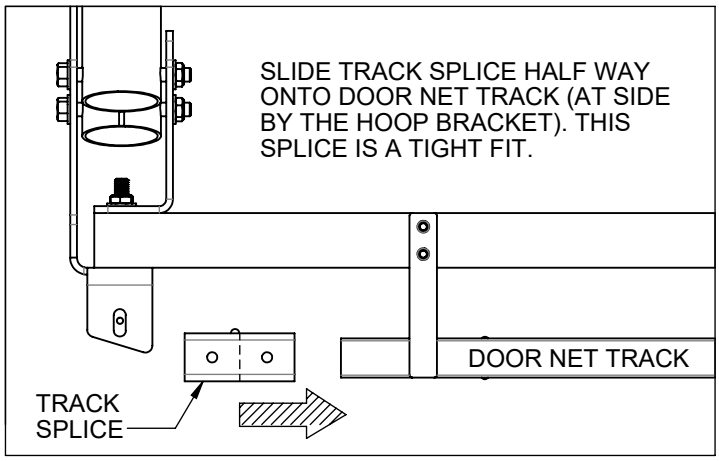
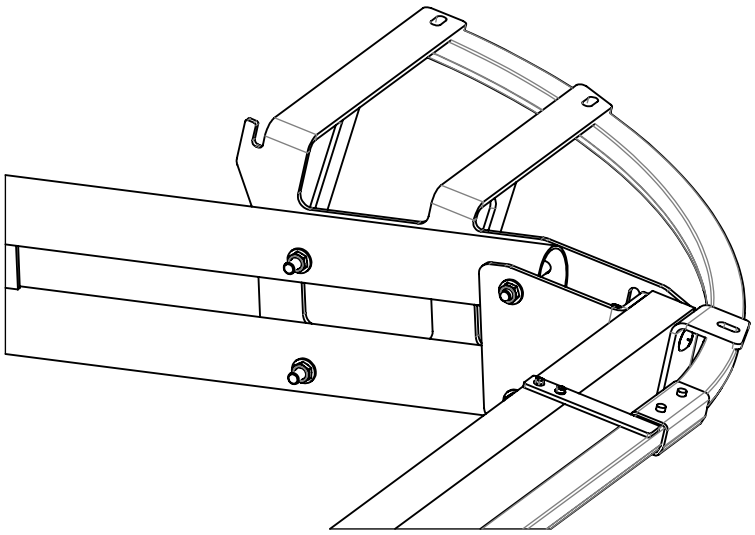
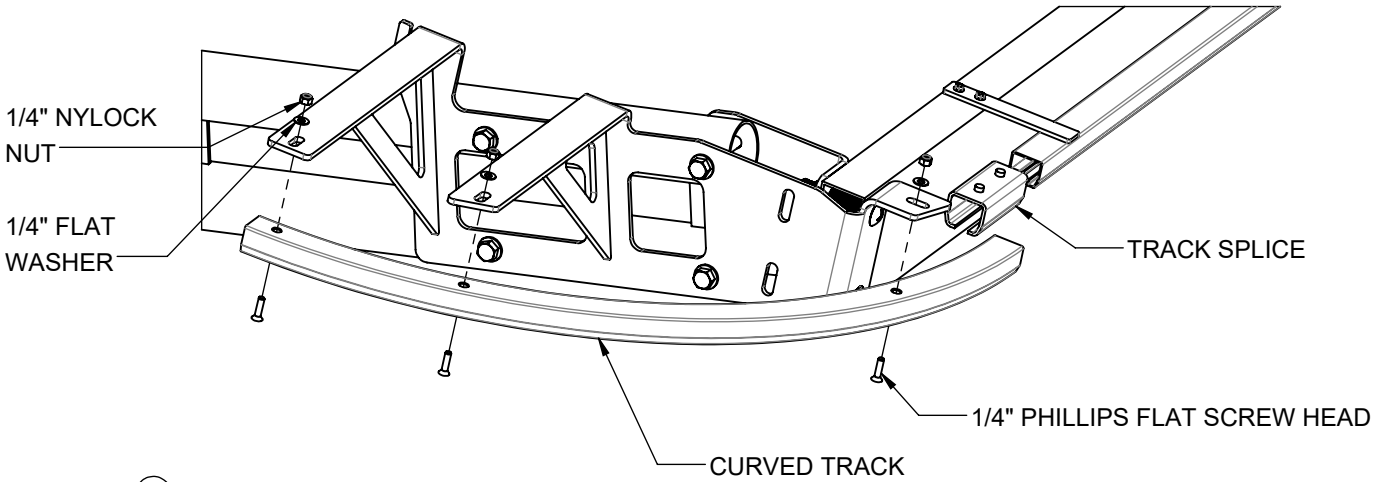
DOOR TRACK INSTALL



REPEAT TRACK SPLICE AND CURVED TRACK INSTALL STEPS ON OPPOSITE SIDE.







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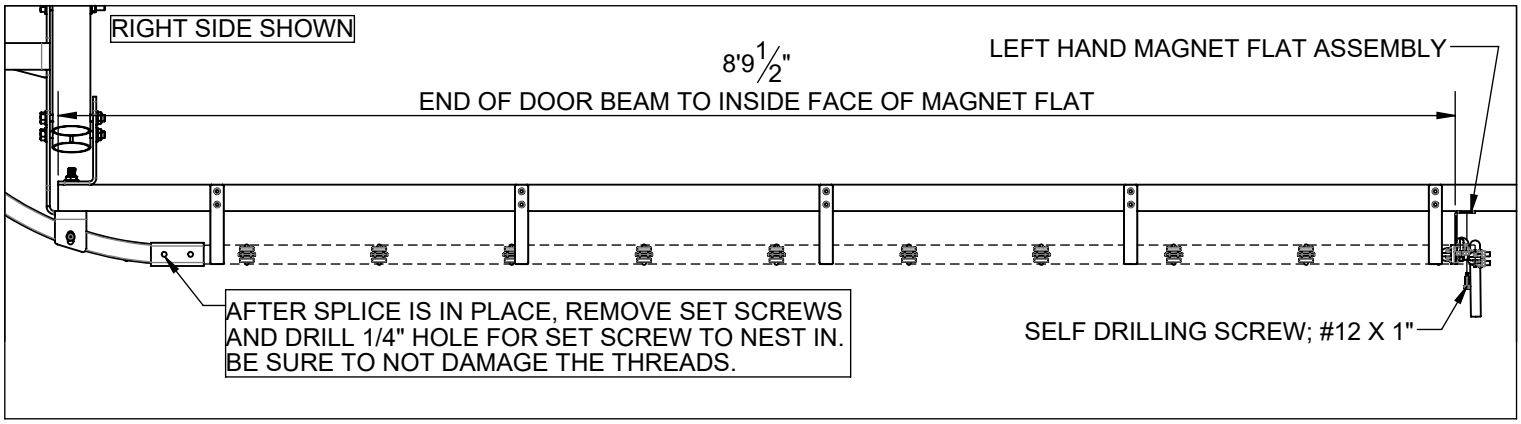
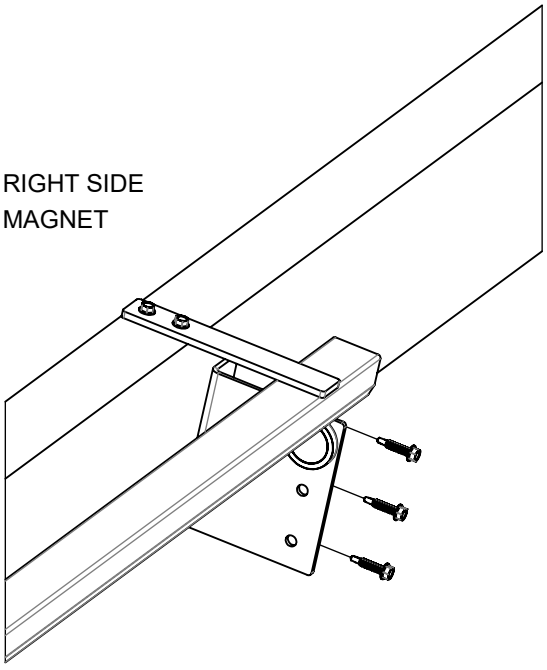
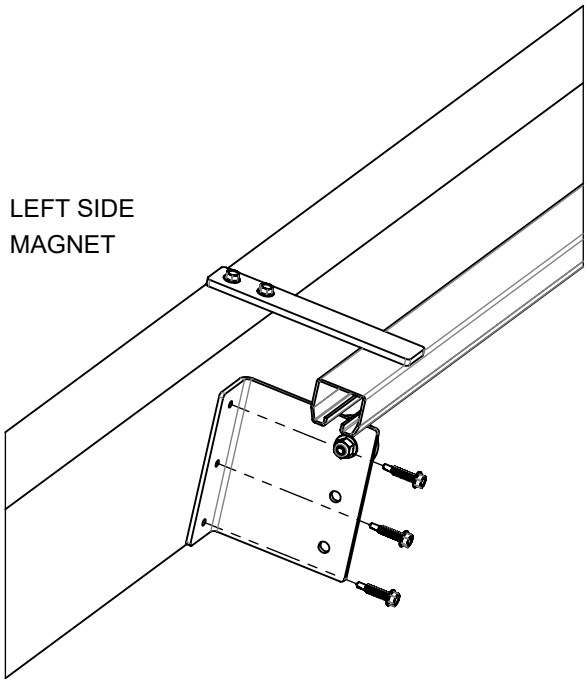
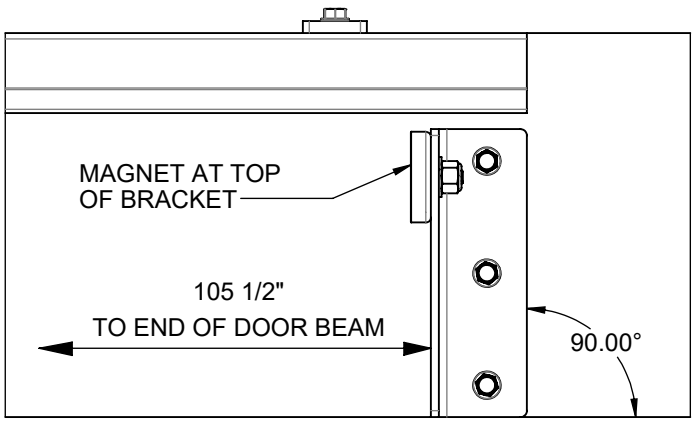
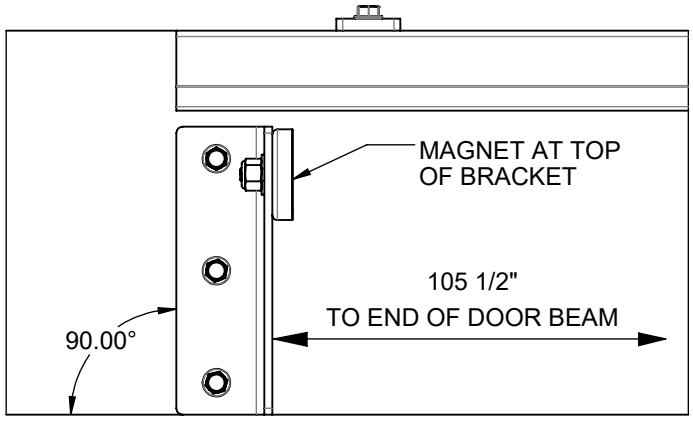
MAGNET FLAT INSTALL











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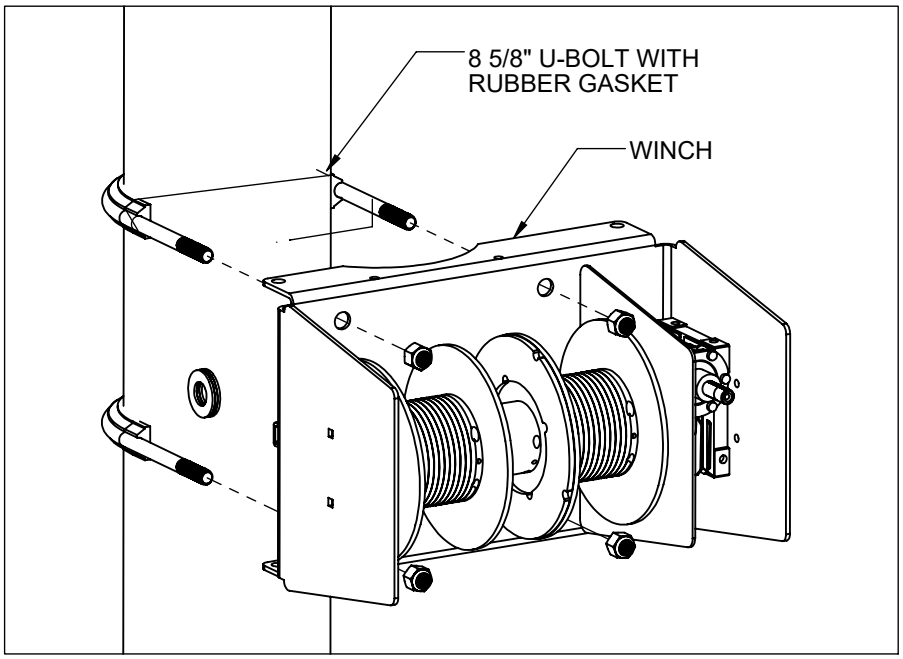
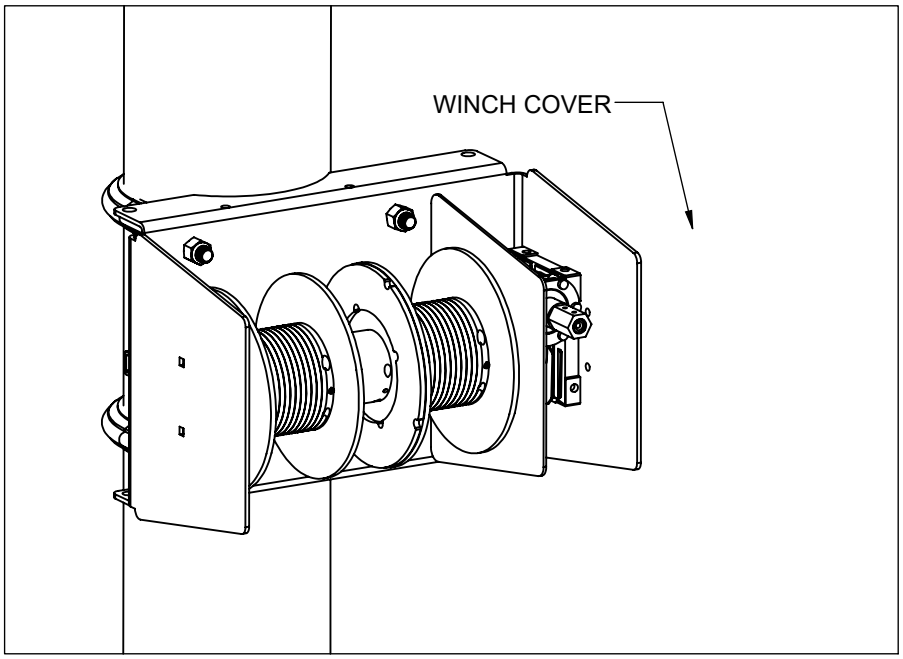
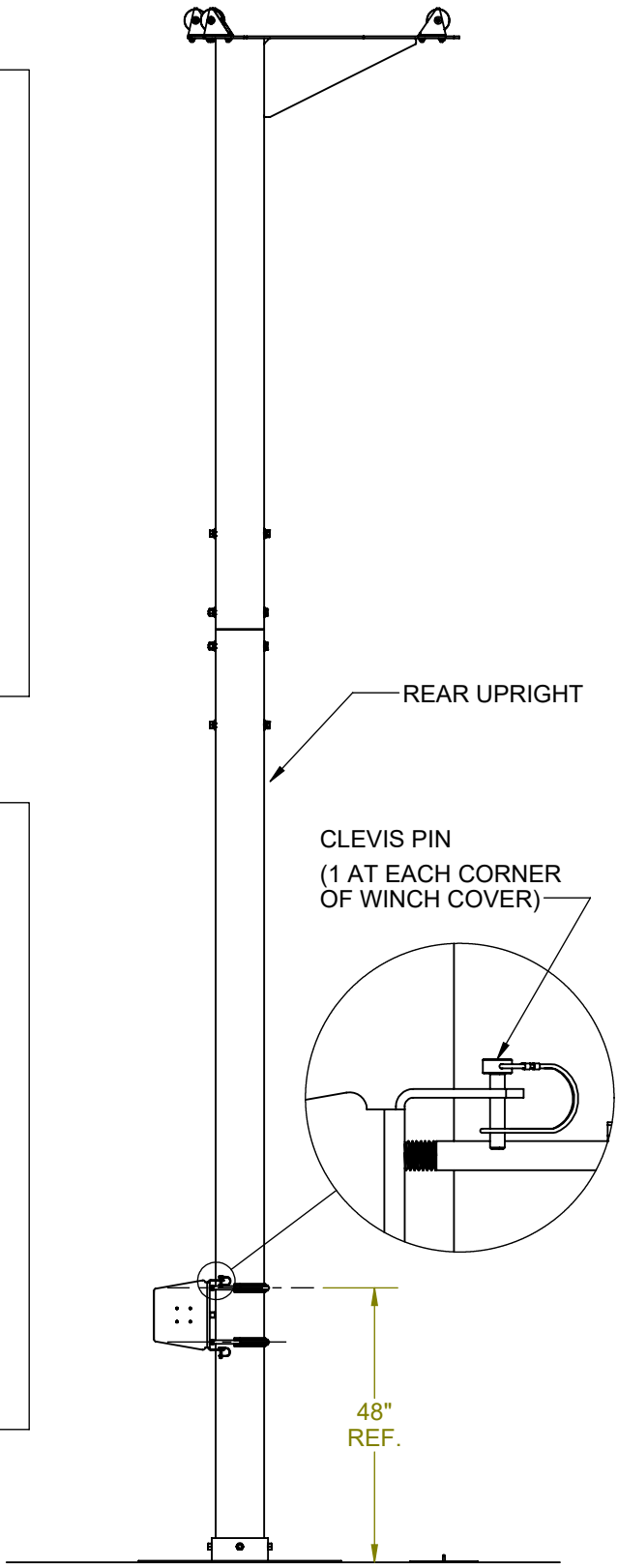
WINCH INSTALLATION







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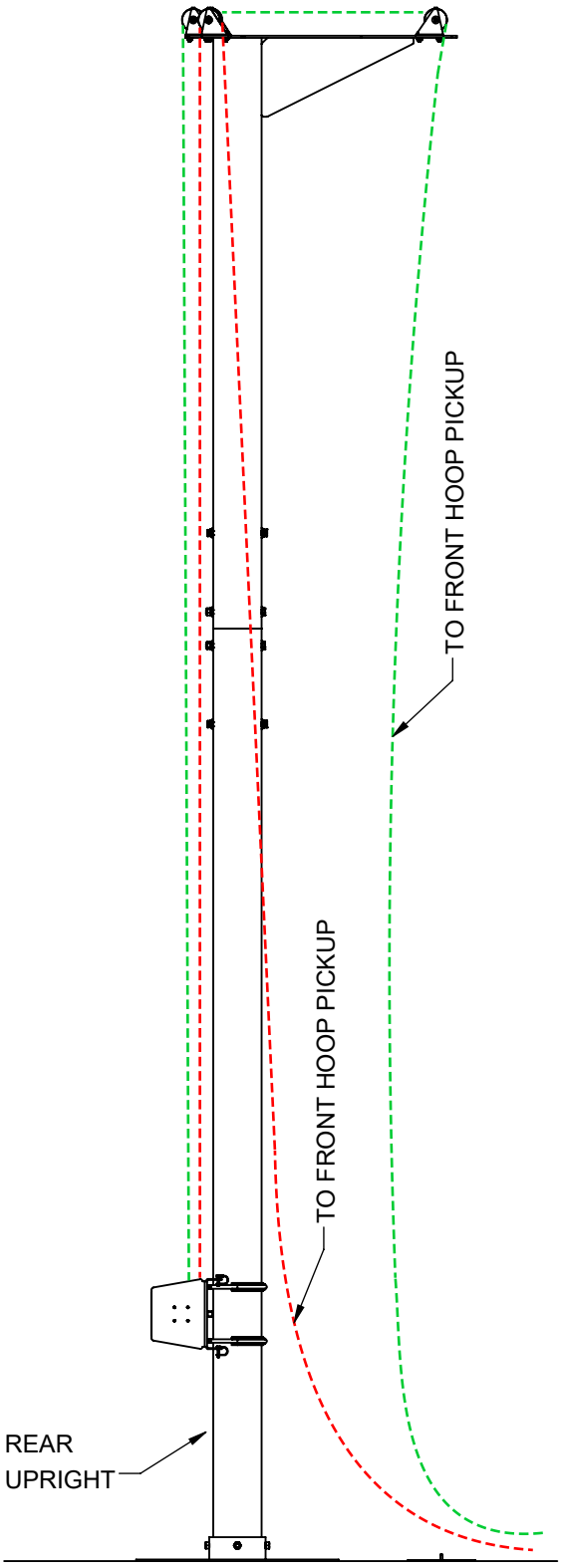
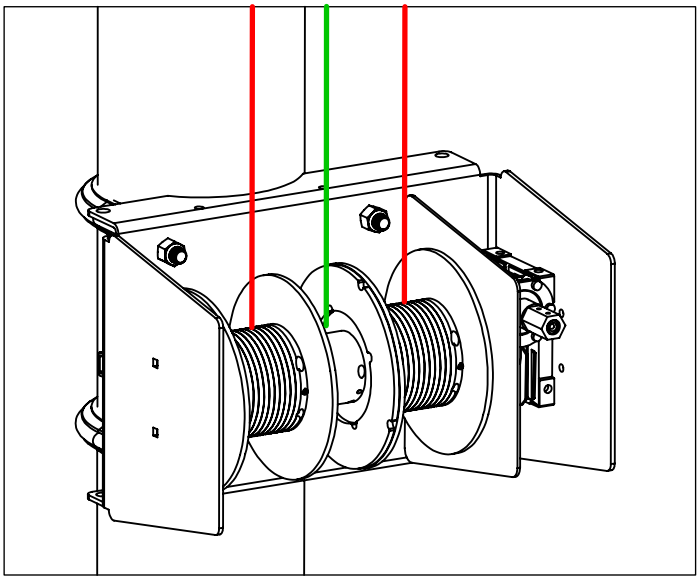
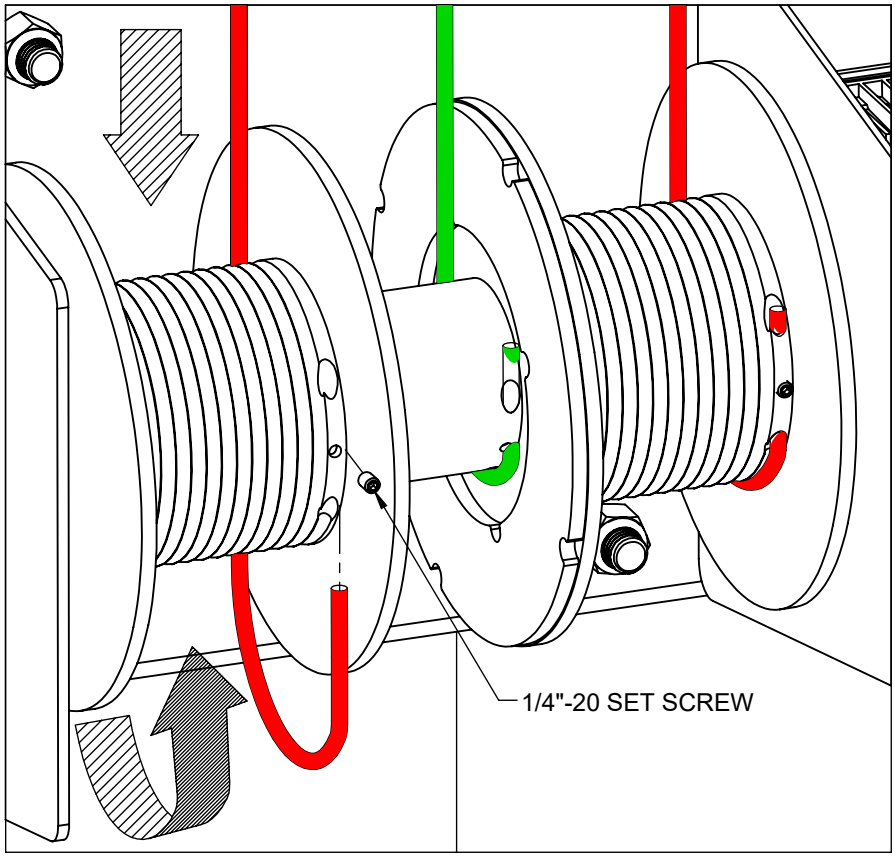
WINCH INSTALLATION





FEED THE CABLES BETWEEN THE BACK OF THE DRUMS AND THE WINCH FRAME AND UP INTO THE LOWER HOLE OF THE CABLE OPENING. FEED THE CABLE INTO THE OPENING UNTIL THE CABLE END IS JUST VISIBLE IN THE UPPER HOLE. TIGHTEN THE SET SCREW SECURELY ONTO THE CABLE. REPEAT THIS FOR EACH DRUM AND CABLE.



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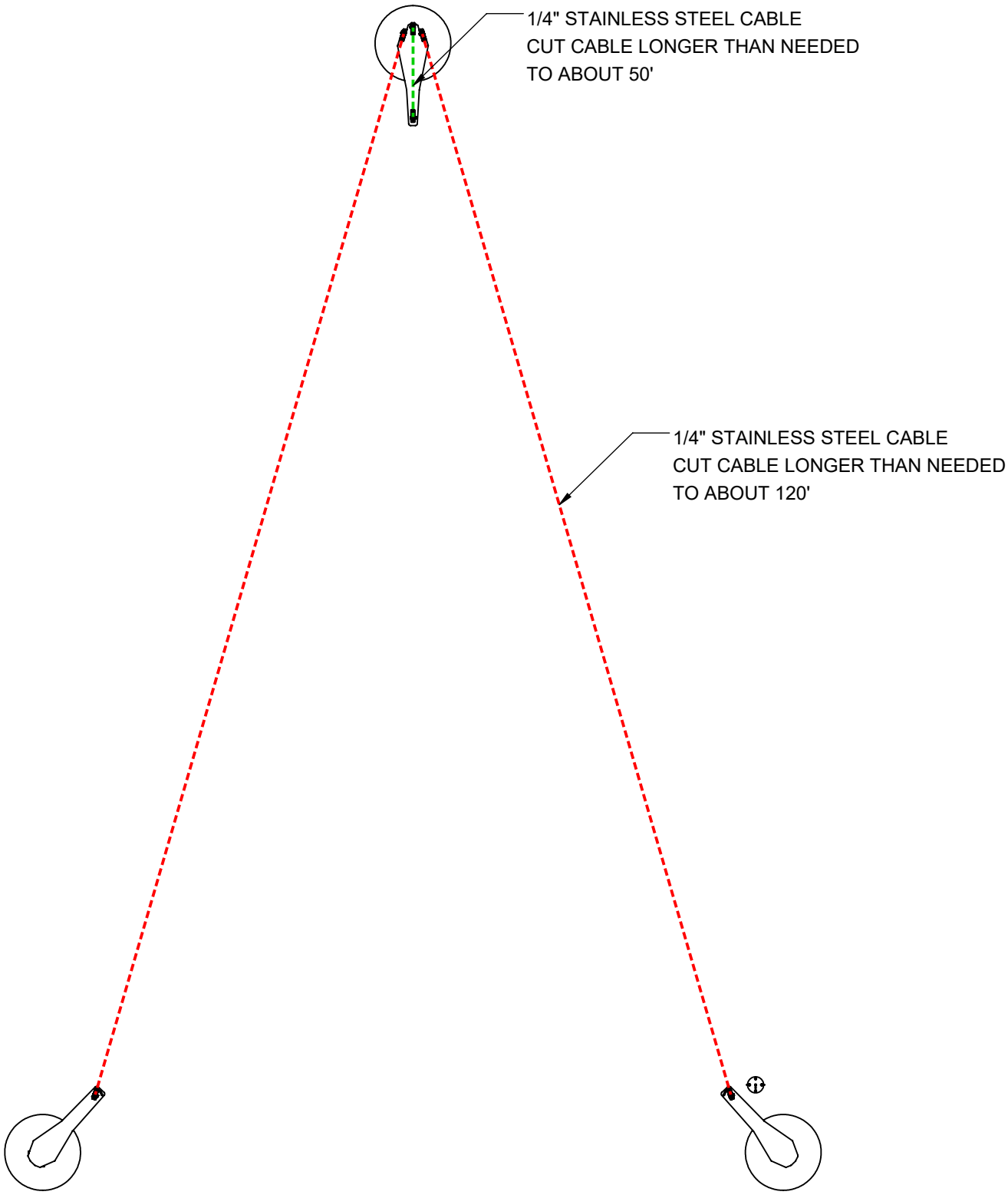
CABLE ROUTING



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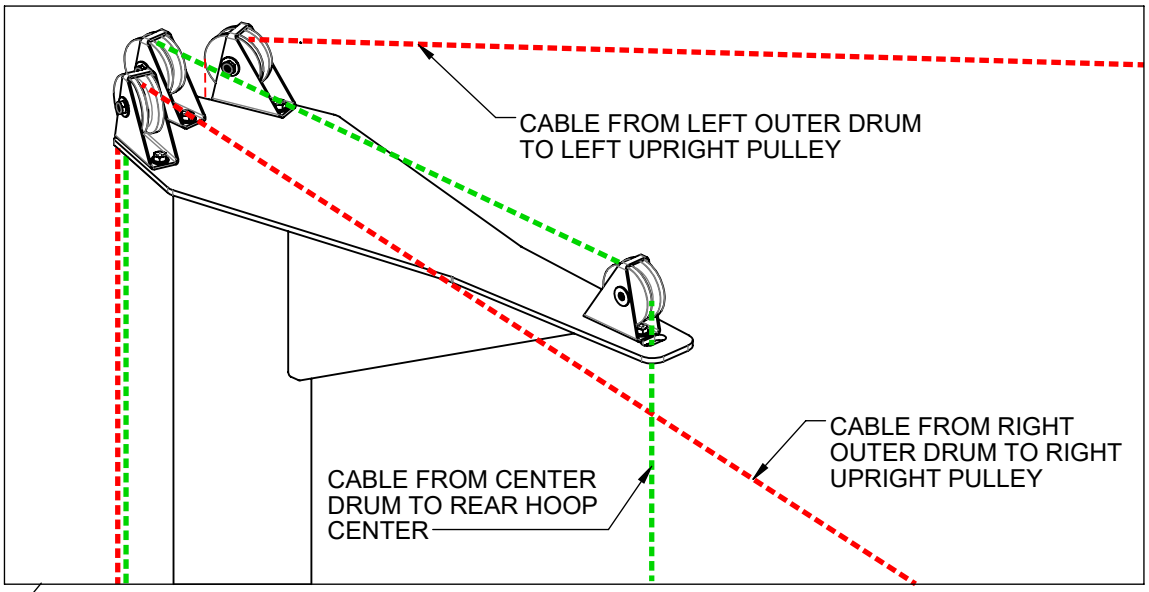
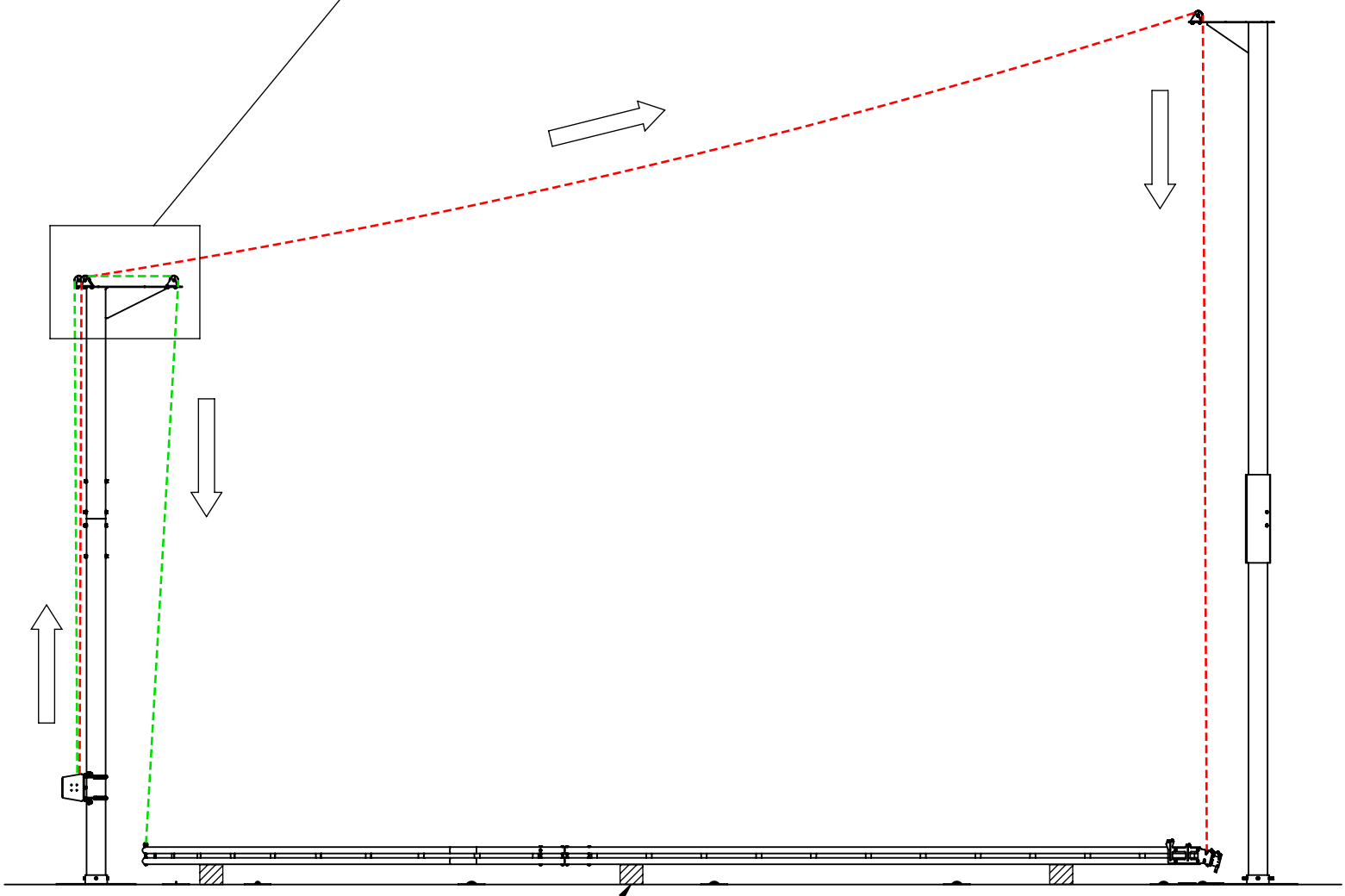
CABLE ROUTING





USE WOODEN BLOCKING TO PROP HOOP
AND BEAM ASSEMBLY OFF THE GROUND.

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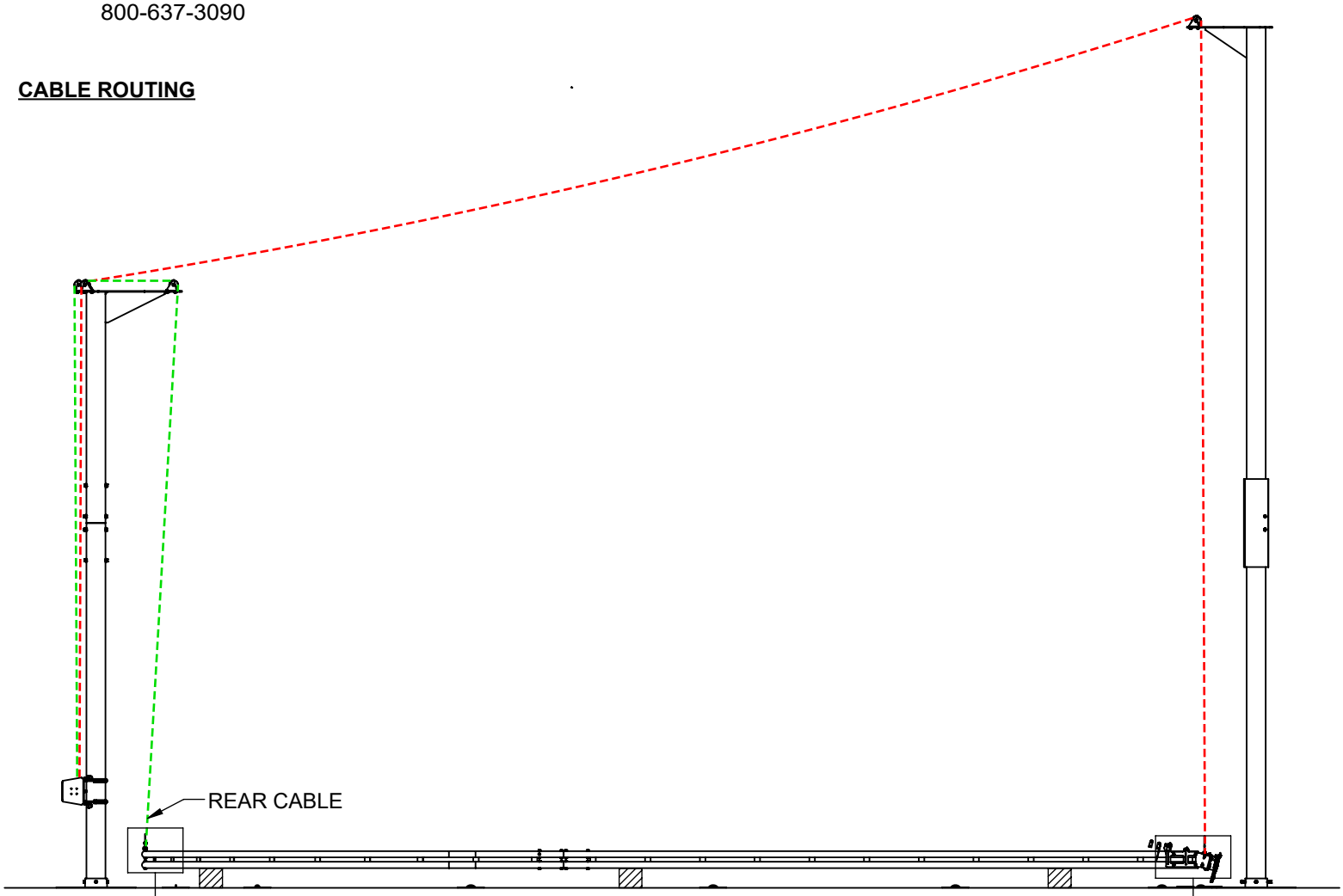
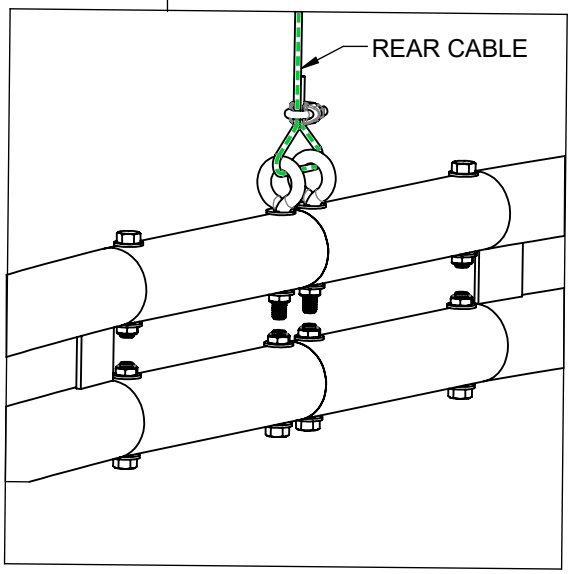
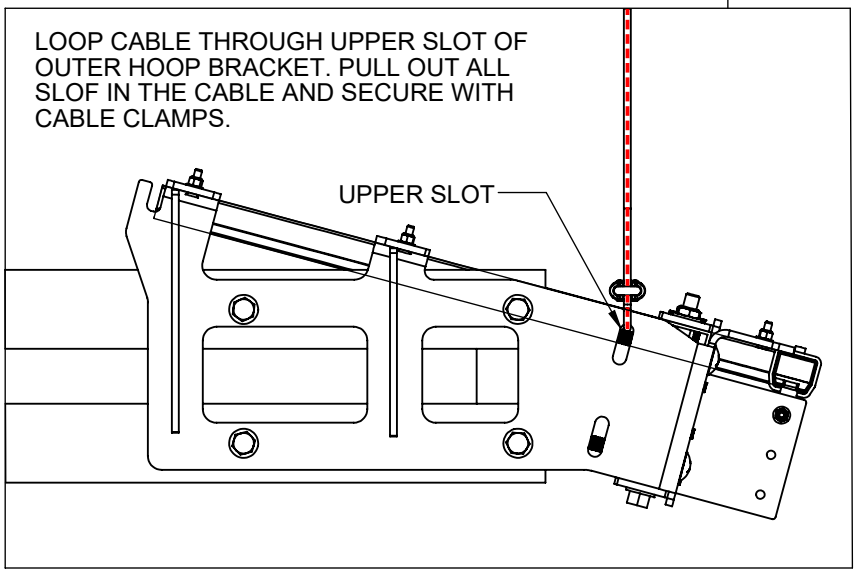
CABLE ROUTING







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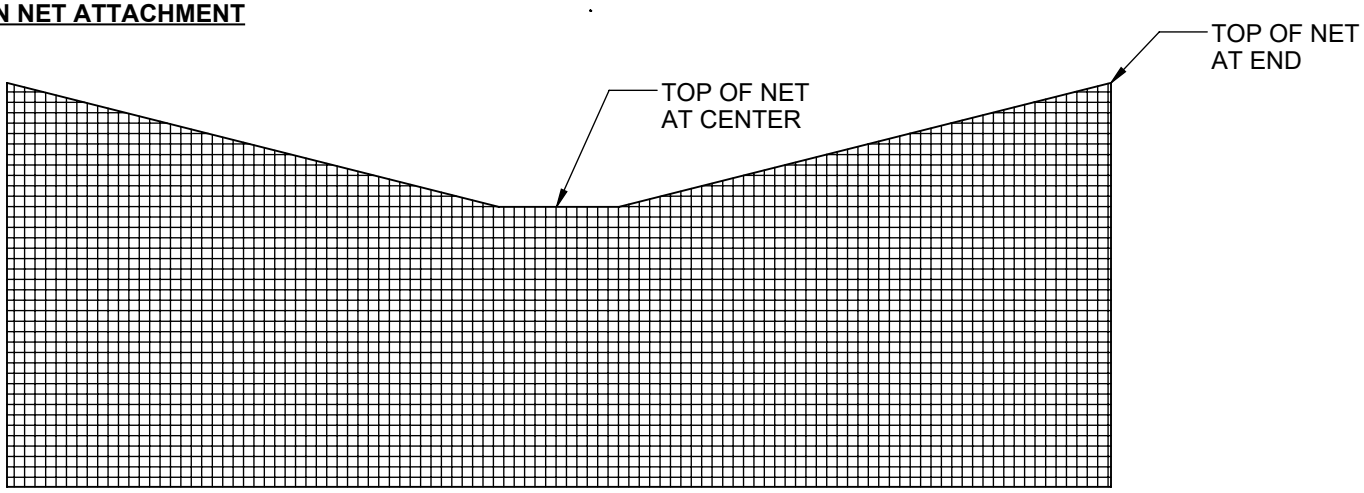
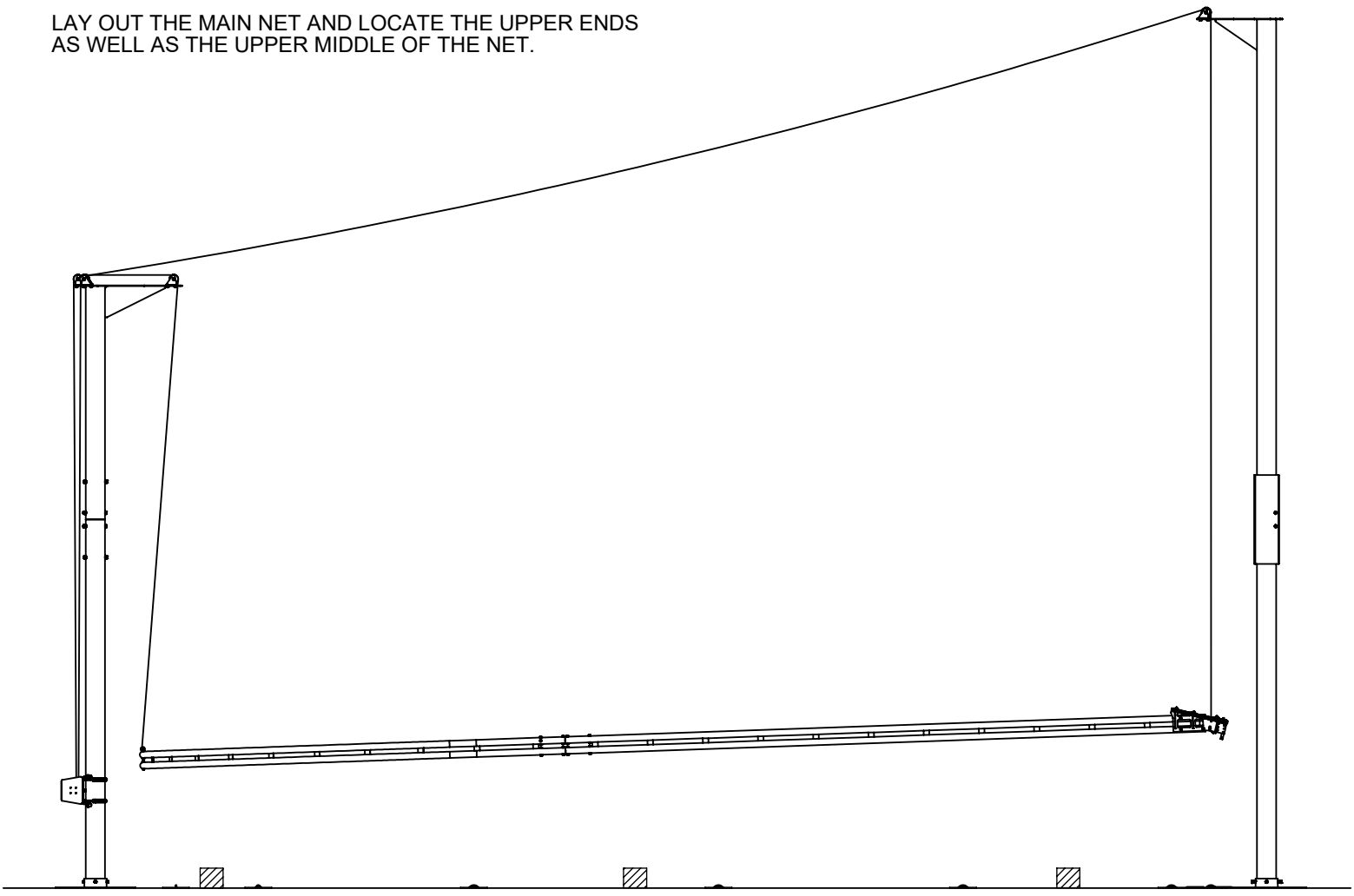
MAIN NET ATTACHMENT



RAISE HOOP STRUCTURE ABOUT 5'-6' OF THE GROUND.

LAY OUT THE MAIN NET AND LOCATE THE UPPER ENDS AS WELL AS THE UPPER MIDDLE OF THE NET.



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753100CXX - HAMMER AND DISCUS THROWING CAGE ASSEMBLY INSTRUCTIONS

MAIN NET ATTACHMENT

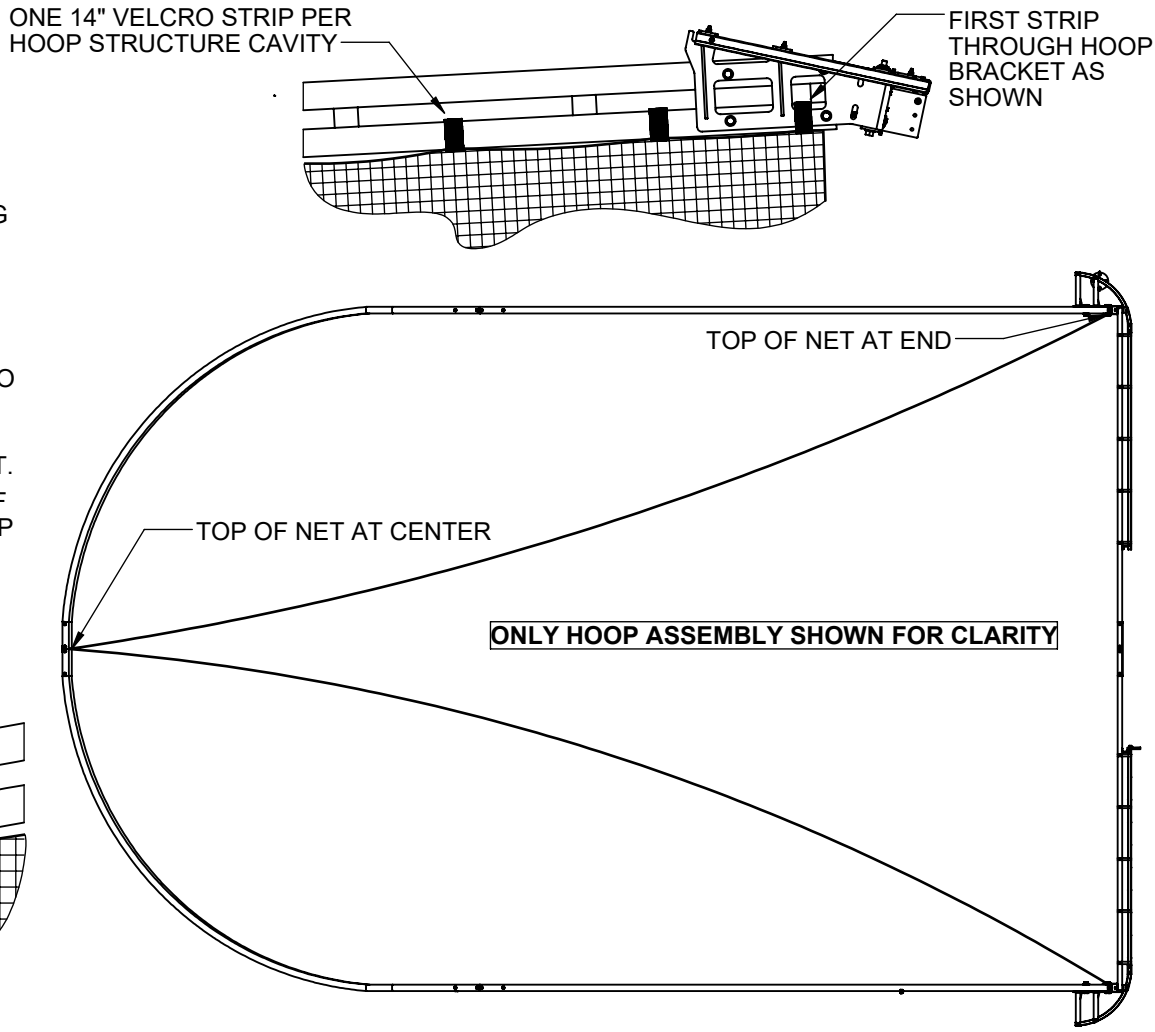
CUT DOUBLE SIDED VELCRO INTO 14" STRIPS.

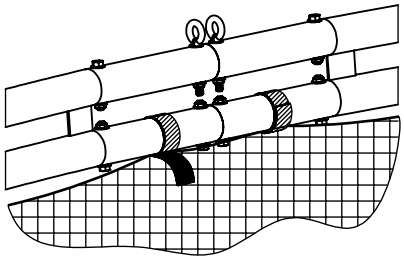
USE VELCRO STRIPS TO HANG NET ONTO BOTTOM TUBE OF HOOP STRUCTURE. USE ONE STRIP OF VELCRO INSIDE EVERY HOOP STRUCTURE CAVITY (ABOUT 46 PIECES).

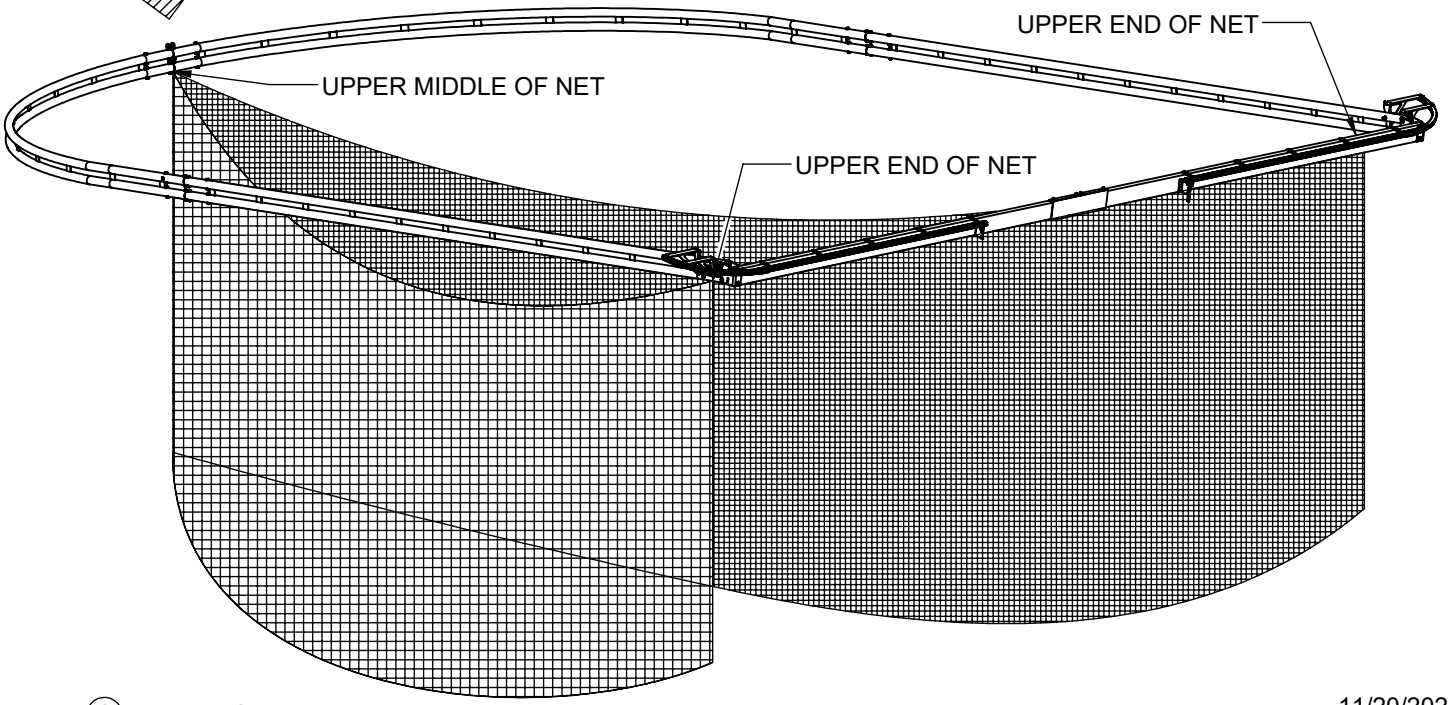
BE SURE TO OVERLAP VELCRO ON TOP OF ITSELF.

HANG UPPER MIDDLE OF NET AND BOTH UPPER ENDS FIRST.

EVENLY ATTACH THE REST OF THE NET TO THE LOWER HOOP TUBE.







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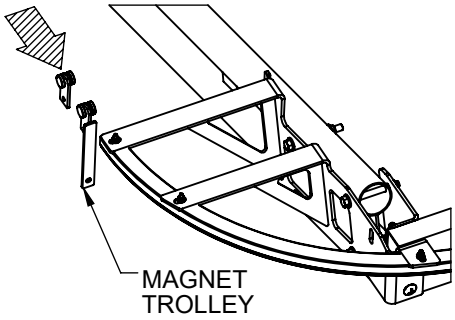
753100CXX - HAMMER AND DISCUS THROWING CAGE ASSEMBLY INSTRUCTIONS

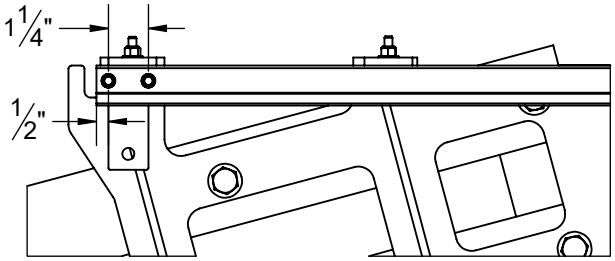
ONLY HOOP ASSEMBLY SHOWN FOR CLARITY

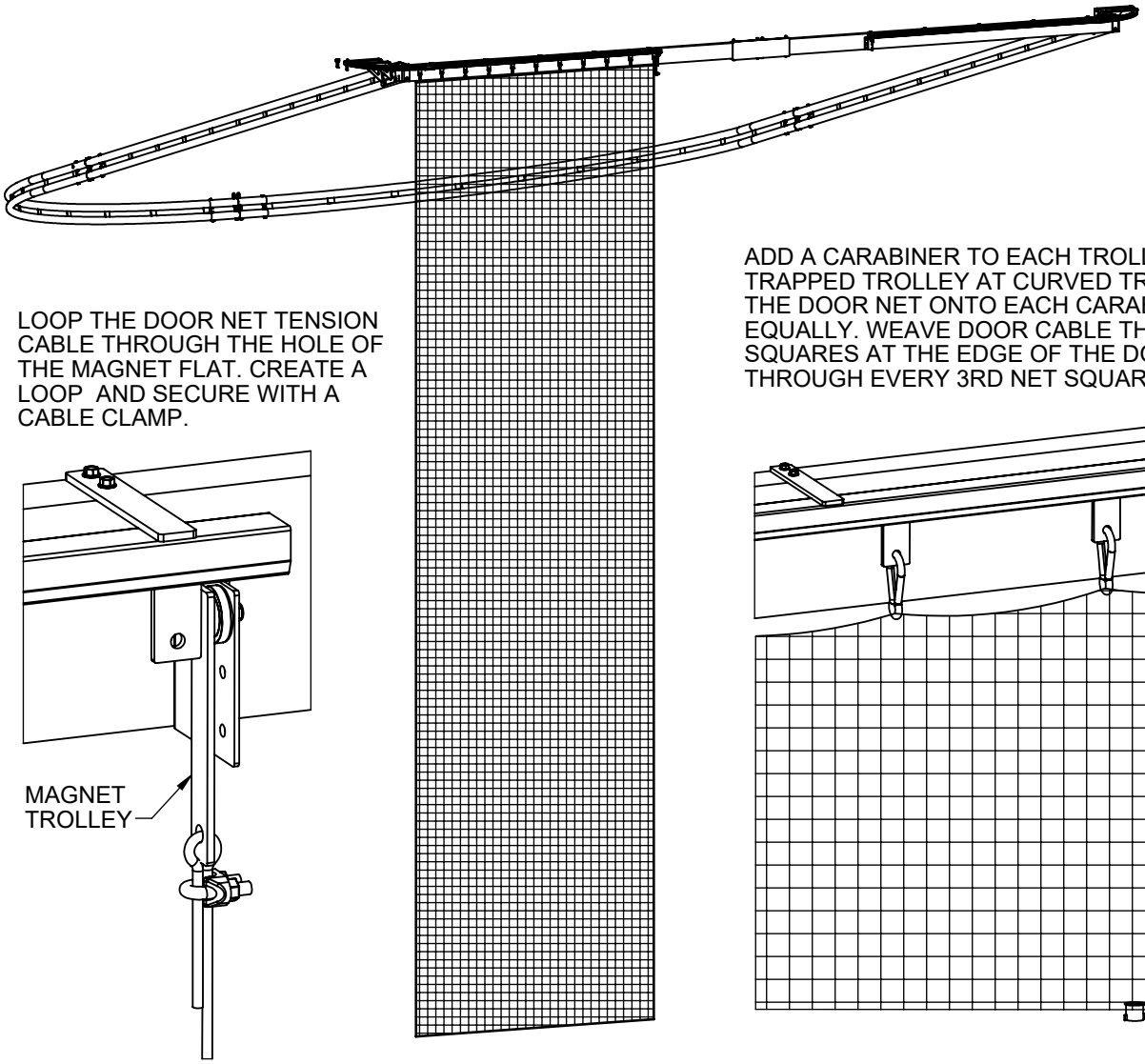
DOOR NET ATTACHMENT

INSERT MAGNET FLAT TROLLEY AS SHOWN INTO OPEN END OF CURVED TRACK FOLLOWED BY 10 TROLLEYS.



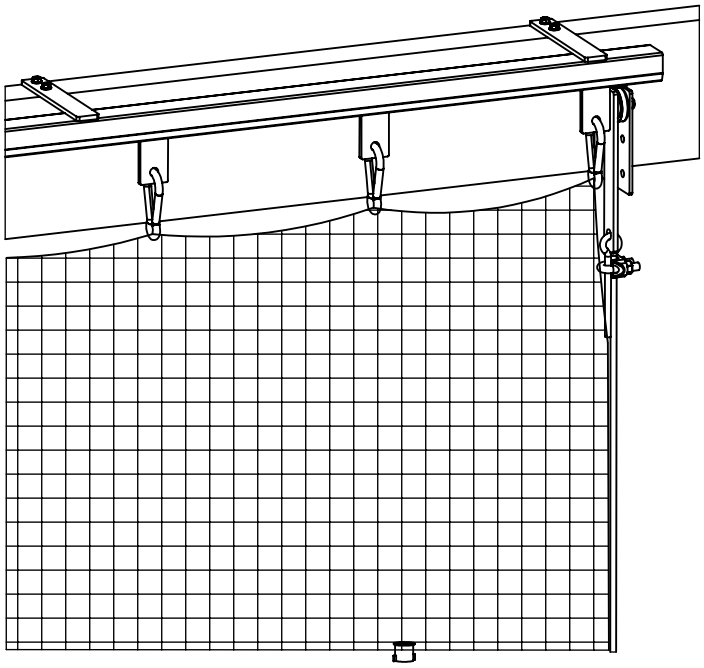
SCREW A SELF DRILLING SCREW INTO THE SIDE OF THE CURVED TRACK ABOUT 1/2" FROM THE END. ADD A SECOND SCREW 1 1/4" FROM THE FIRST SCREW TO TRAP THE LAST TROLLEY IN PLACE.





LOOP THE DOOR NET TENSION CABLE THROUGH THE HOLE OF THE MAGNET FLAT. CREATE A LOOP AND SECURE WITH A CABLE CLAMP.

ADD A CARABINER TO EACH TROLLEY INCLUDING TRAPPED TROLLEY AT CURVED TRACK END. ATTACH THE DOOR NET ONTO EACH CARABINER, SPACE EQUALLY. WEAVE DOOR CABLE THROUGH THE NET SQUARES AT THE EDGE OF THE DOOR NET. WEAVE THROUGH EVERY 3RD NET SQUARE



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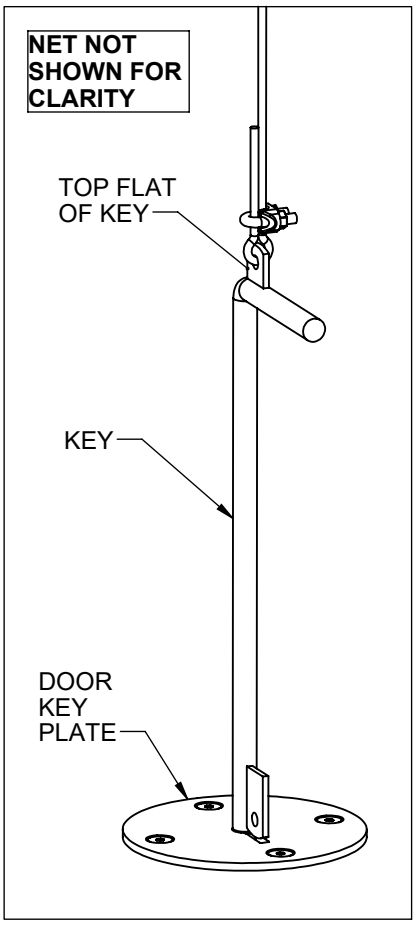
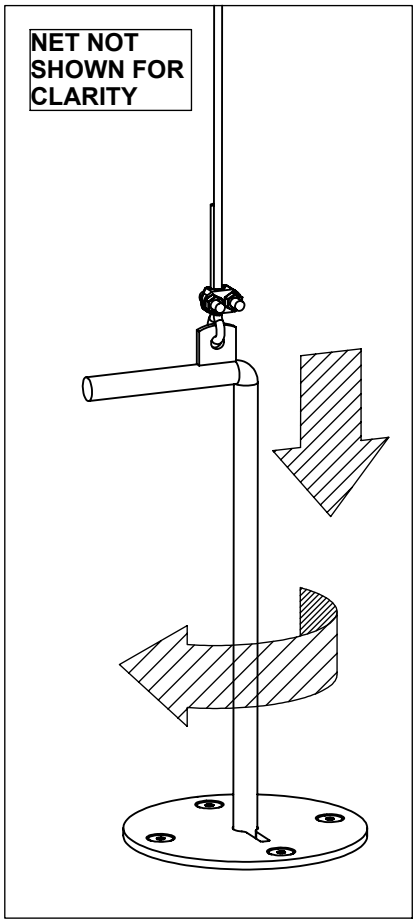
DOOR NET TO DOOR KEY ATTACHMENT

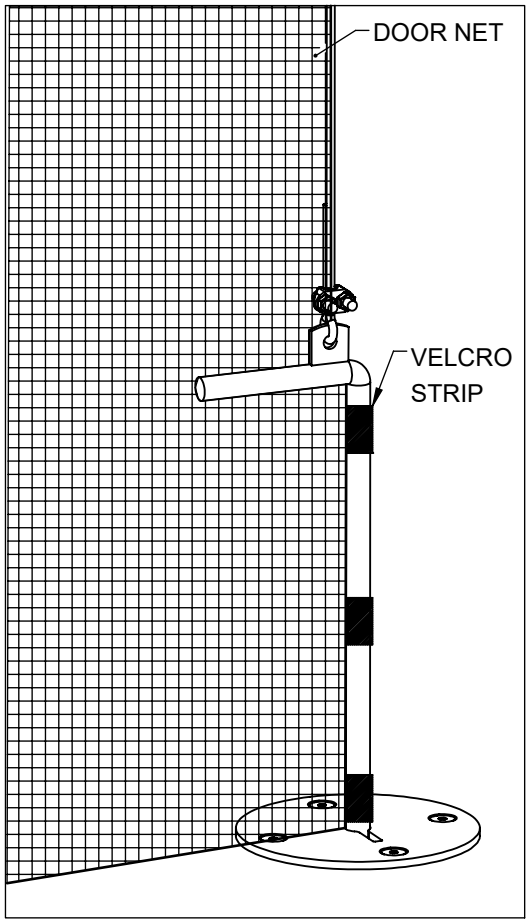
LOOP THE BOTTOM END OF THE DOOR NET TENSION CABLE THROUGH THE TOP FLAT HOLE OF THE KEY. HAVE THE KEY SUSPENDED JUST ABOVE THE DOOR KEY PLATE AND SECURE WITH CABLE CLAMP.



PUSH TENSIONED KEY INTO KEY GROUND SLEEVE AND TWIST TO LOCK IT IN PLACE. IF THERE IS SLOP ON THE CABLE, RE-TENSION IT TO TAKE THE SLOP OUT.



LOOP DOOR NET TENSION CABLE THROUGH NET SQUARES ALL THE WAY DOWN TO THE DOOR KEY. SECURE THE DOOR NET TO THE KEY USING VELCRO STRIPS.



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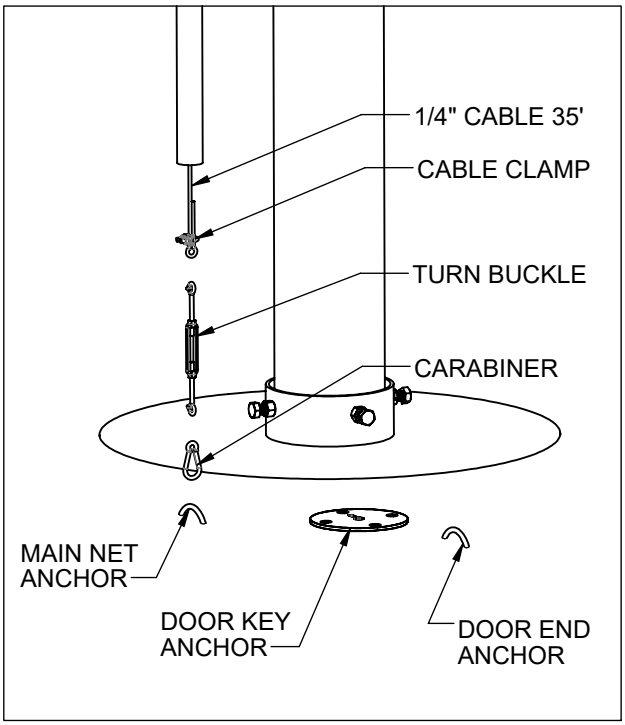
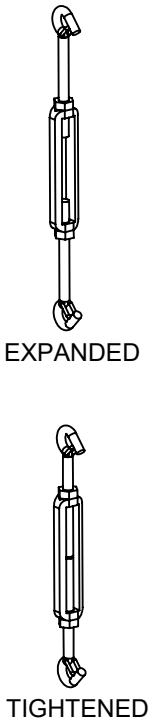
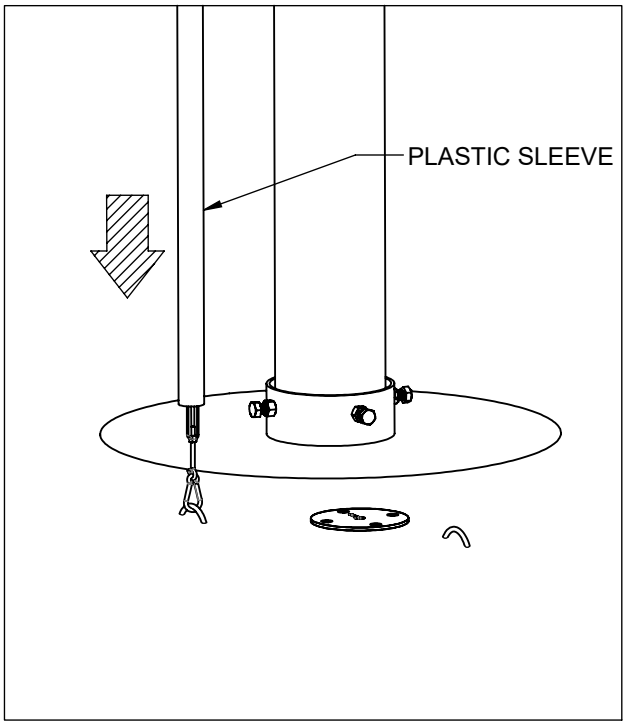
753100CXX - HAMMER AND DISCUS THROWING CAGE
GROUND SLEEVE AND NET ANCHOR FOOTINGS LOCATION

MAIN NET TENSION CABLE INSTALLATION







ADD A CARABINER TO THE MAIN NET ANCHOR FOLLOWED BY A TURN BUCKLE. BE SURE TO EXPAND THE TURN BUCKLE ALL THE WAY.

FEED PLASTIC PROTECTOR SLEEVE UP THE MAIN NET TENSION CABLE.

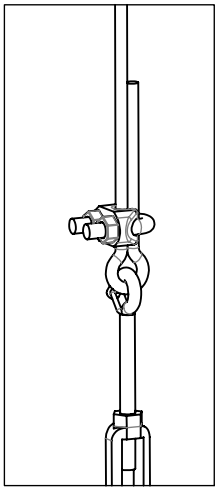
LOOP THE MAIN NET TENSION CABLE THROUGH THE TOP END OF THE TURN BUCKLE. PULL ALL SLACK OUT OF THE CABLE AND SECURE WITH CABLE CLAMP.

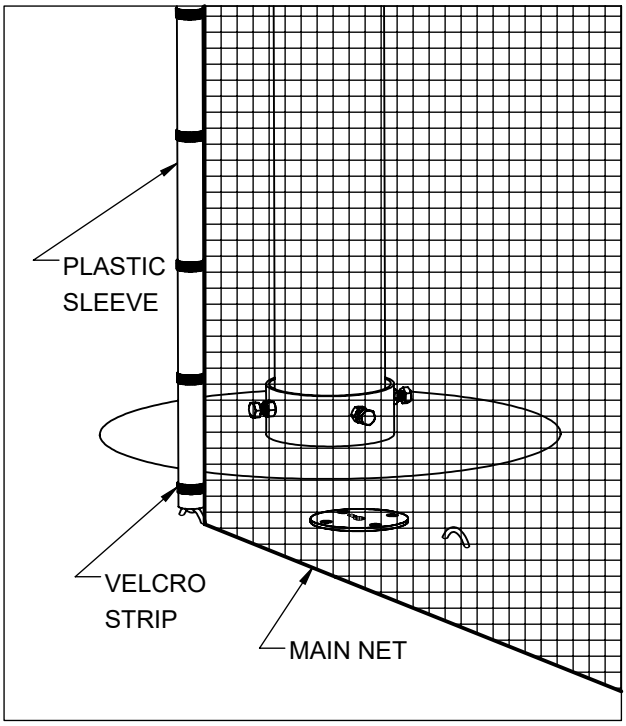
ADDITIONAL TENSION CAN BE ACHIEVED BY TIGHTENING THE TURN BUCKLE. TIGHTENED JAM NUTS TO KEEP TURN BUCKLE FROM SPINNING LOOSE.

SLIDE PLASTIC SLEEVE DOWN COVERING ALL OF THE HARDWARE.

SECURE MAIN NET TO PLASTIC SLEEVE USING 14" STRIPS OF DOUBLE SIDED VELCRO. SPACE VELCRO STRIPS EVERY 6"-10" APART.

CONTINUE ADDING VELCRO STRIPS TO ATTACH MAIN NET TO THE NET TENSION CABLE ALL THE WAY UP TO THE HOOP STRUCTURE.





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753100CXX - HAMMER AND DISCUS THROWING CAGE COMPONENTS LIST

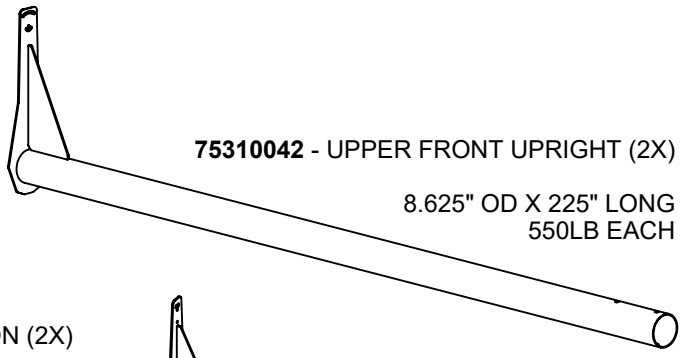
PACKING LIST FOR 753100 HAMMER CAGE

75310045 - LOWER UPRIGHT (3X)

8.625" OD X 225" LONG
420LB EACH

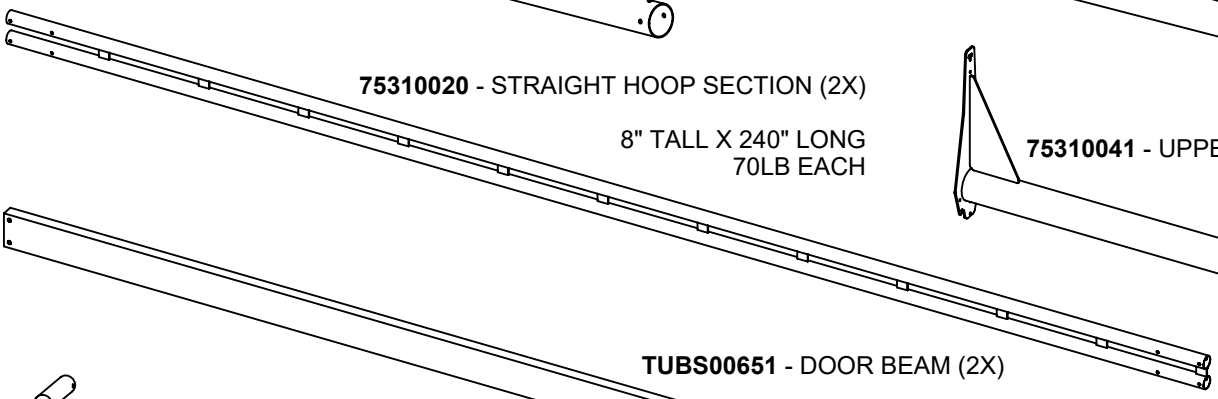
75310042 - UPPER FRONT UPRIGHT (2X)

8.625" OD X 225" LONG
550LB EACH



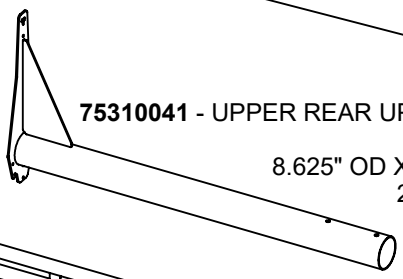
75310020 - STRAIGHT HOOP SECTION (2X)

8" TALL X 240" LONG
70LB EACH



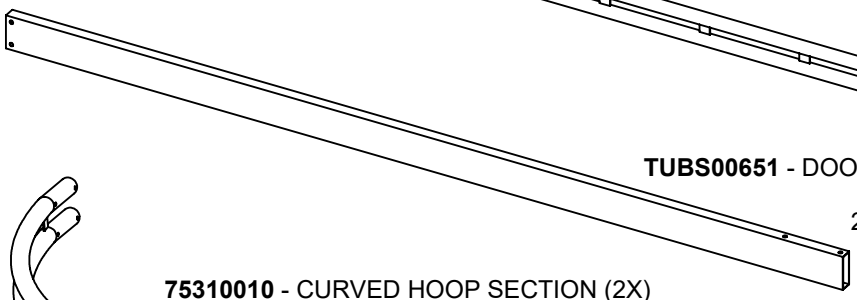
75310041 - UPPER REAR UPRIGHT (1X)

8.625" OD X 105" LONG
290LB EACH



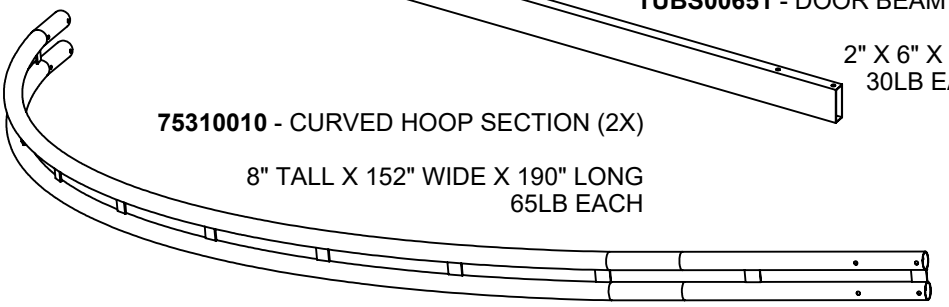
TUBS00651 - DOOR BEAM (2X)

2" X 6" X 105"
30LB EACH



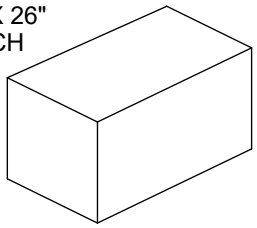
75310010 - CURVED HOOP SECTION (2X)

8" TALL X 152" WIDE X 190" LONG
65LB EACH



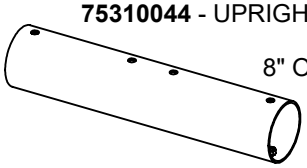
NETS00050 - MAIN NET (1X)

48" X 32" X 26"
272LB EACH



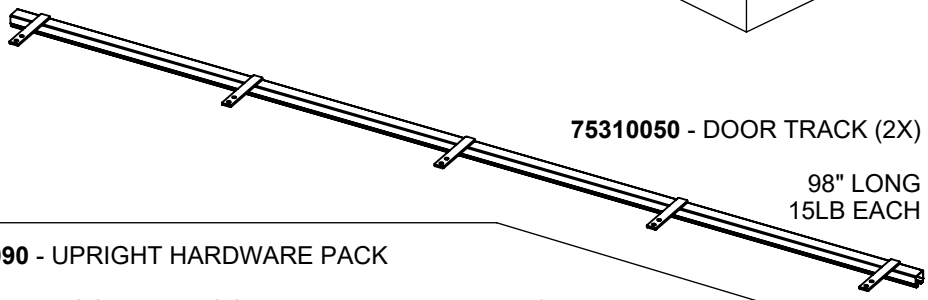
75310044 - UPRIGHT SPLICE (3X)

8" OD X 42" LONG
80LB EACH



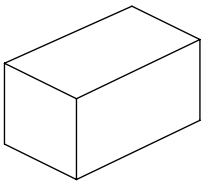
75310050 - DOOR TRACK (2X)

98" LONG
15LB EACH



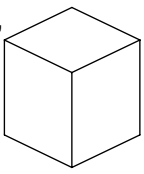
WNCH00700 - CAGE WINCH (1X)

36" X 22" X 18"
60LB EACH



NETS00051 - DOOR NET (2X)

22" X 22" X 21"
50LB EACH



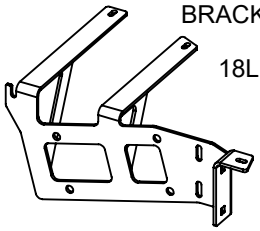
75310090 - UPRIGHT HARDWARE PACK

75310091 - HOOP AND DOOR BEAM HARDWARE PACK

INCLUDING WELDMENTS PICTURED BELOW, HARDWARE, BRACKETS, CABLES, HOOP SPLICES, MISCELLANEOUS ITEMS.

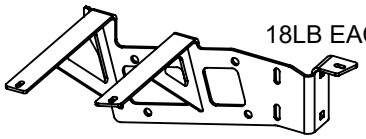
75310030 - LEFT OUTER HOOP BRACKET (1X)

18LB EACH



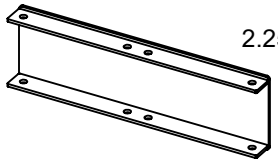
75310031 - RIGHT OUTER HOOP BRACKET (1X)

18LB EACH



75310048 - DOOR BEAM SPLICE (1X)

2.25" X 7" X 24"
20LB EACH



ASSYPACK NOTE:
PACK BOTH HARDWARE PACKS INTO CARDBOARD GAYLORD

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