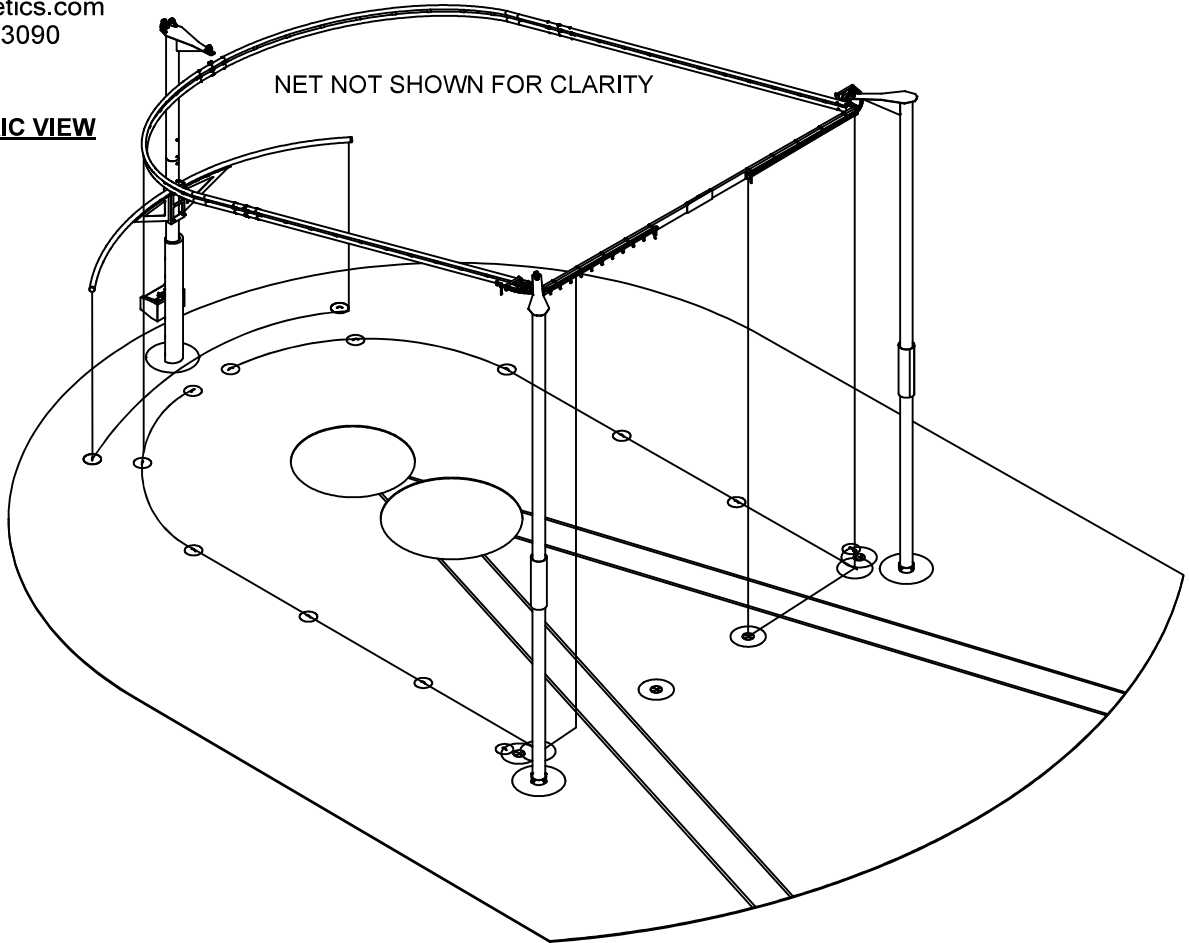




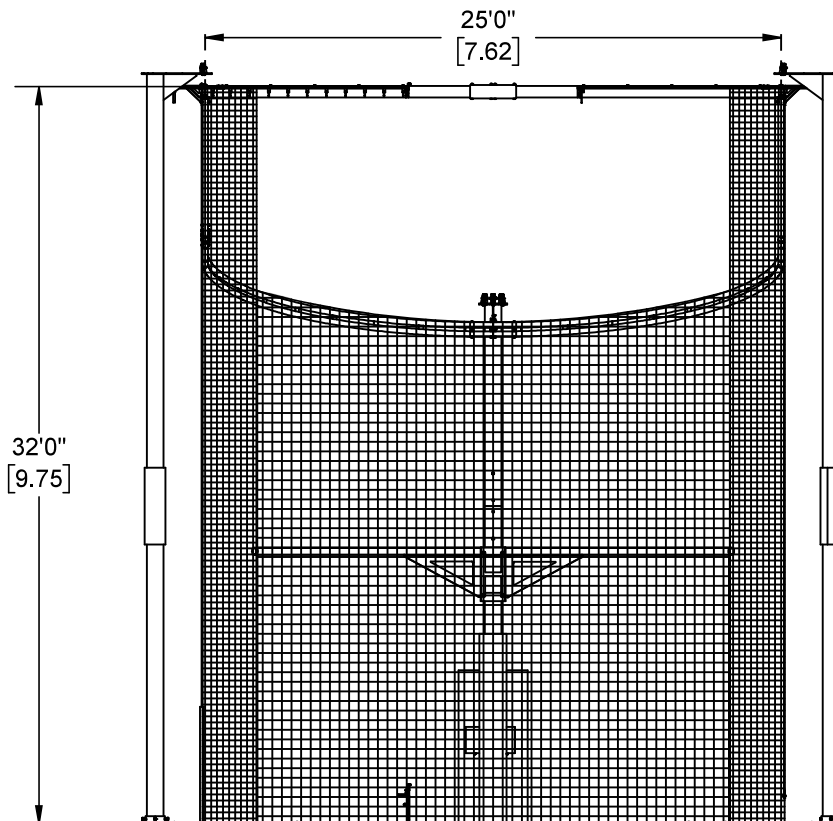
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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

ISOMETRIC VIEW



FRONT VIEW

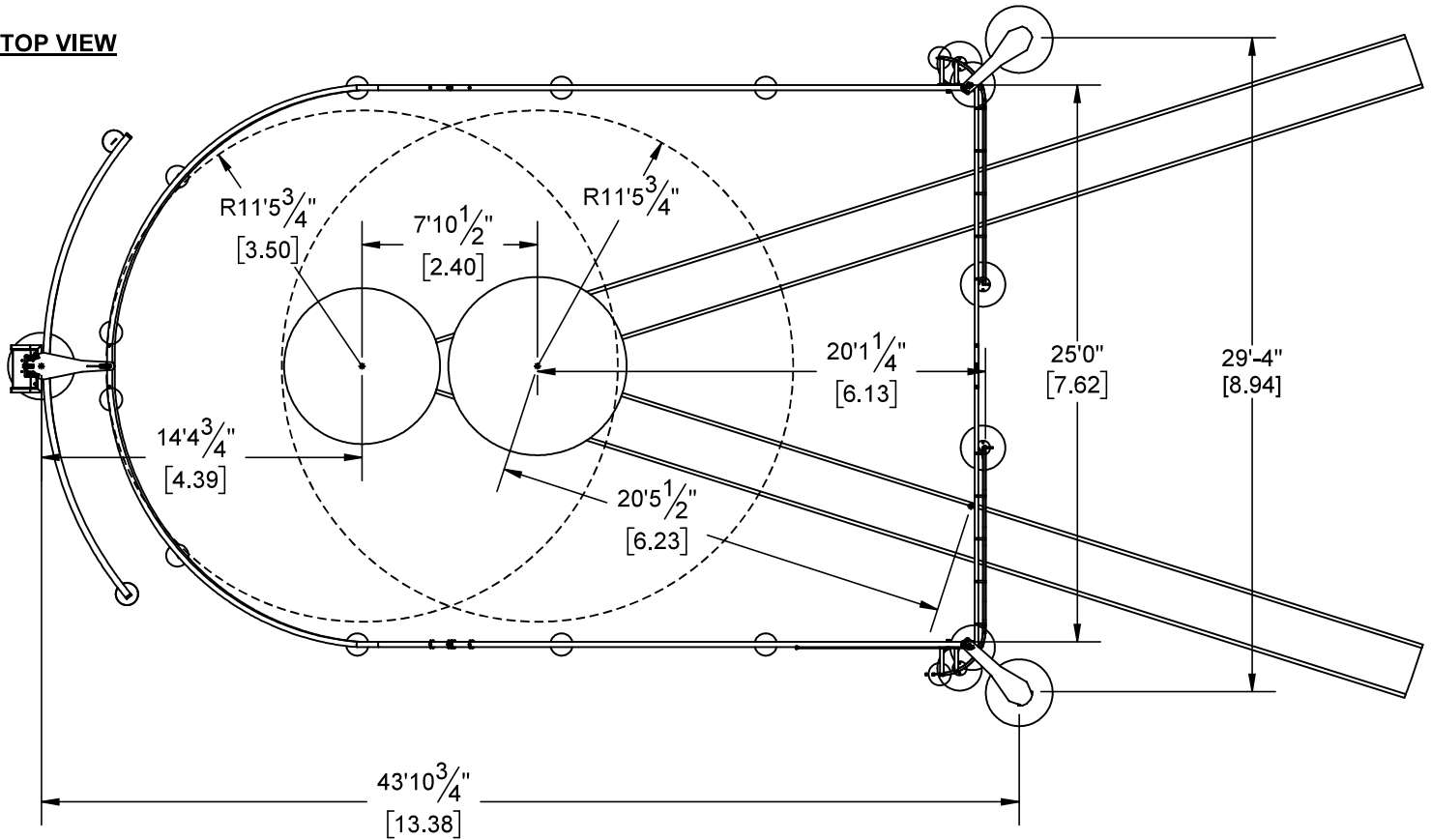




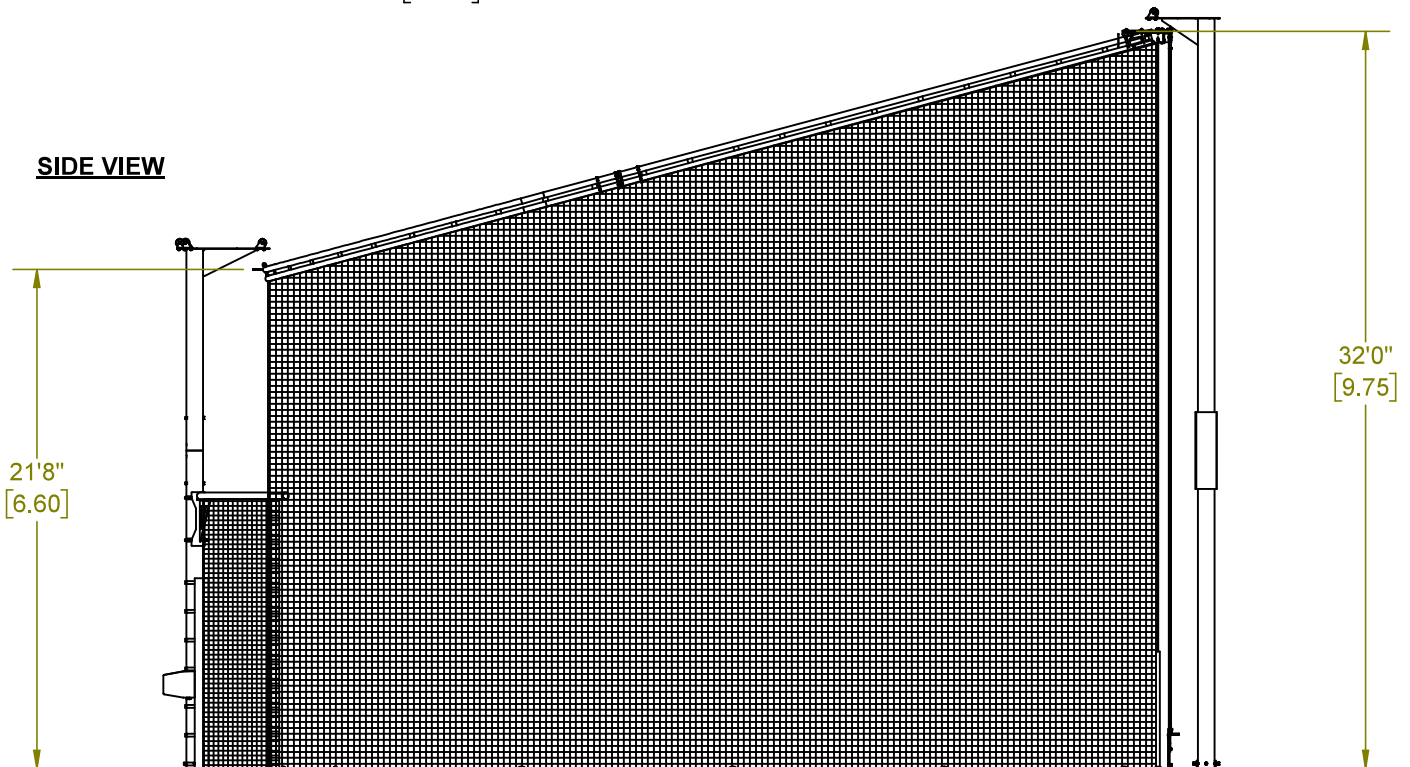
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TOP VIEW



SIDE VIEW





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INSTALL UPRIGHT ASSEMBLY STEPS

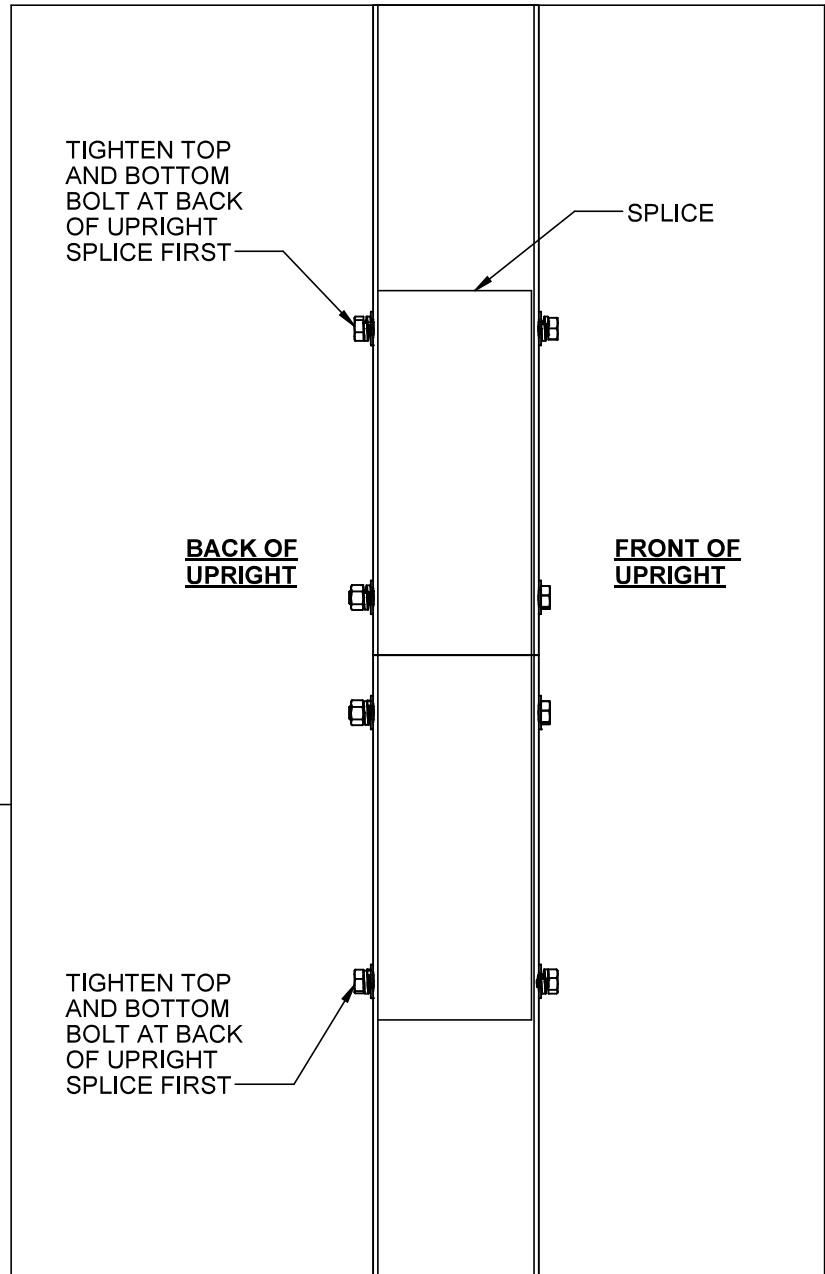
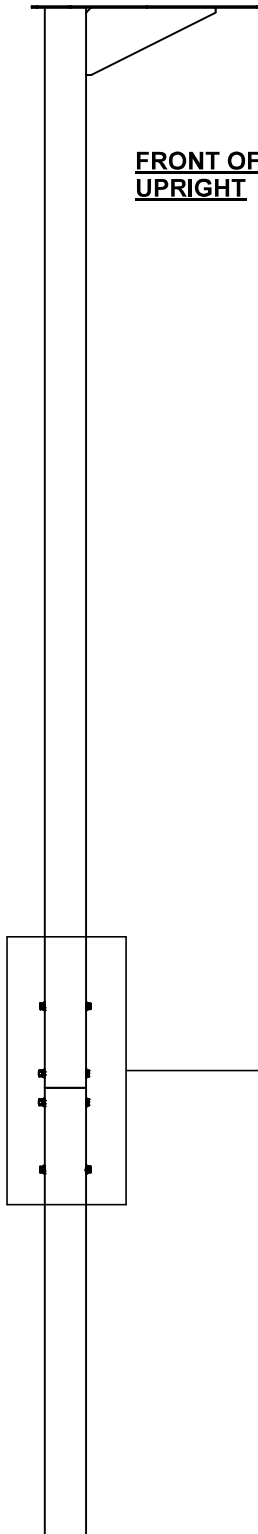
INSTALL ALL UPRIGHT SPLICE HARDWARE LOOSELY

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.

BACK OF UPRIGHT

FRONT OF UPRIGHT

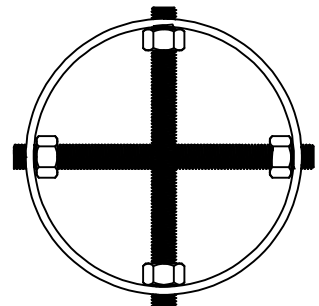
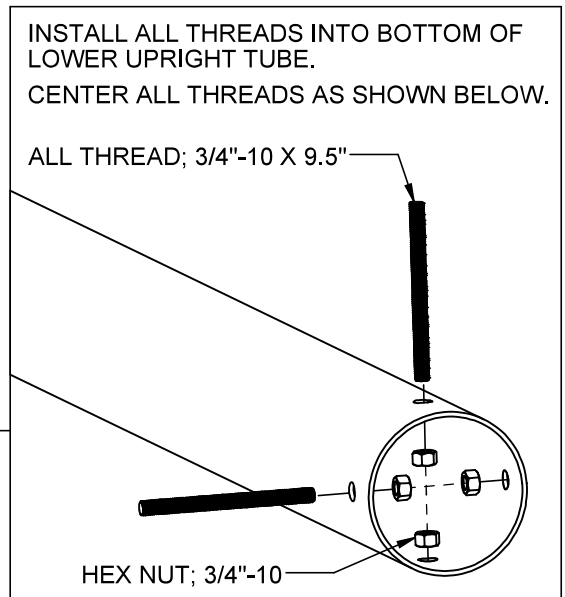
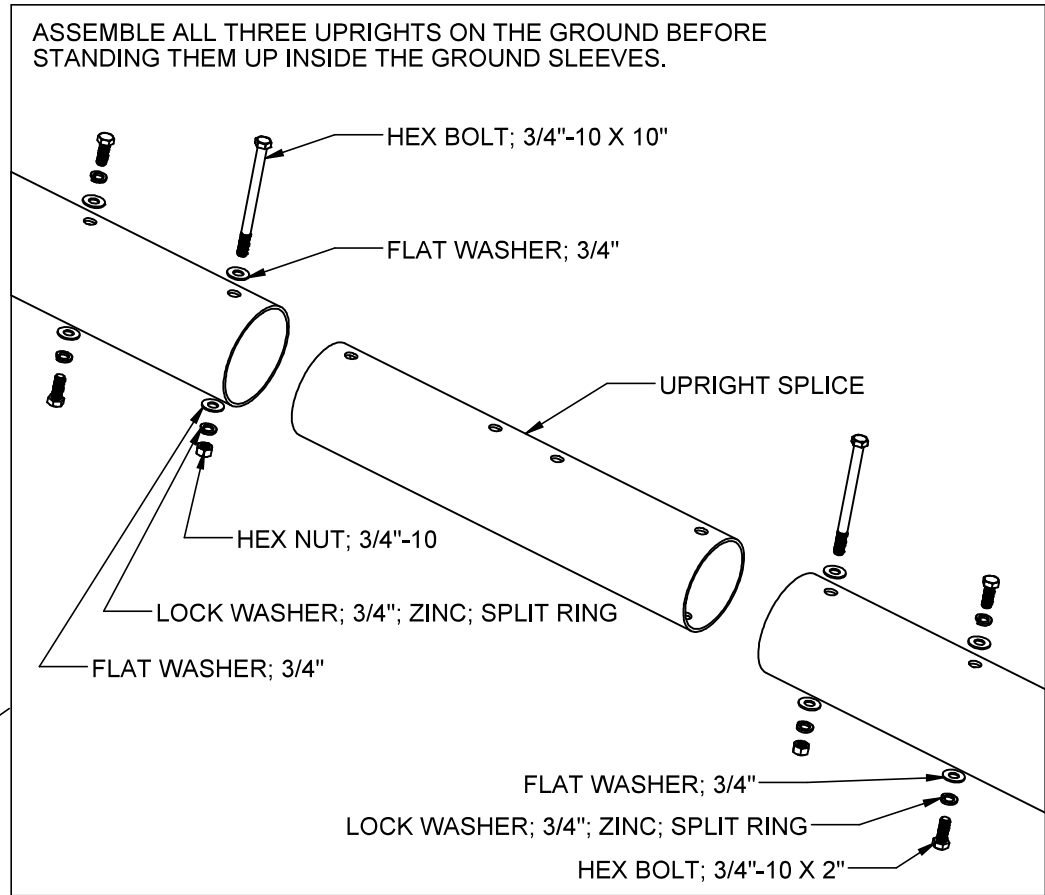




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UPRIGHT ASSEMBLY

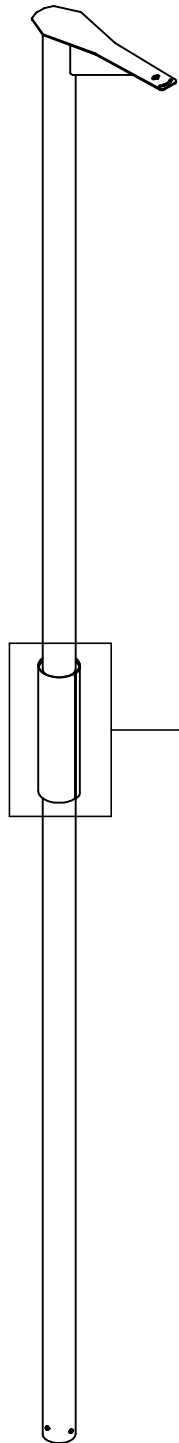




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UPRIGHT PAD INSTALL



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.

FOAM SHEET 1" THICK

36" VELCRO STRIP

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

VINYL COVER

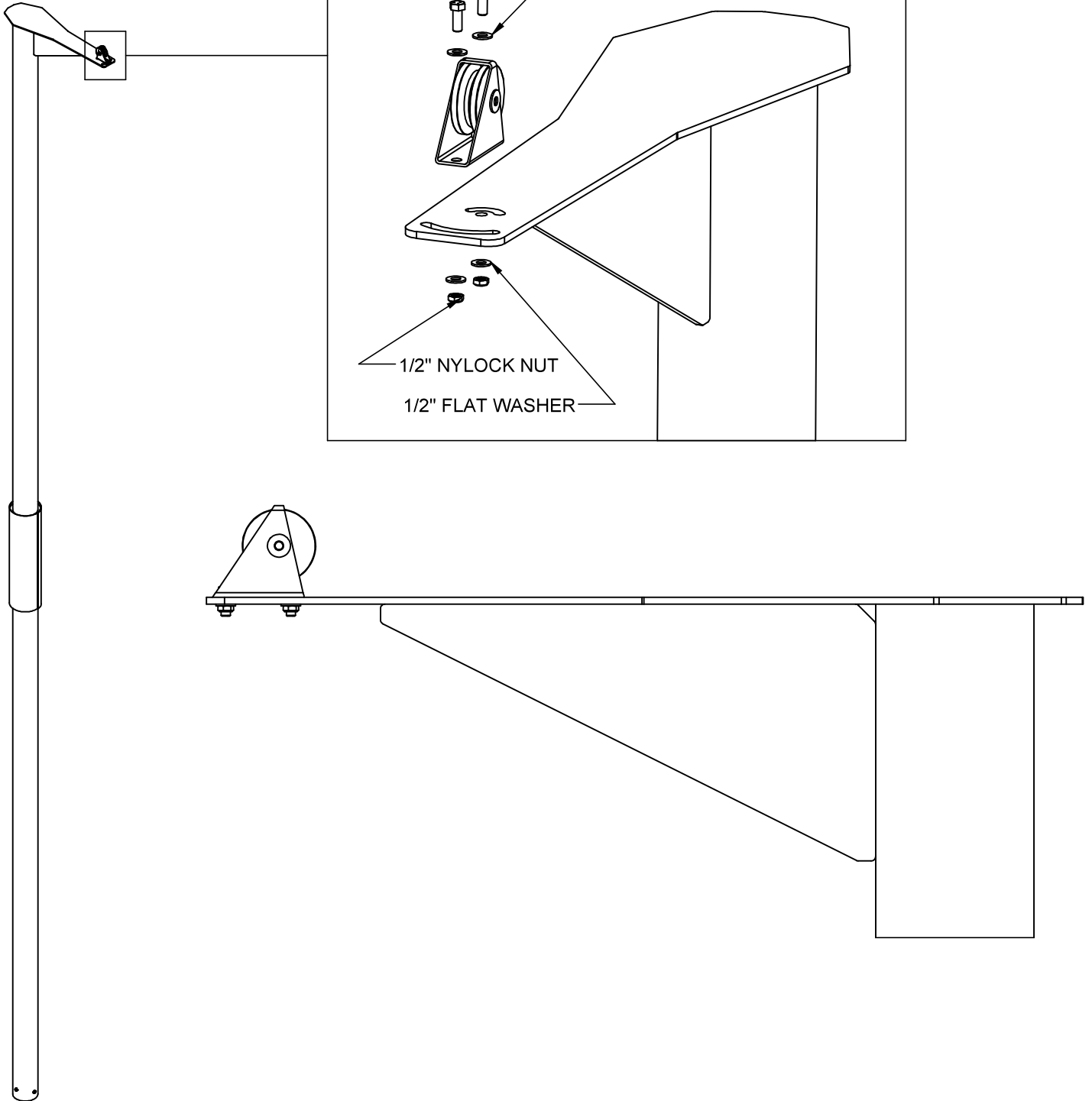
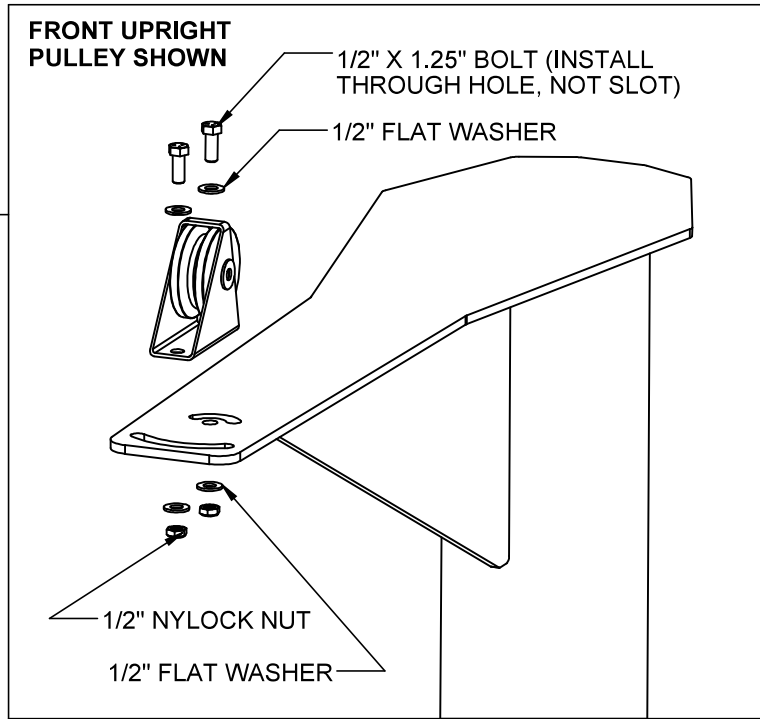
ROTATE VINYL COVER SO THAT THE GRAPHICS OR GILL LOGO FACES THE FRONT VIEW OF THE CAGE



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TOP PULLEY INSTALL FRONT UPRIGHTS

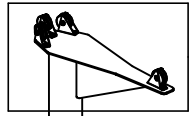




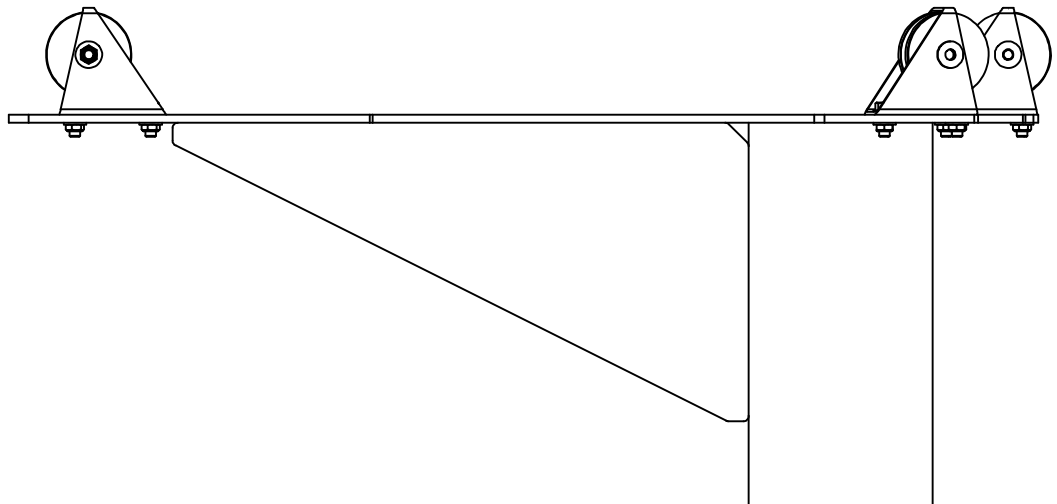
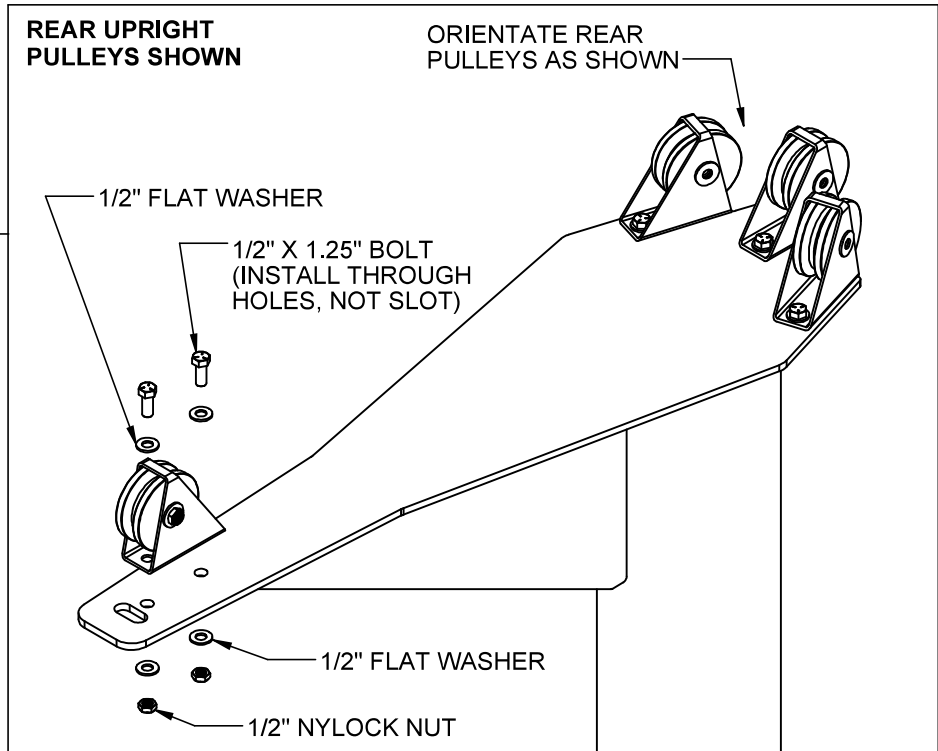
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TOP PULLEY INSTALL REAR UPRIGHT



NO PAD
NEEDED AT
REAR UPRIGHT.



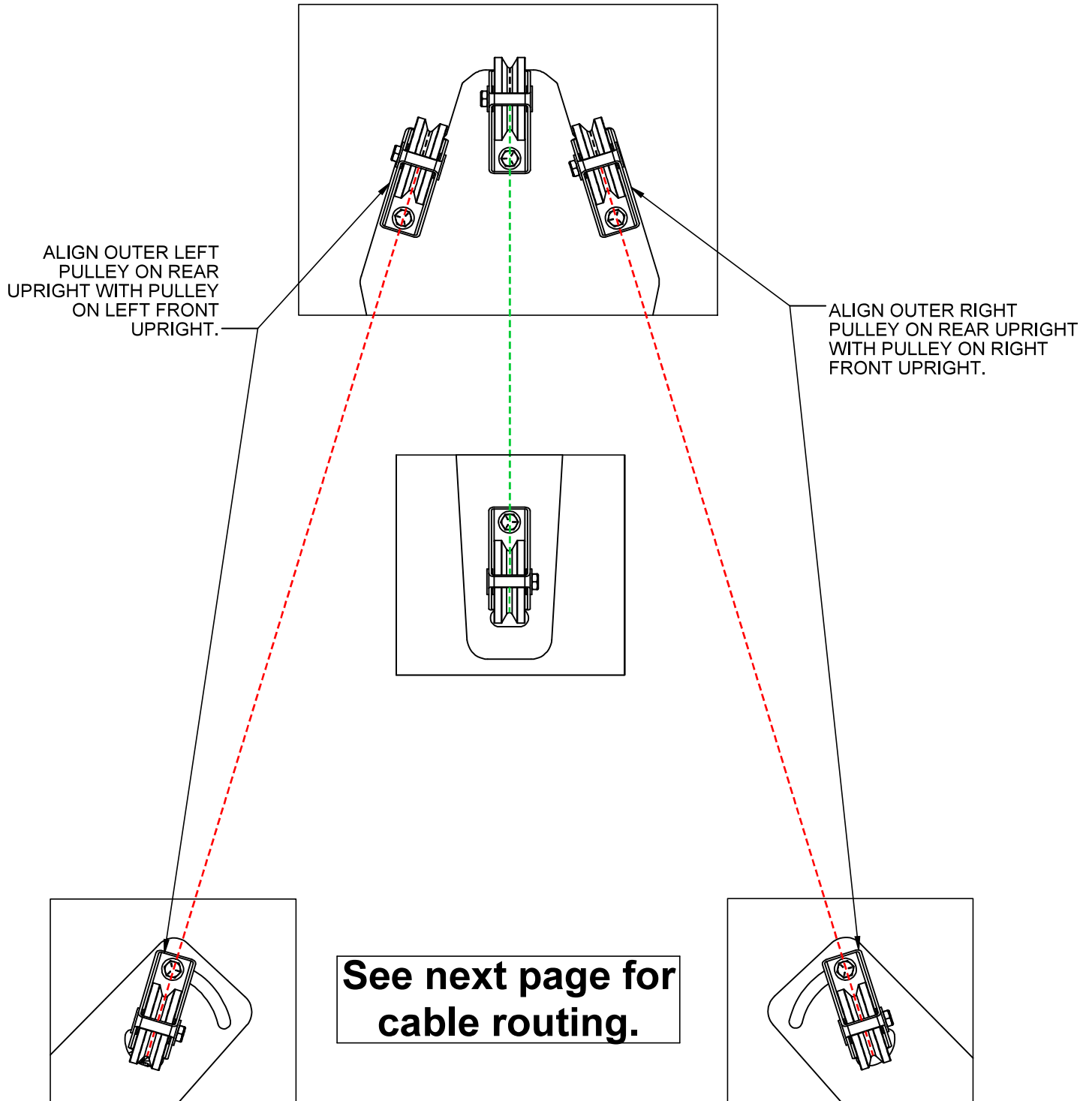
**See next page for
pulley alignment.**



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TOP PULLEY LAYOUT





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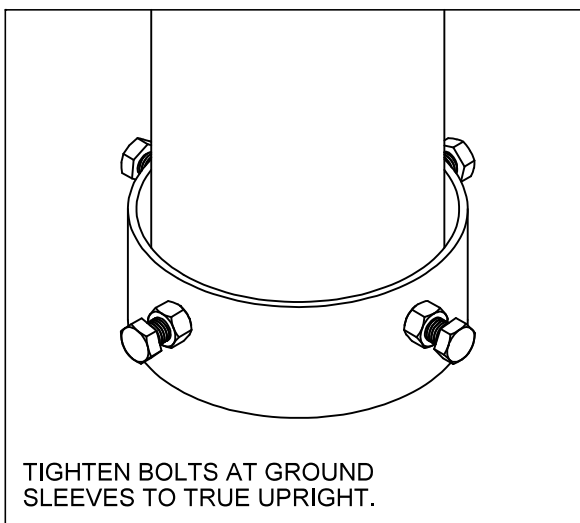
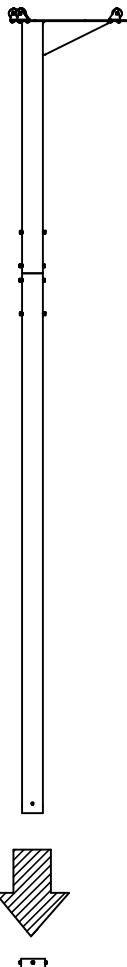
UPRIGHT INSTALL

INSTALLER NOTE:

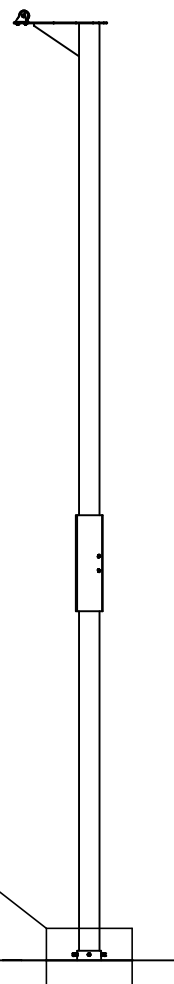
DROP FULLY ASSEMBLED UPRIGHTS INTO GROUND SLEEVES AND ALIGN AS SHOWN. BE SURE TO NOT SCRATCH UP THE POWDER COAT OF THE UPRIGHTS.

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.



**See next page for
upright alignment.**





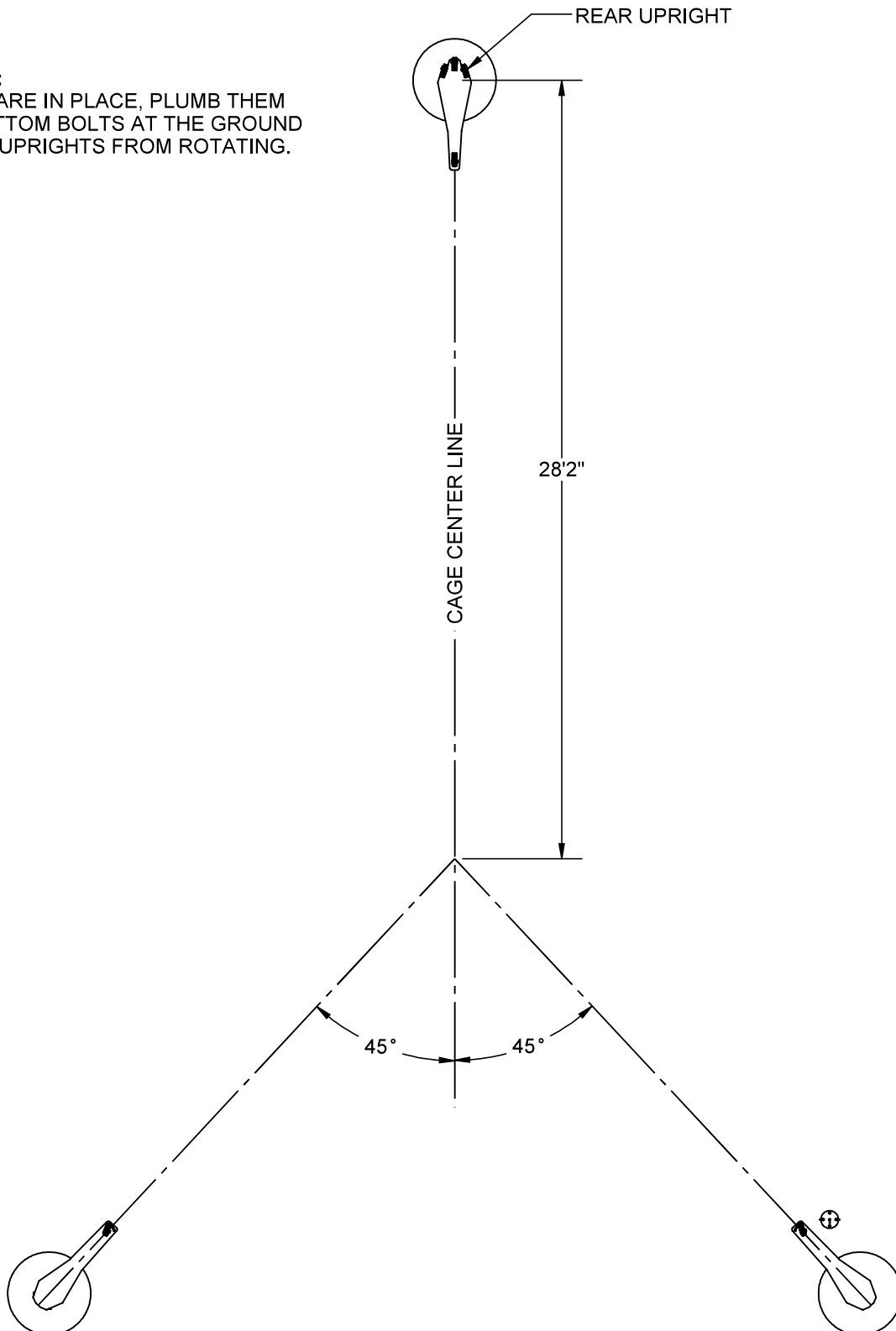
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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

UPRIGHT ALIGNMENT

INSTALLER NOTE:

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

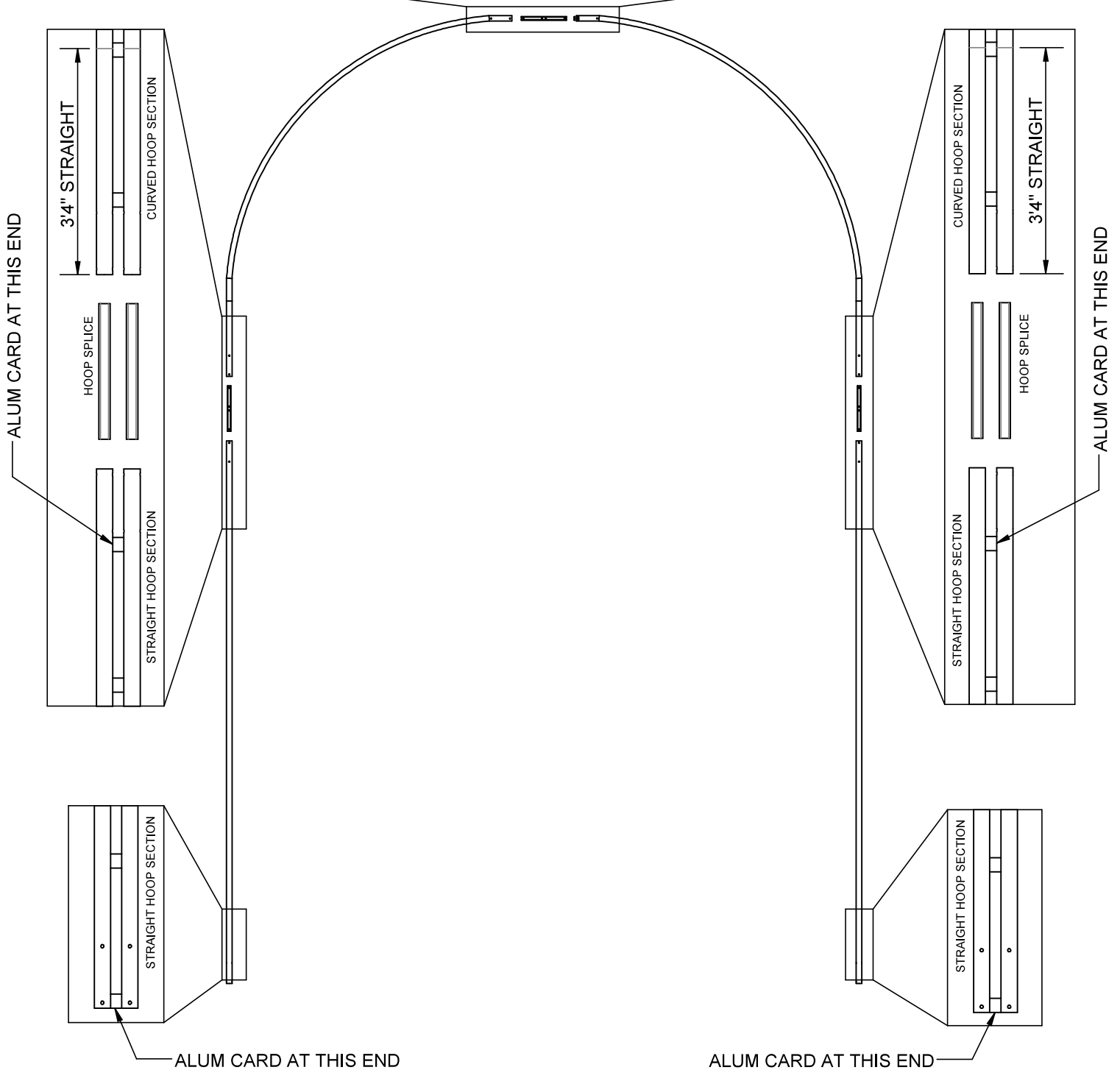
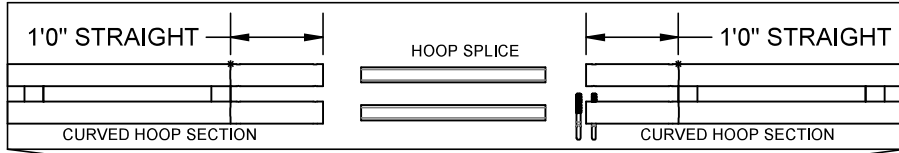




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HOOP TUBE LAYOUT



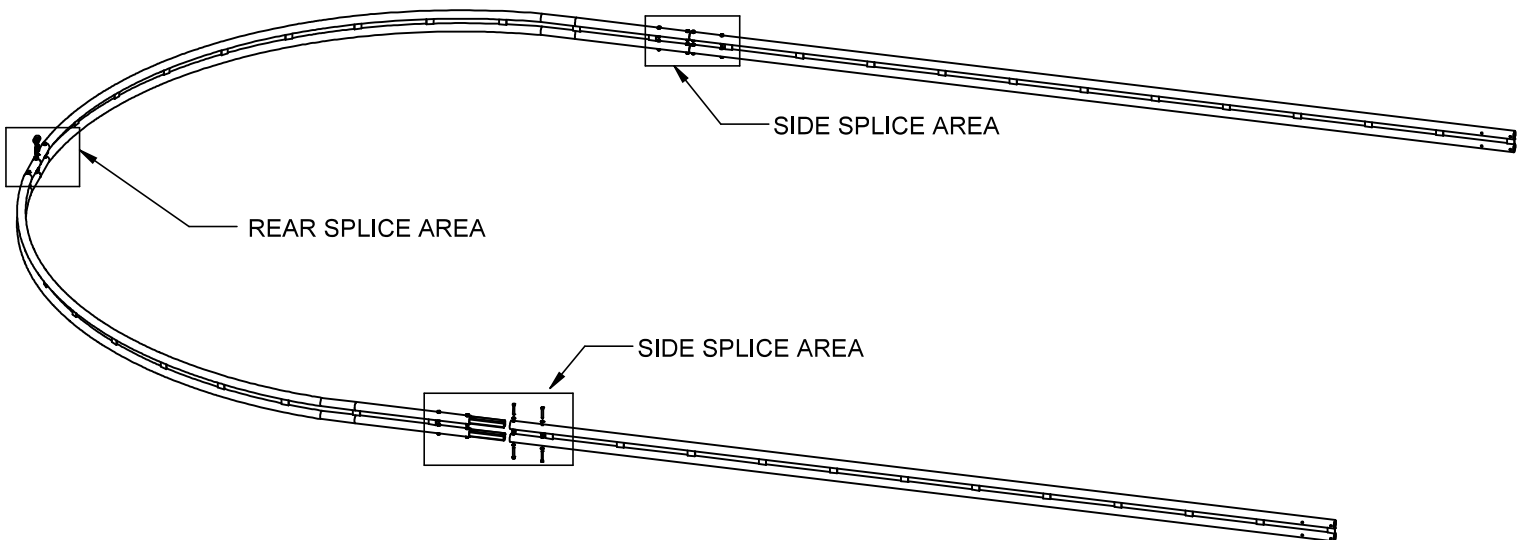
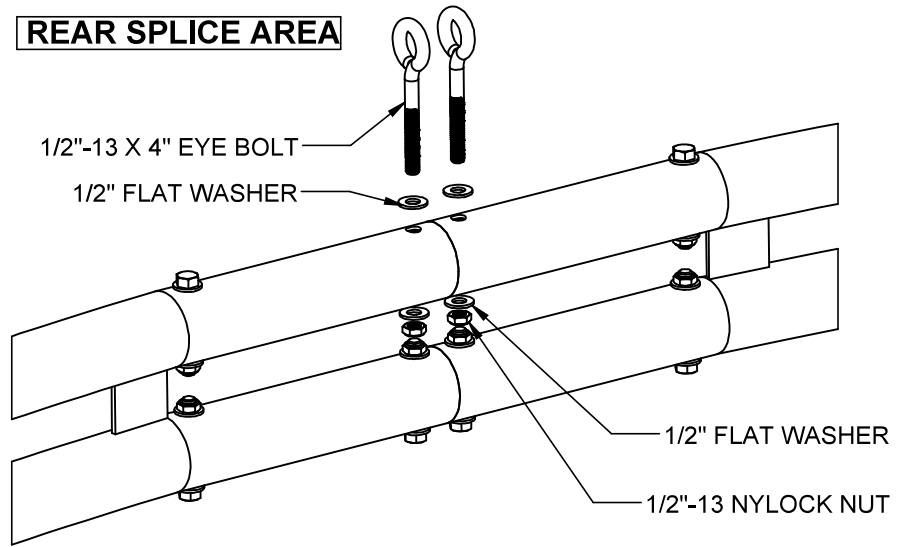


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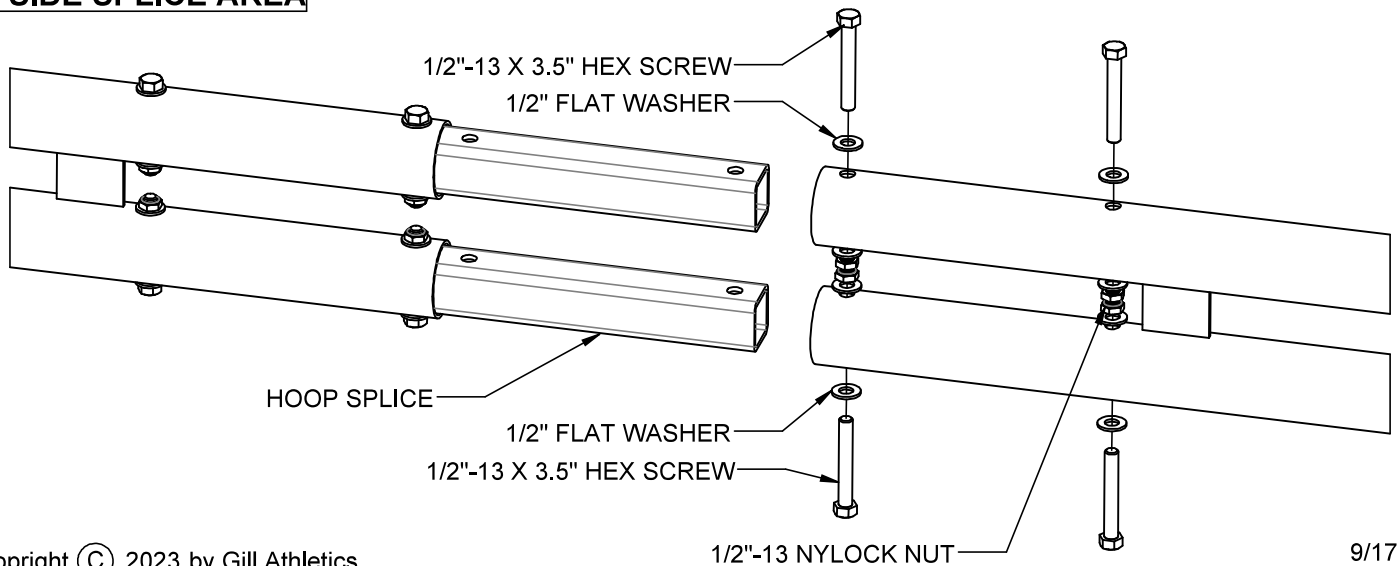
753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

HOOP ASSEMBLY

REAR SPLICE AREA



SIDE SPLICE AREA

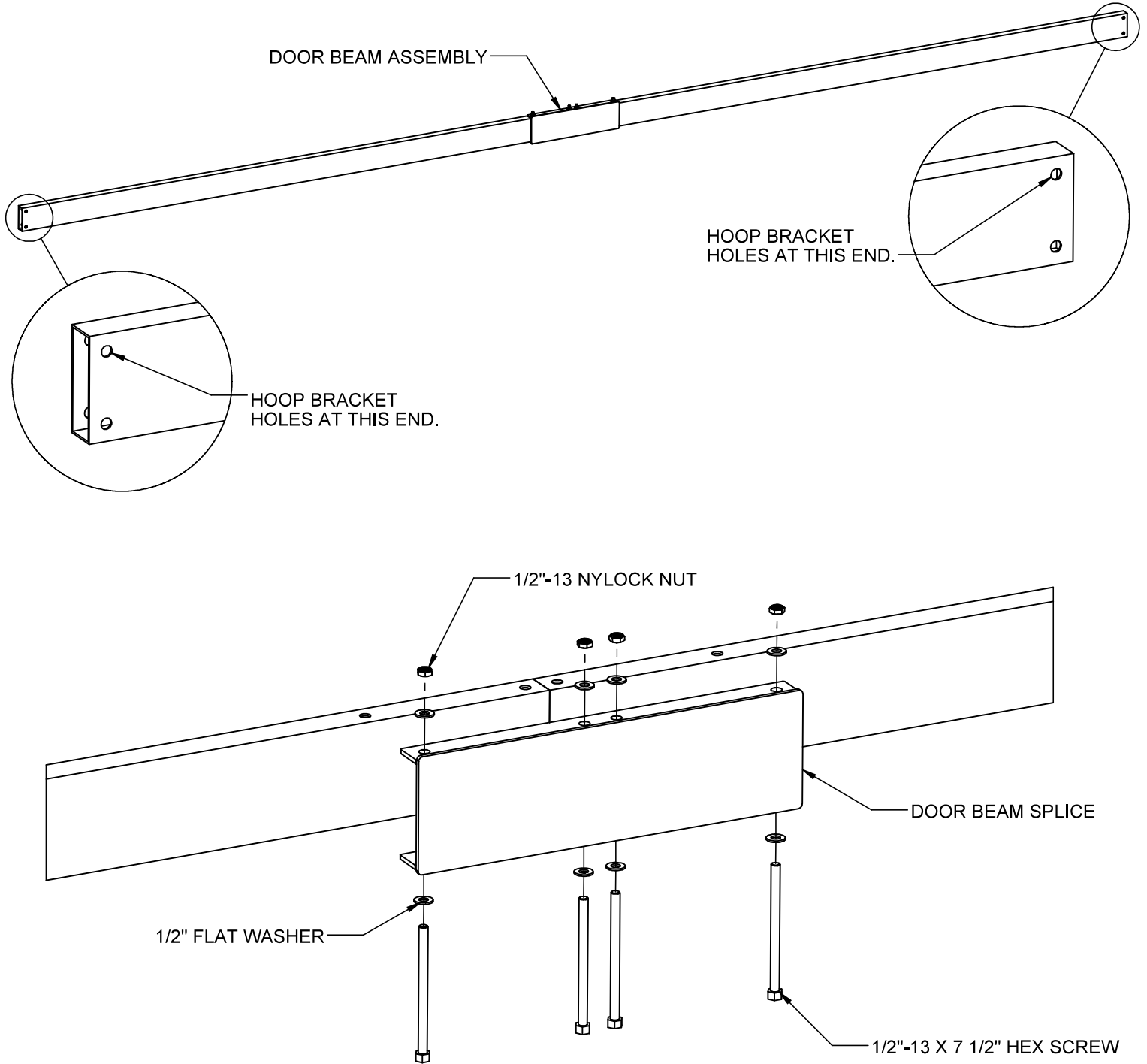




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DOOR BEAM ASSEMBLY

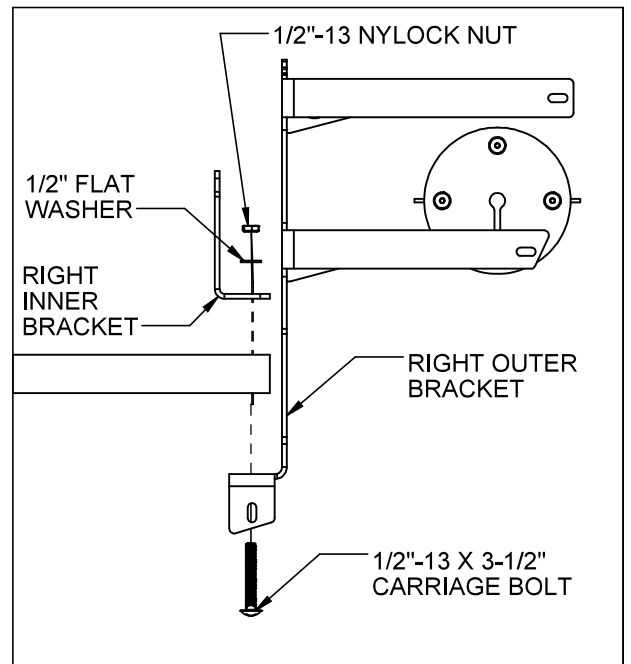
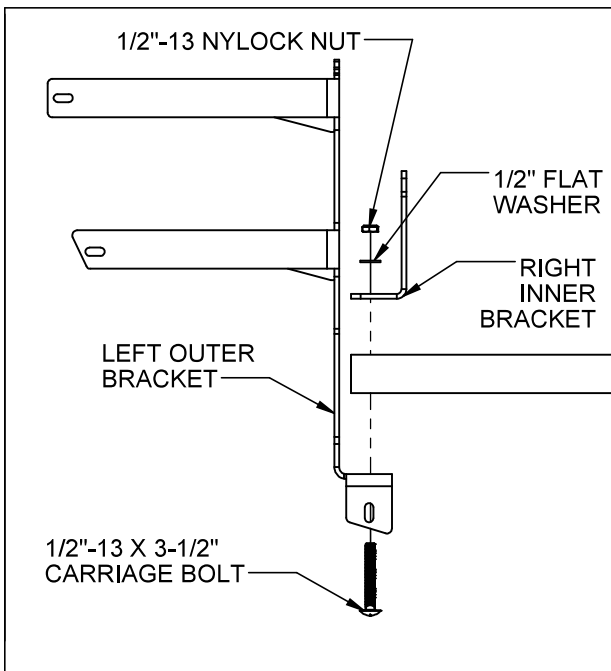
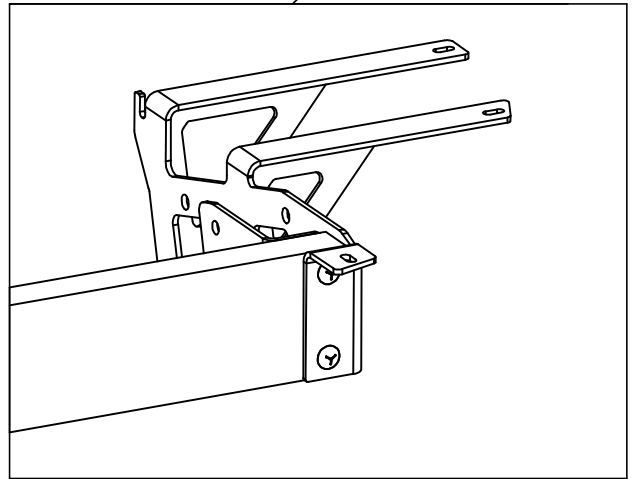
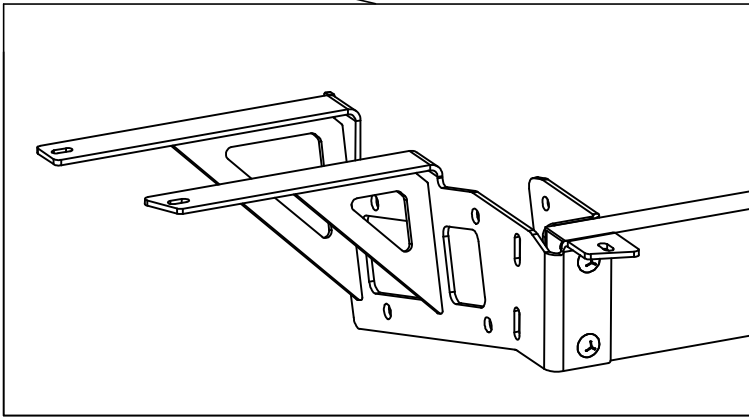
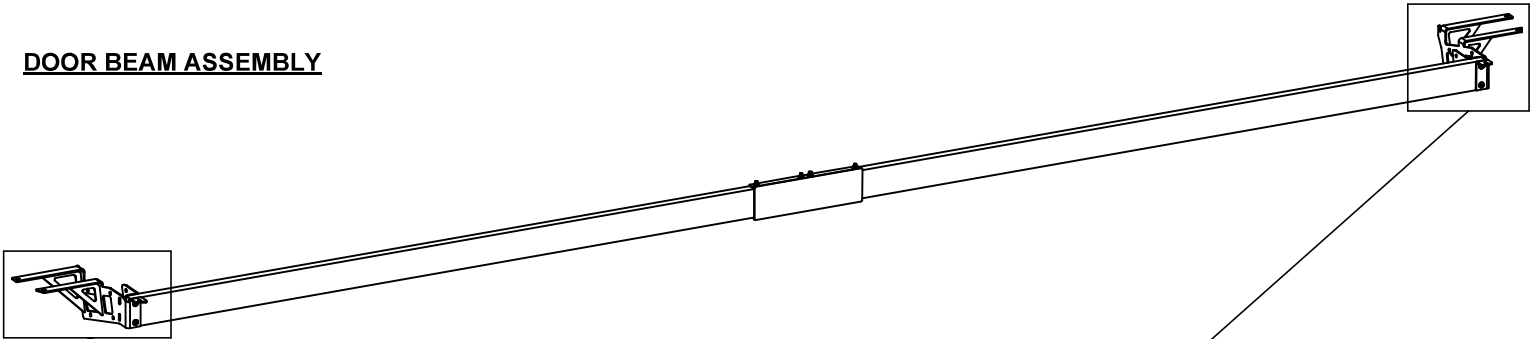




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DOOR BEAM ASSEMBLY

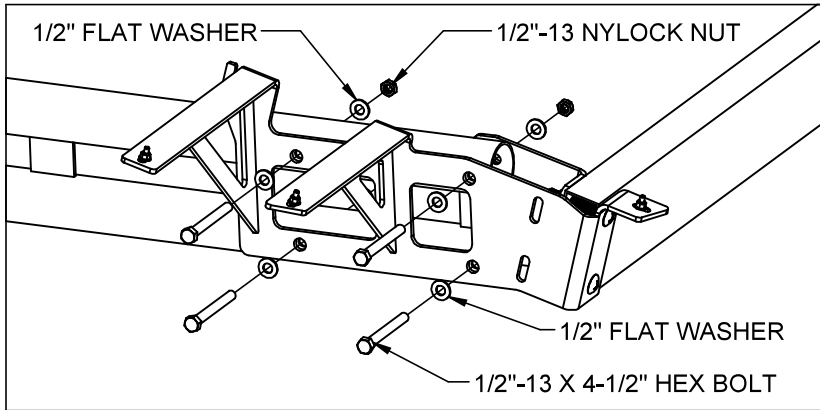
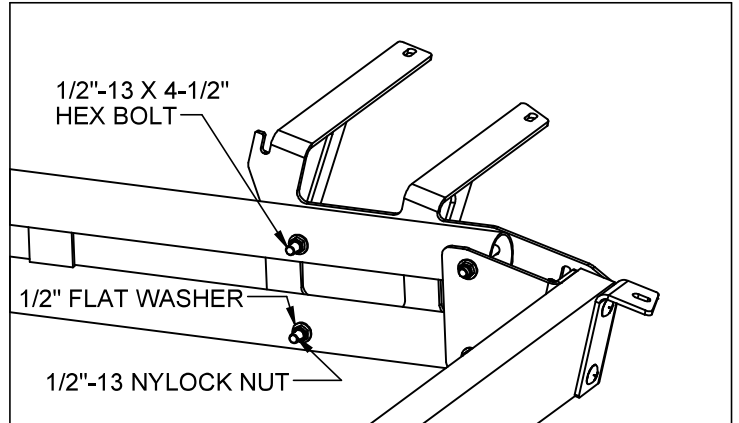




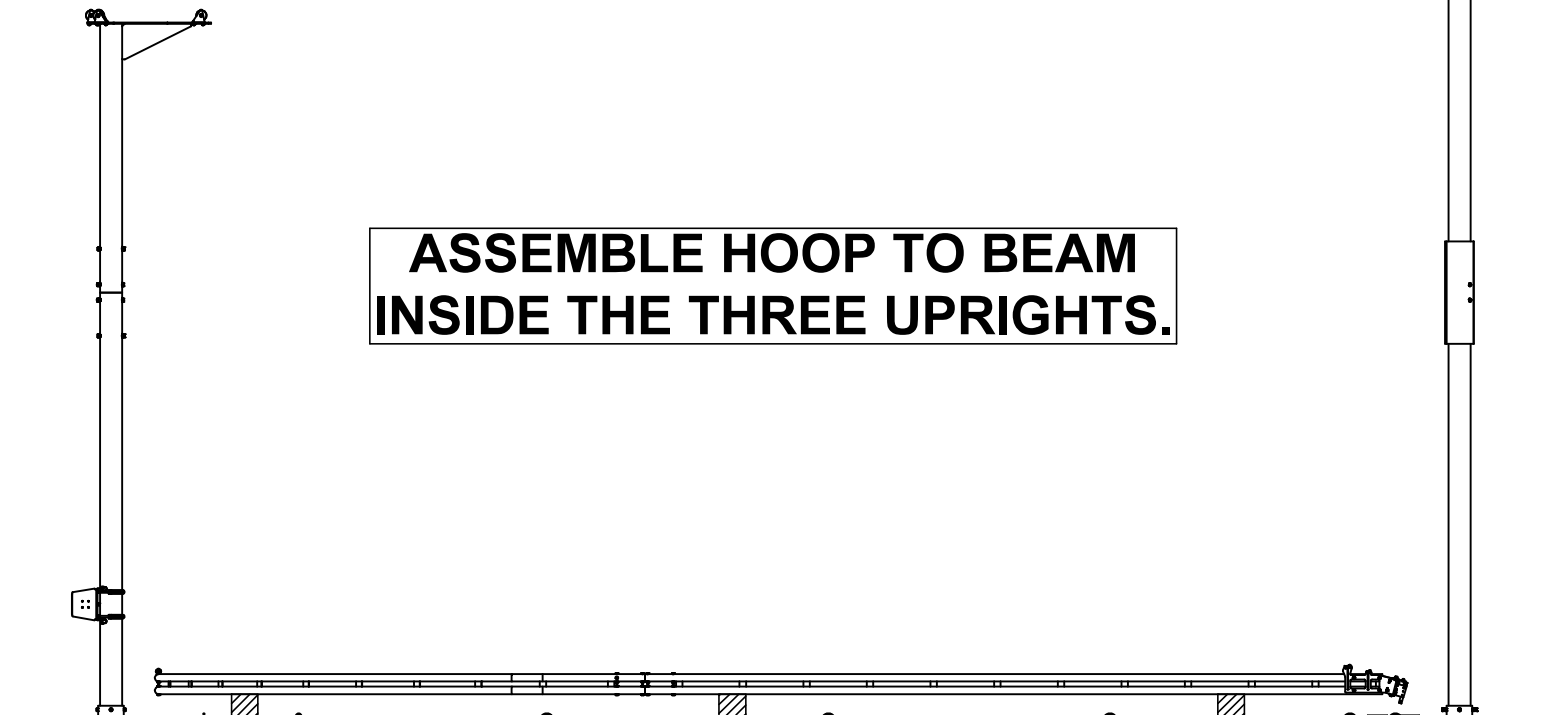
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HOOP TO BEAM ASSEMBLY



**ASSEMBLE HOOP TO BEAM
INSIDE THE THREE UPRIGHTS.**



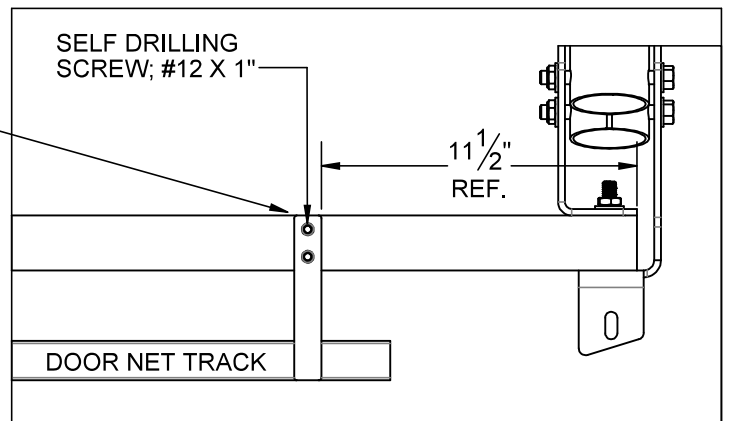
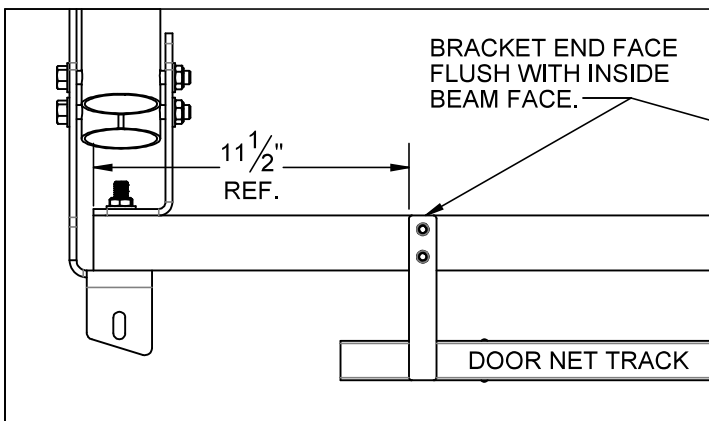
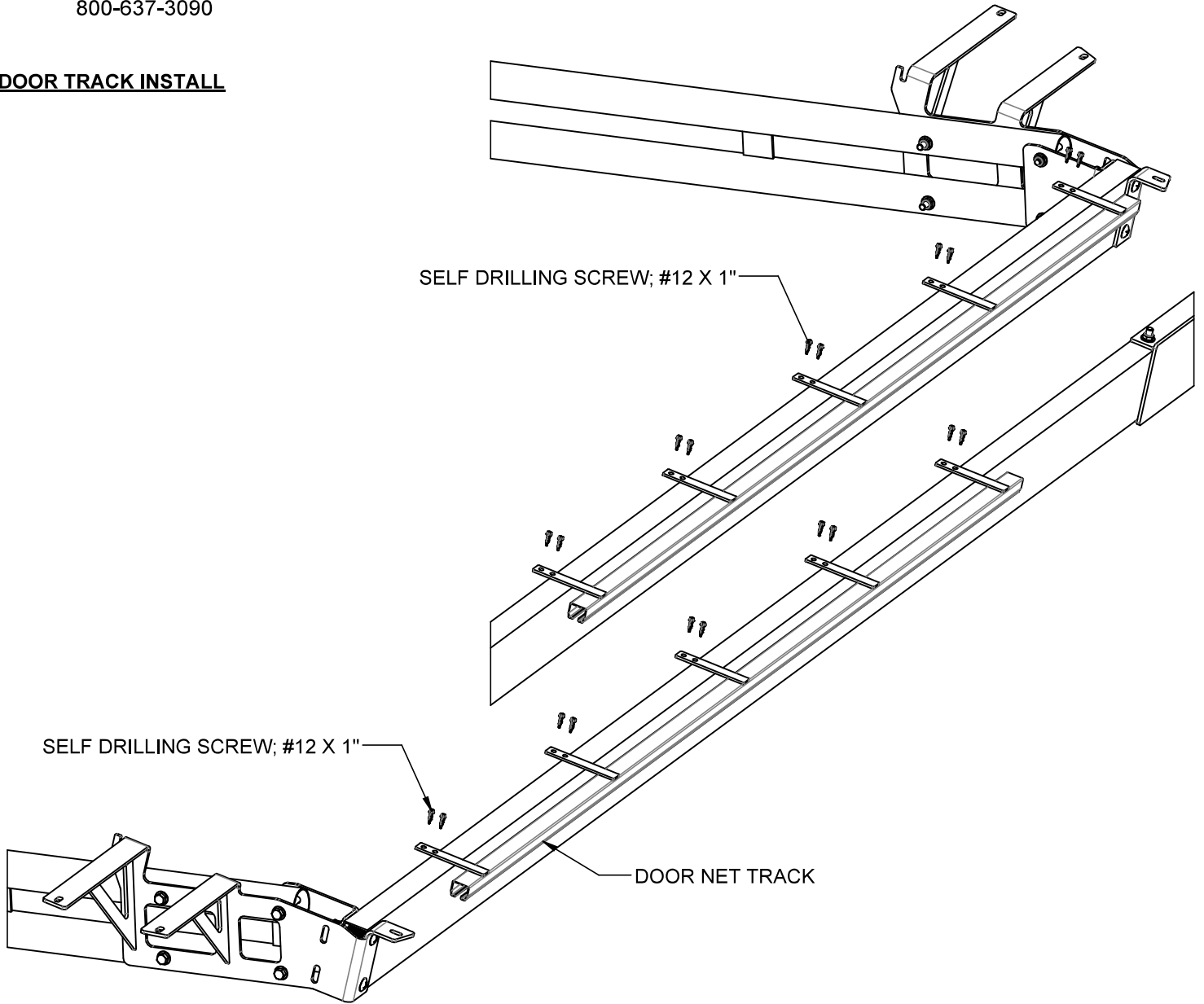
USE WOODEN BLOCKING TO PROP HOOP
AND BEAM ASSEMBLY OFF THE GROUND.



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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

DOOR TRACK INSTALL

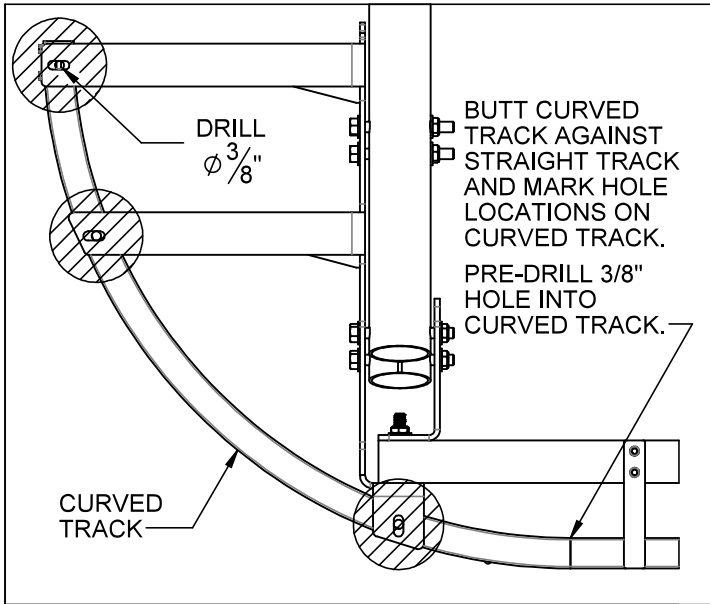




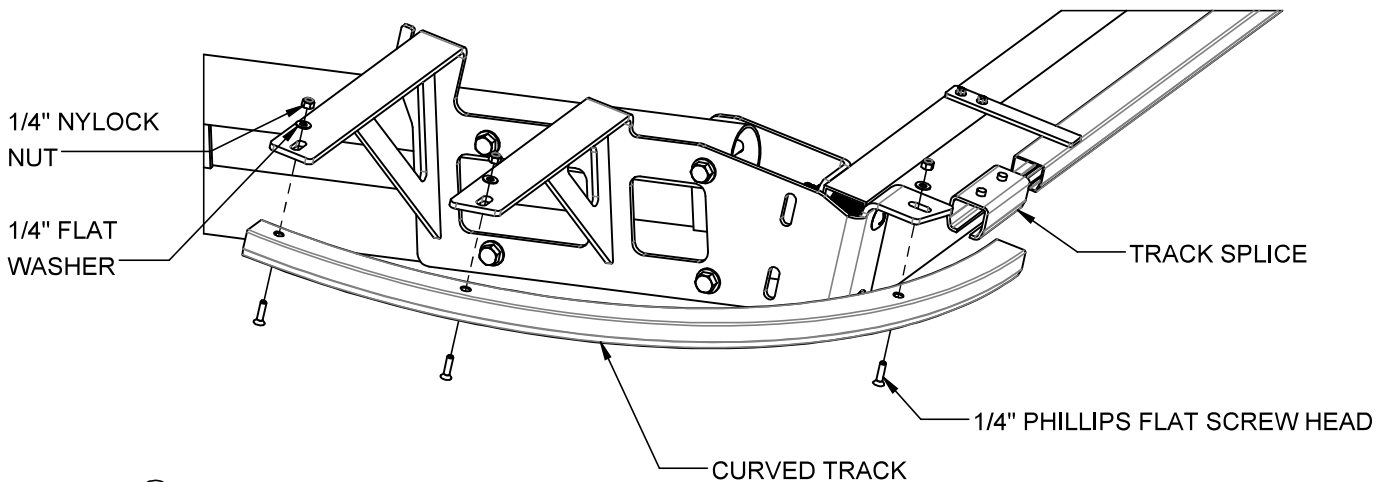
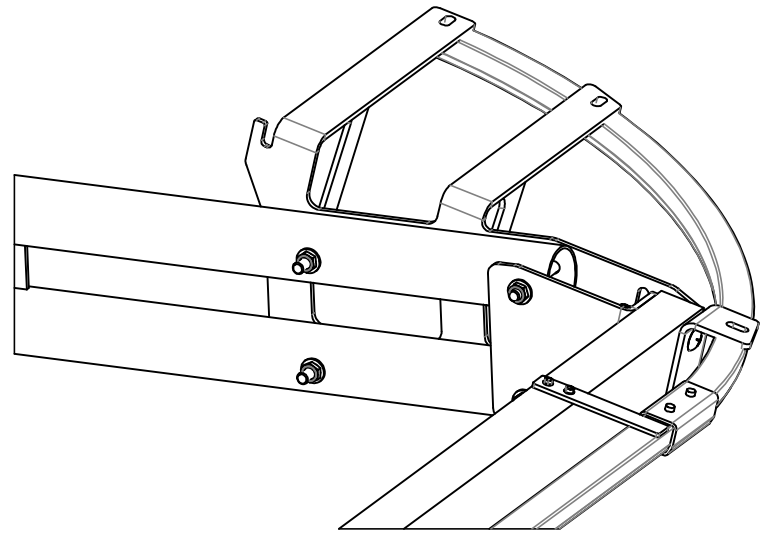
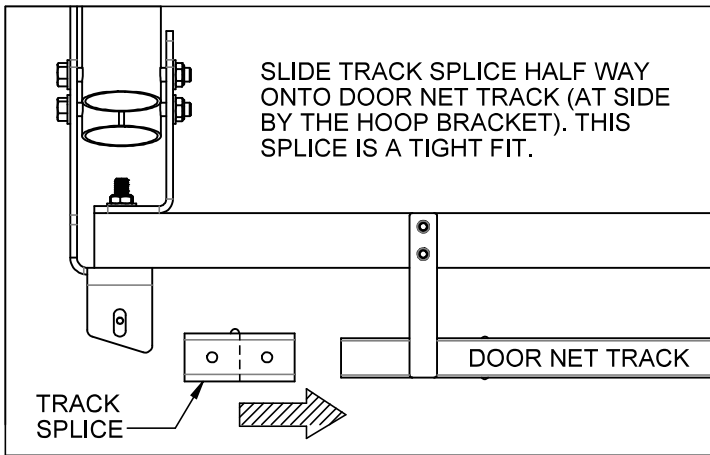
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DOOR TRACK INSTALL



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

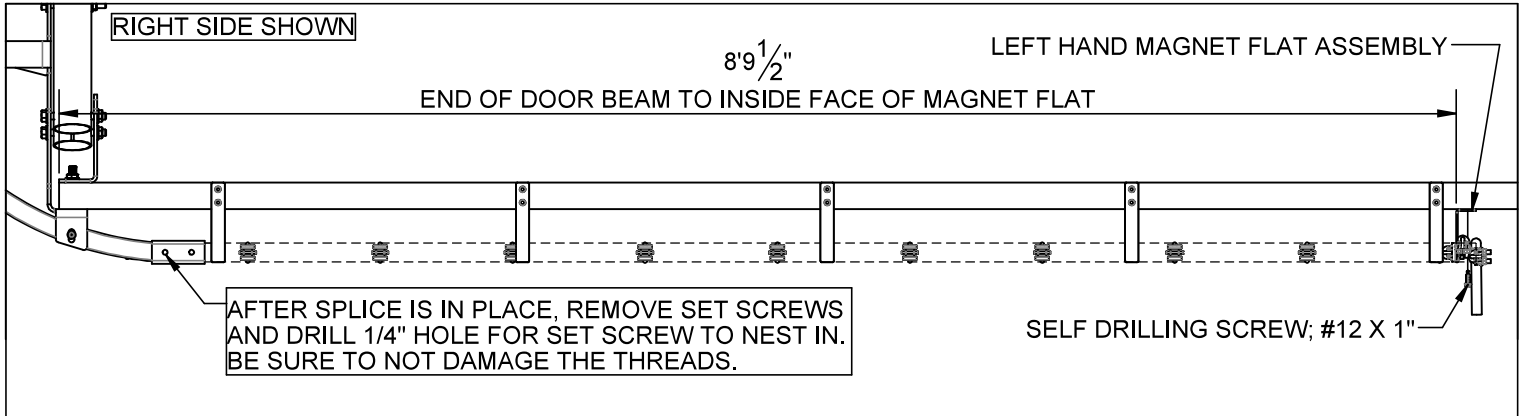




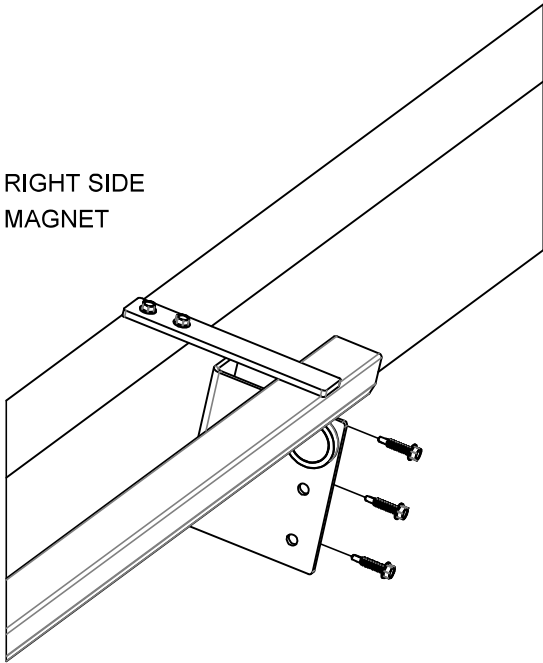
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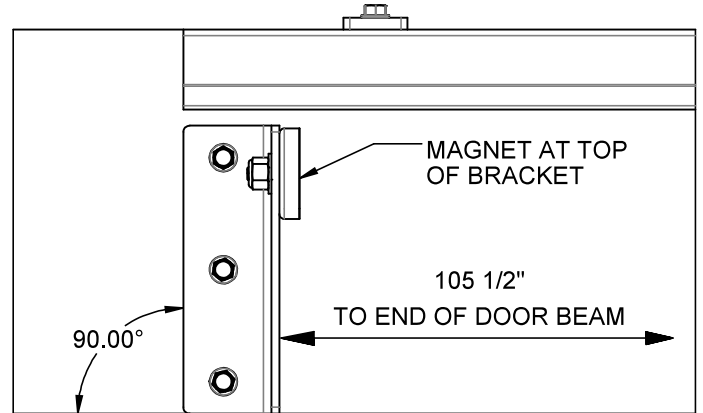
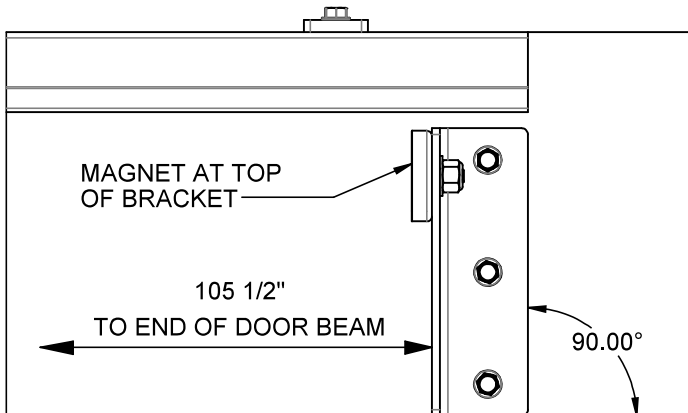
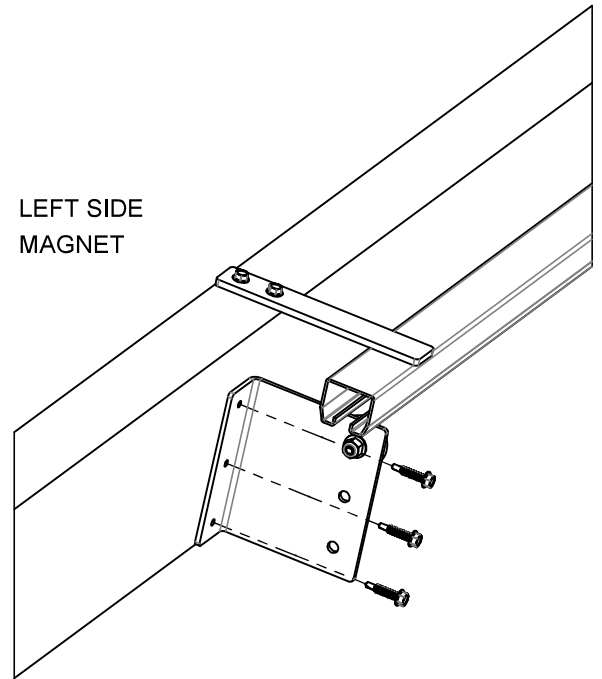
MAGNET FLAT INSTALL



RIGHT SIDE
MAGNET



LEFT SIDE
MAGNET

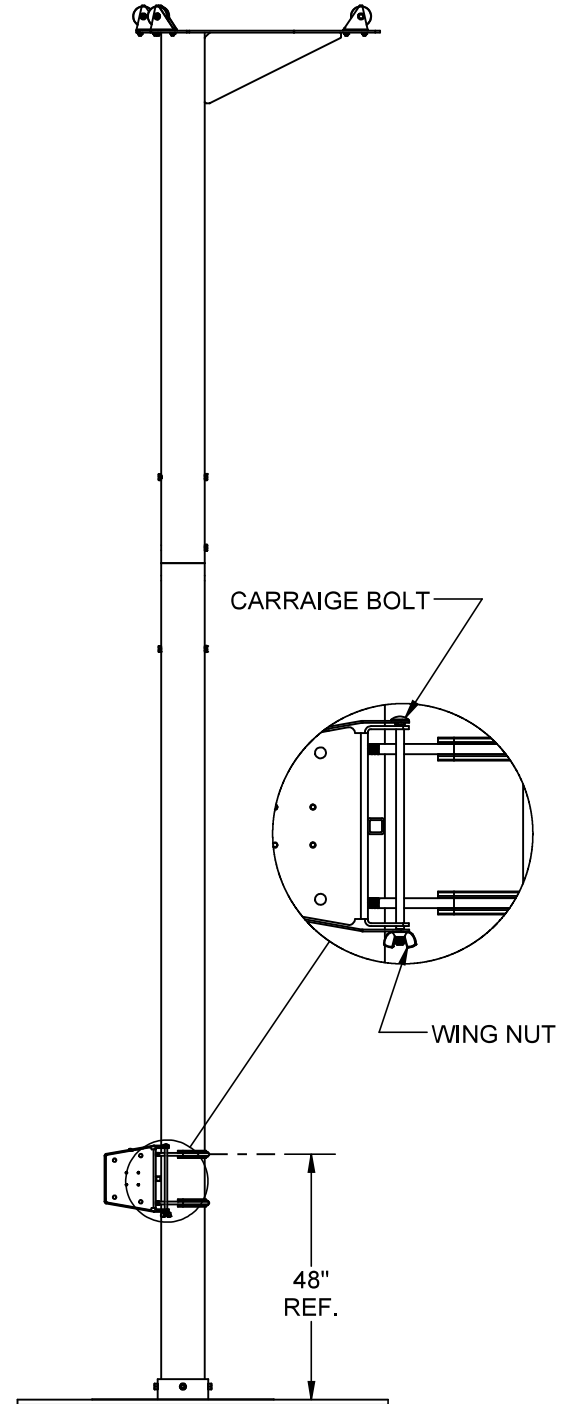
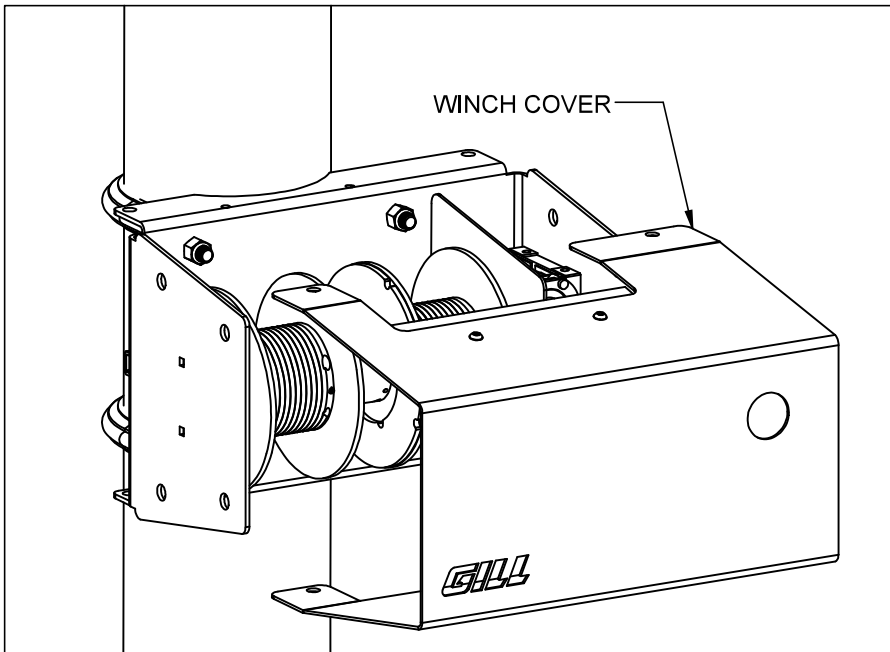
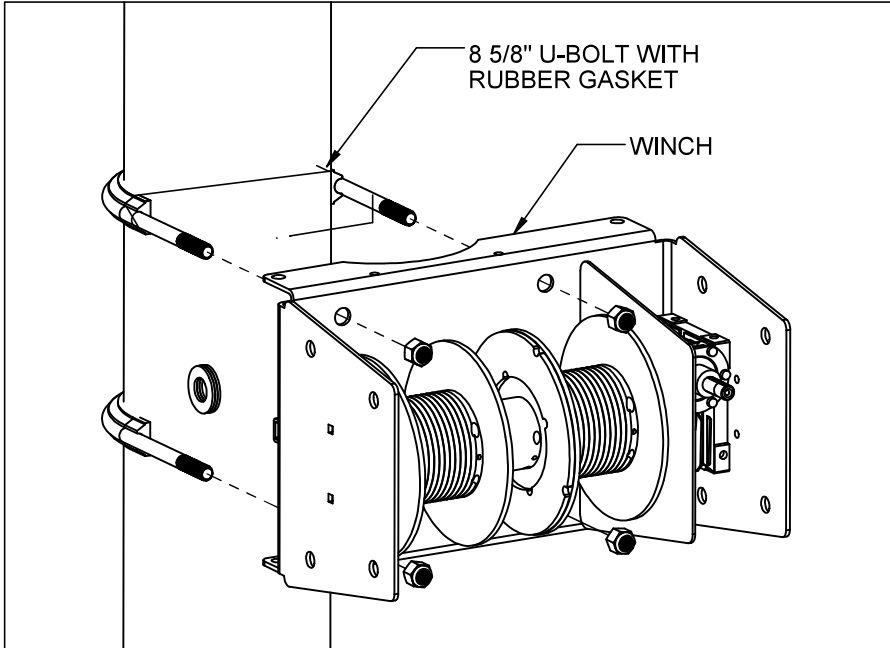




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WINCH INSTALLATION

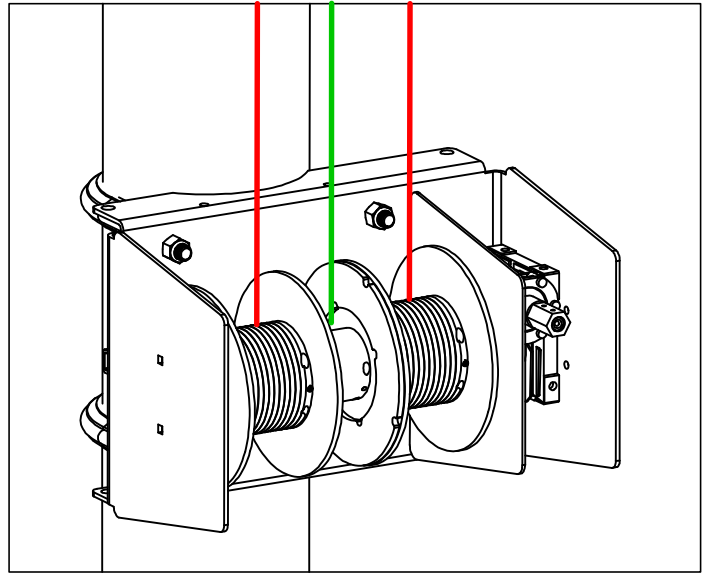
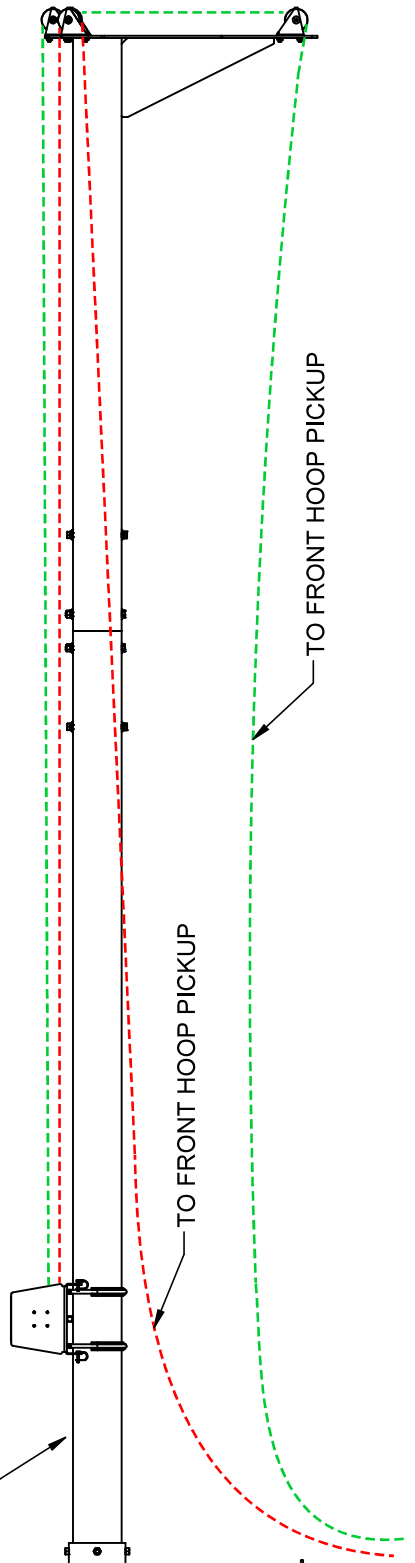




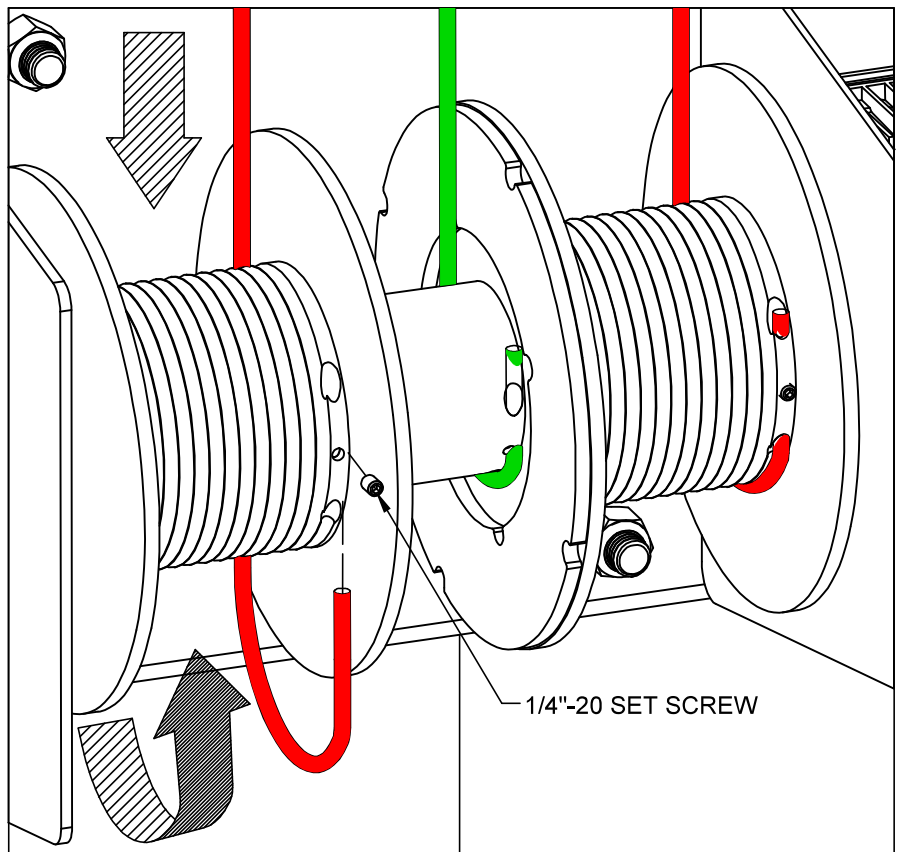
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WINCH INSTALLATION



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.

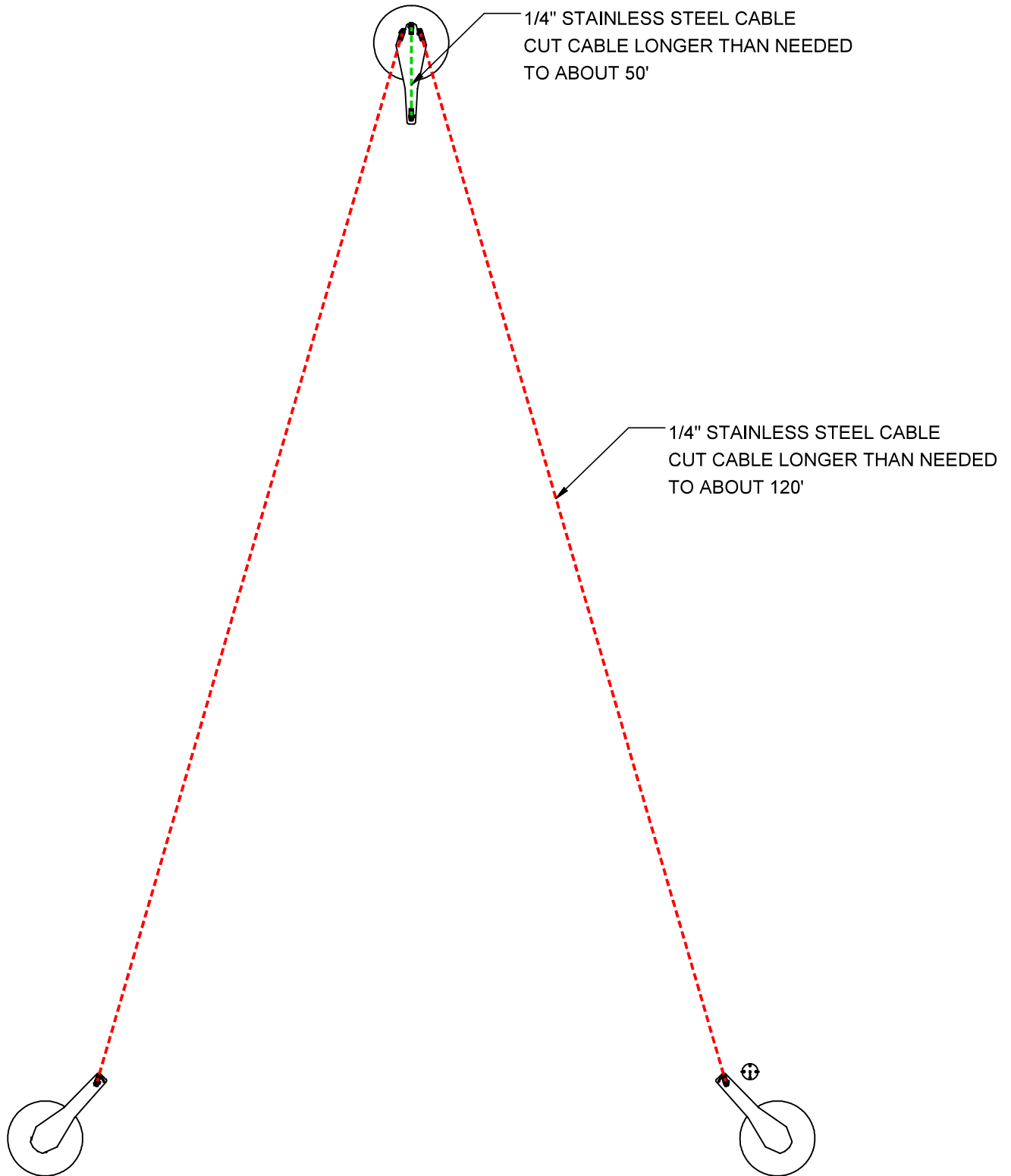




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CABLE ROUTING

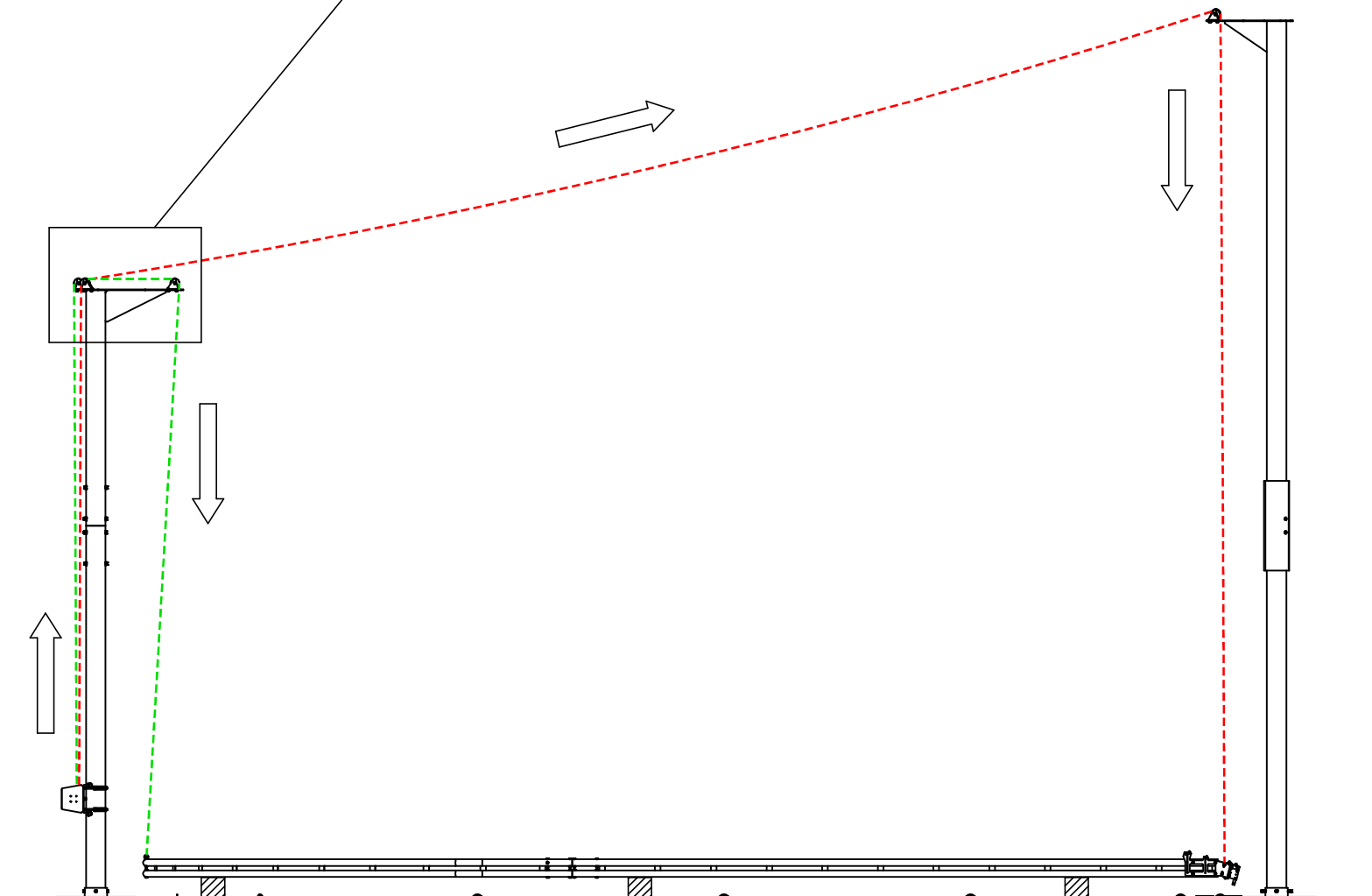
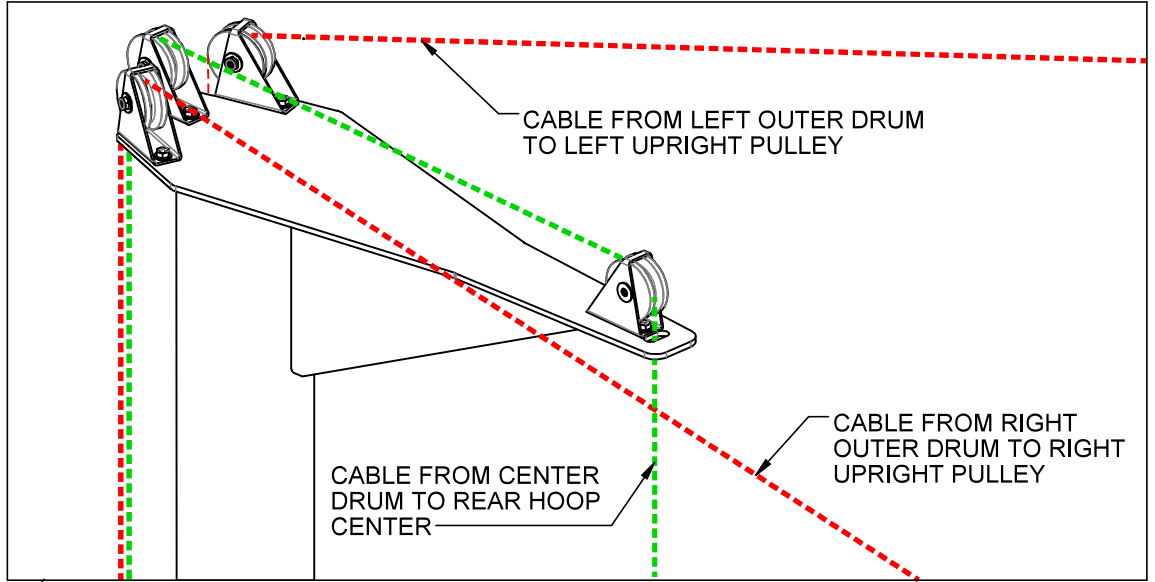




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CABLE ROUTING

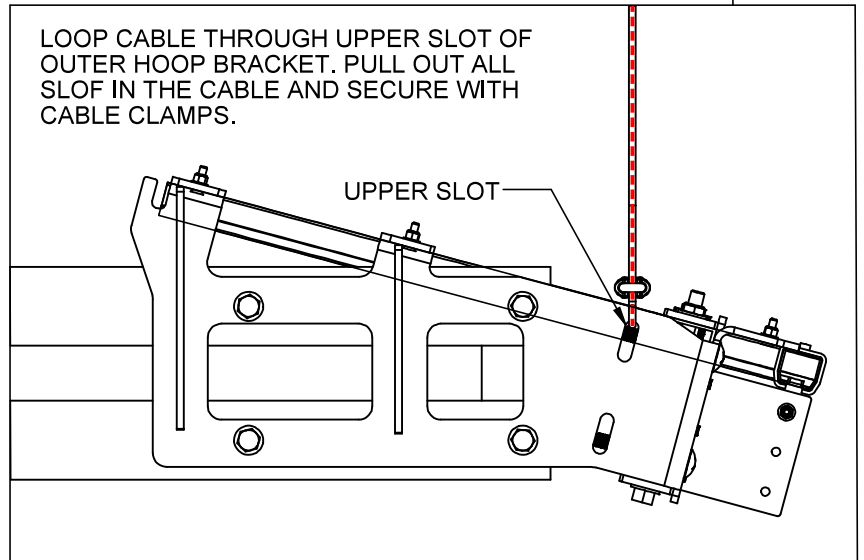
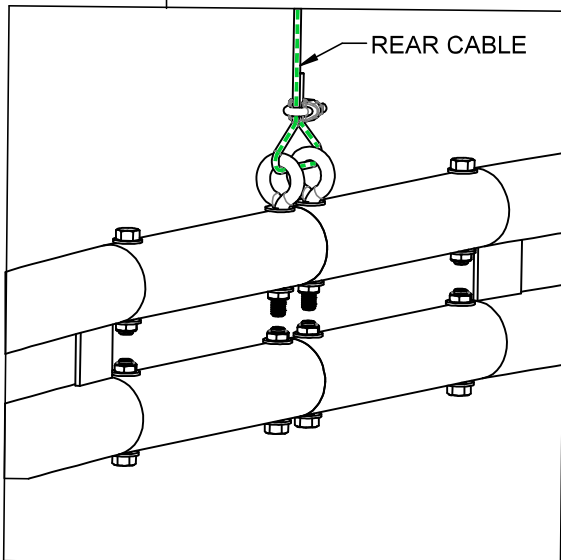
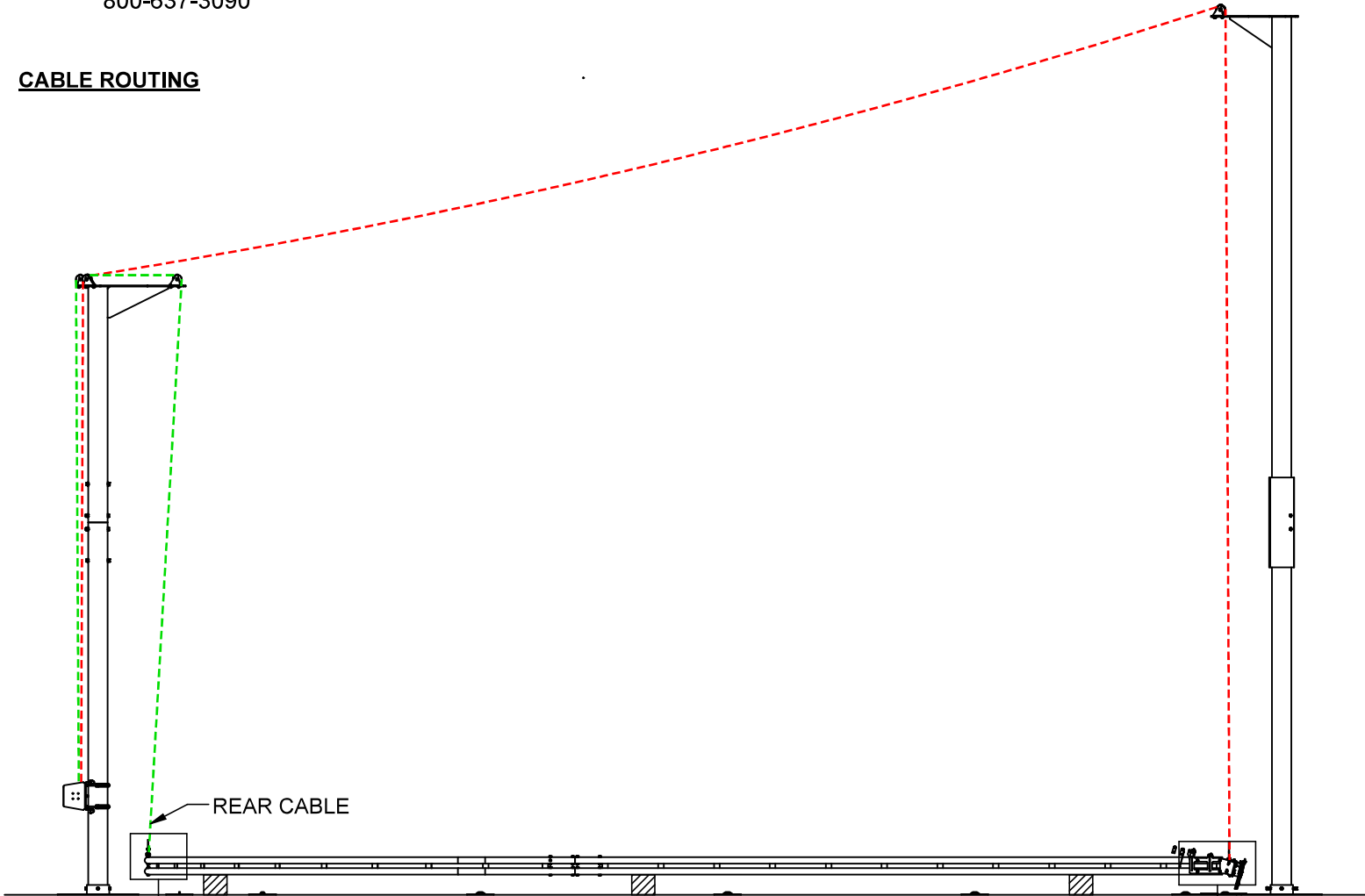




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CABLE ROUTING

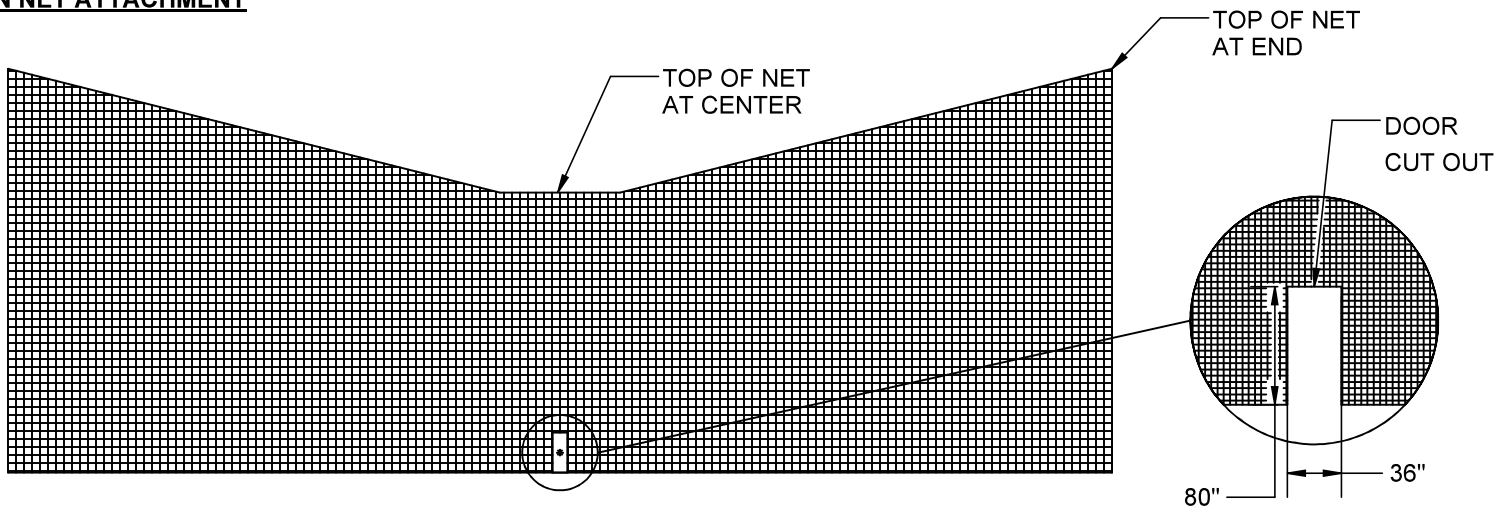




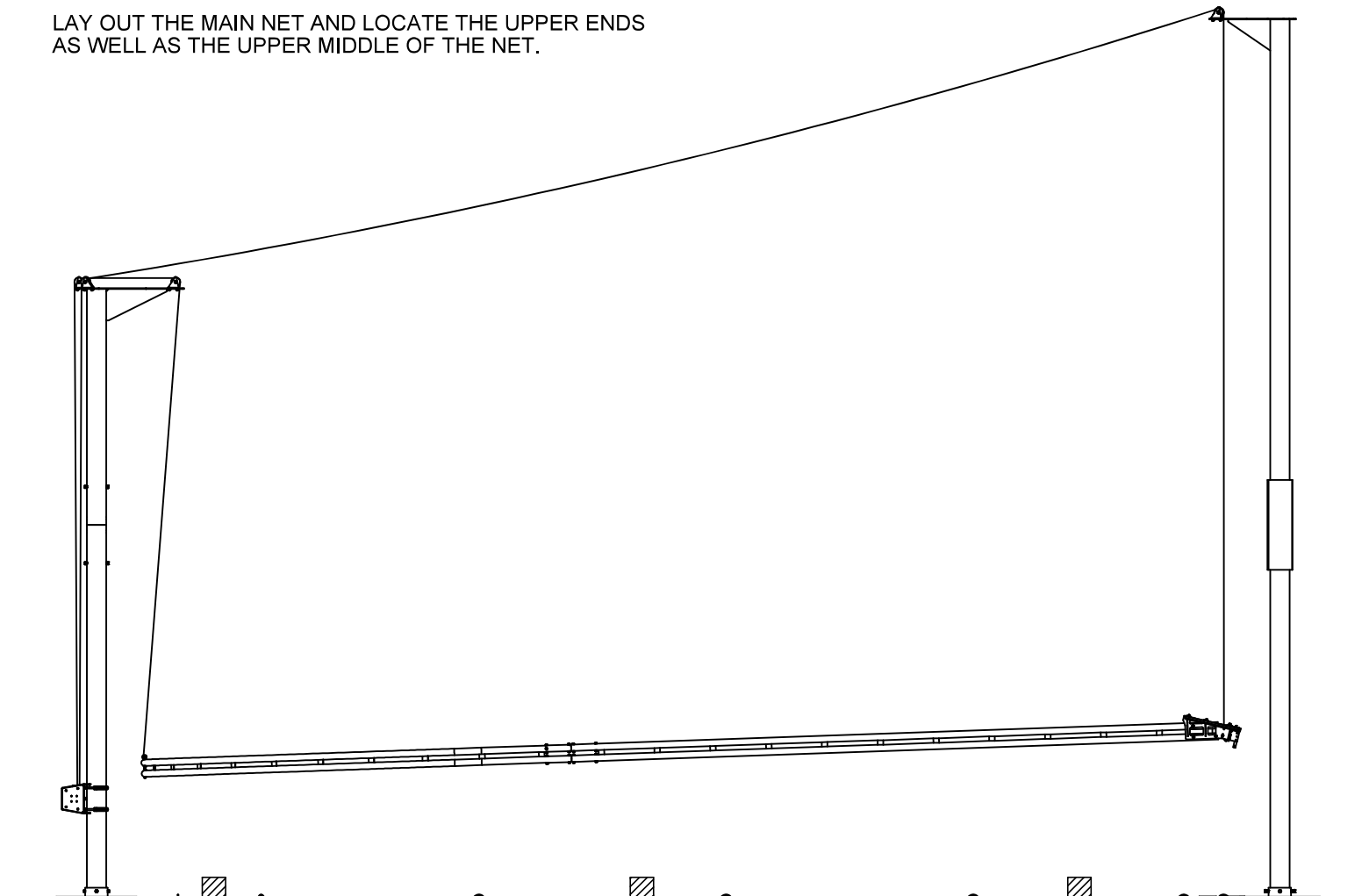
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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

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.



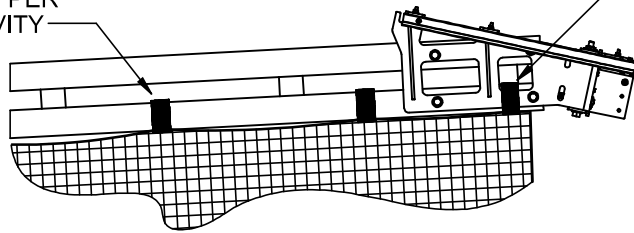


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ONE 14" VELCRO STRIP PER
HOOP STRUCTURE CAVITY

FIRST STRIP
THROUGH HOOP
BRACKET AS
SHOWN



MAIN NET ATTACHMENT

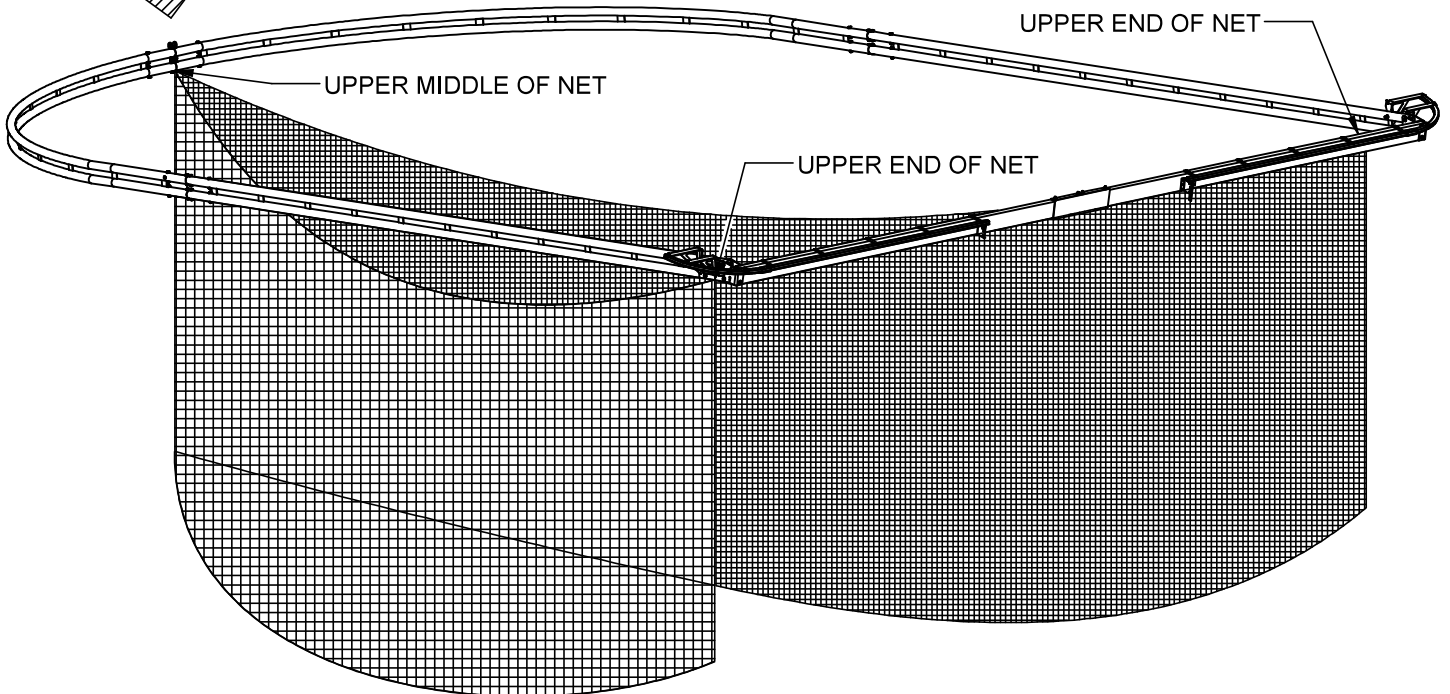
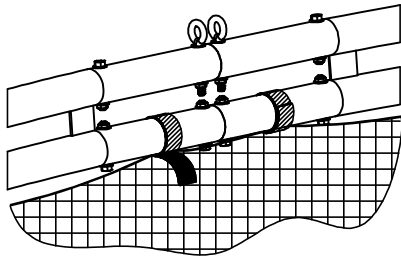
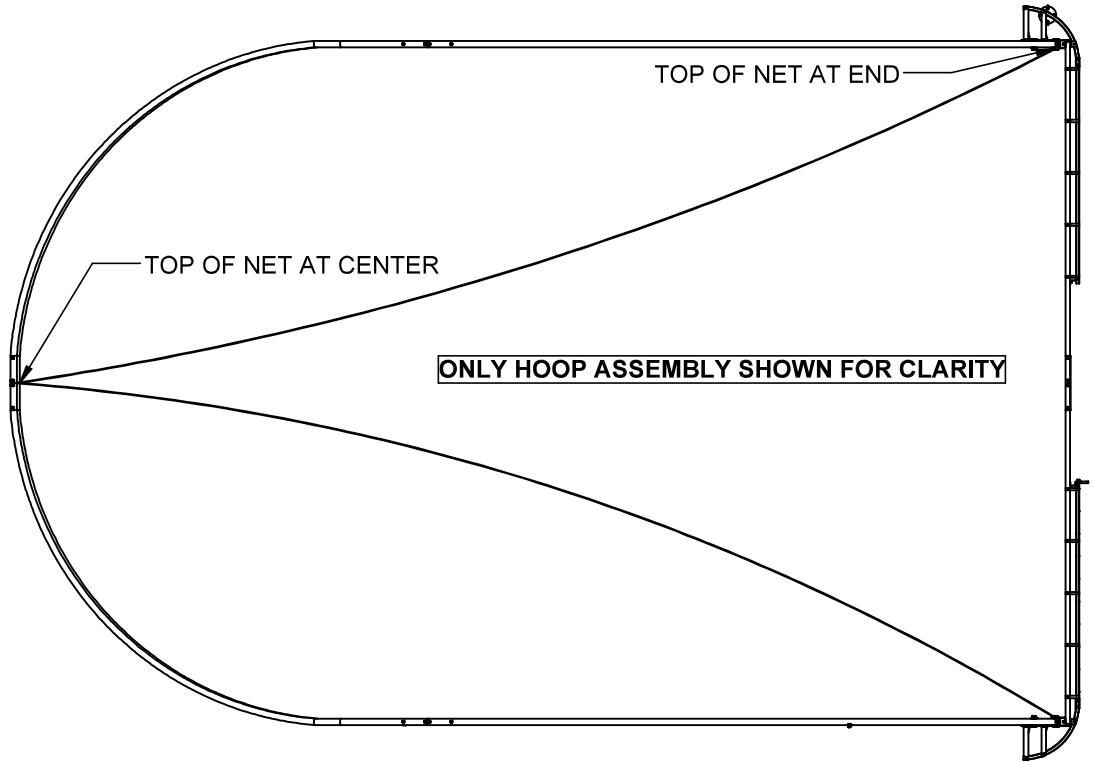
CUT DOUBLE SIDED VELCRO INTO 14" STRIPS.

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.





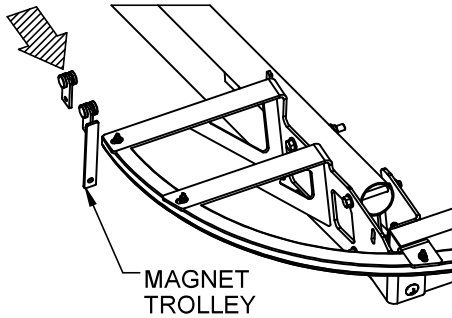
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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

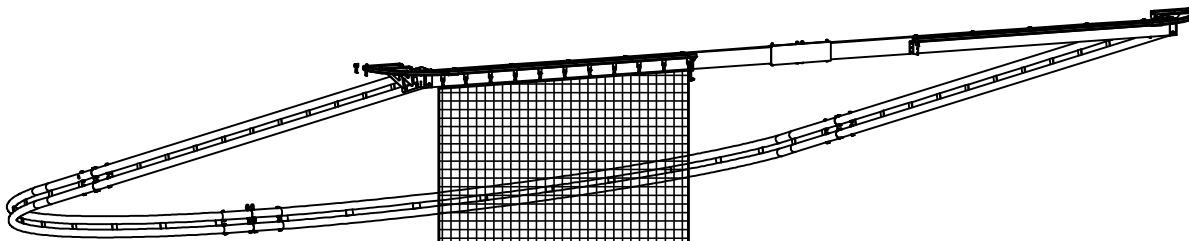
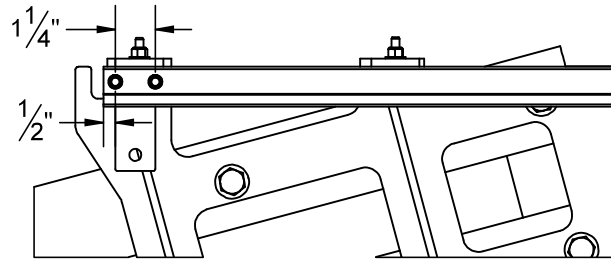
ONLY HOOP ASSEMBLY SHOWN FOR CLARITY

DOOR NET ATTACHMENT

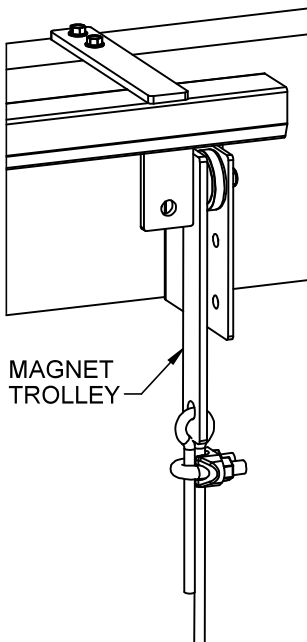
INSERT MAGNET FLAT TROLLEY AS SHOWN INTO OPEN END OF CURVED TRACK FOLLOWED BY 10 TROLLEYS.



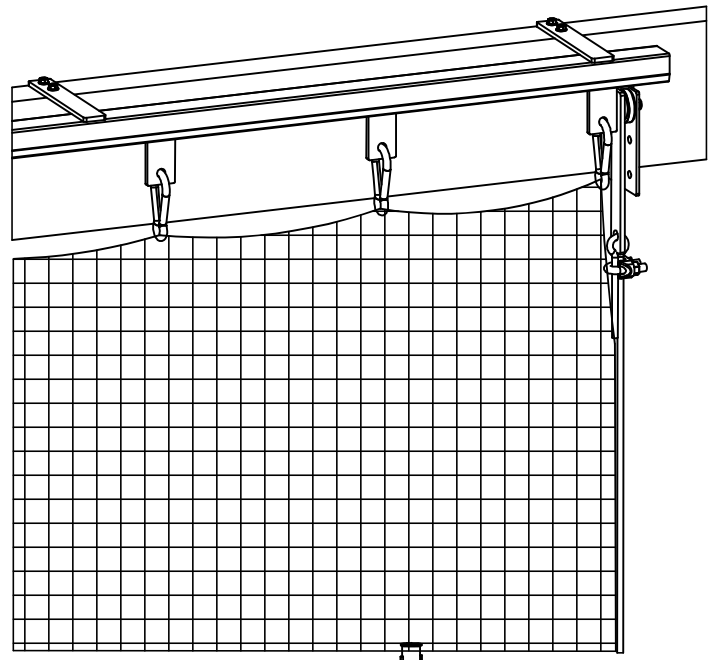
SCREW A SELF DRILLING SCREW INTO THE SIDE OF THE CURVED TRACK ABOUT 1/2" FROM THE END. ADD A SECOND SCREW 1 1/4" FROM THE FIRST SCREW TO TRAP THE LAST TROLLEY IN PLACE.



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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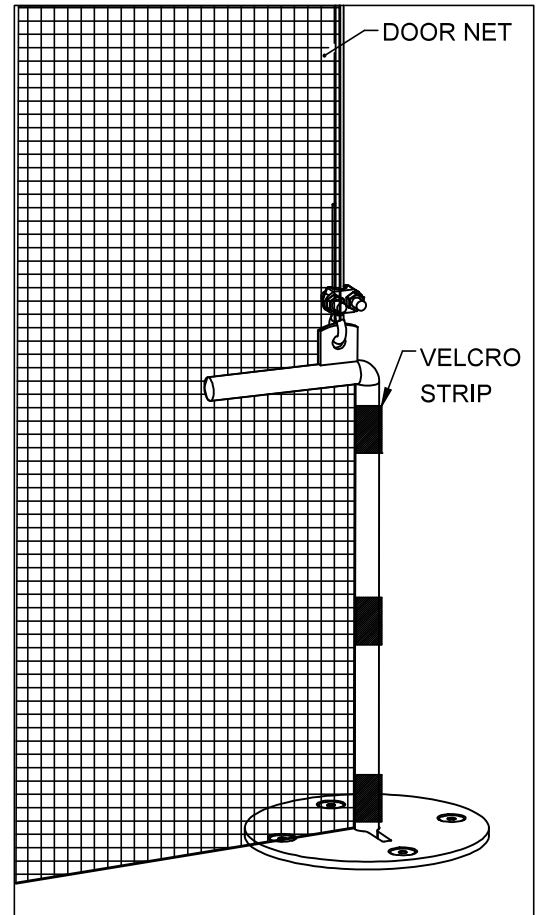
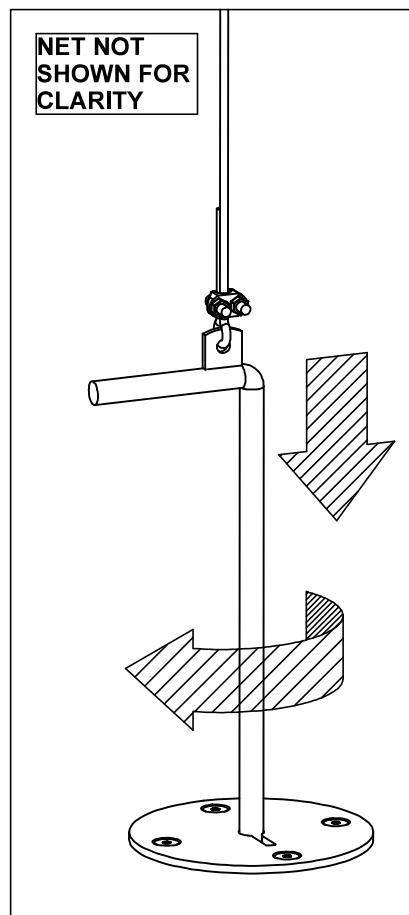
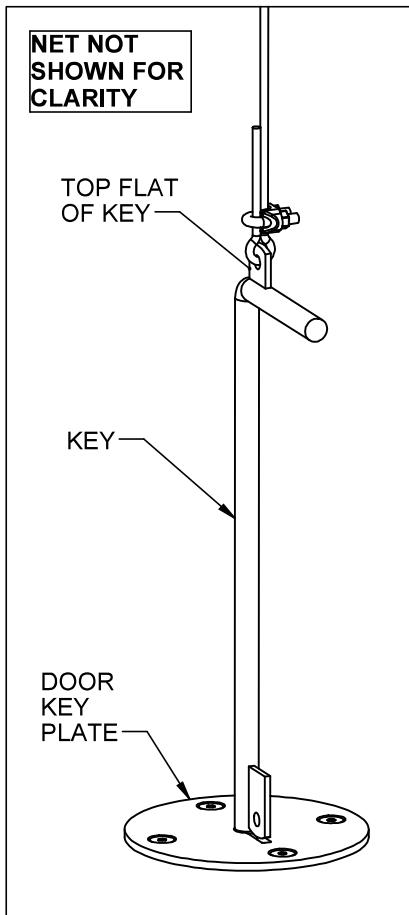
753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

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.

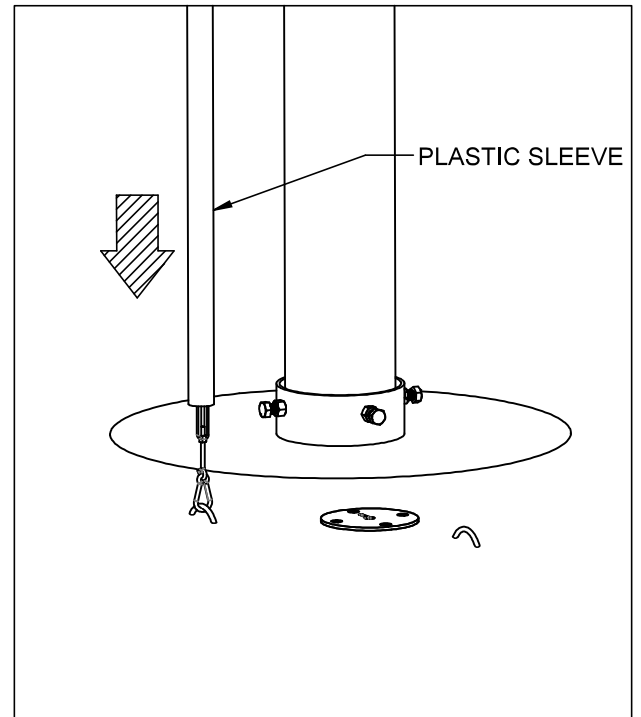
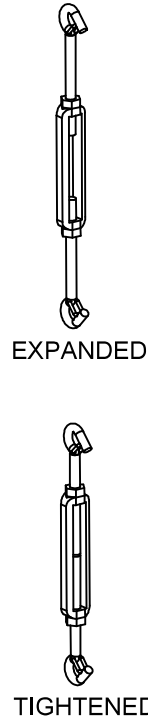
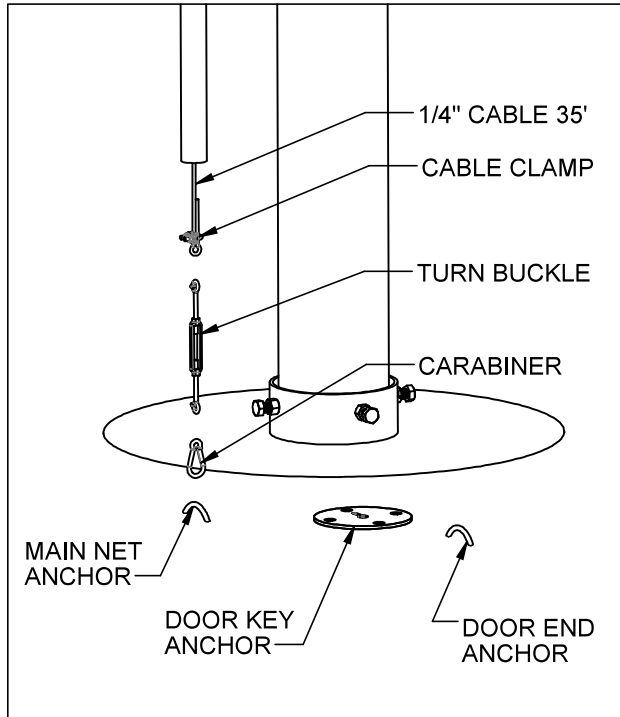




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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

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.

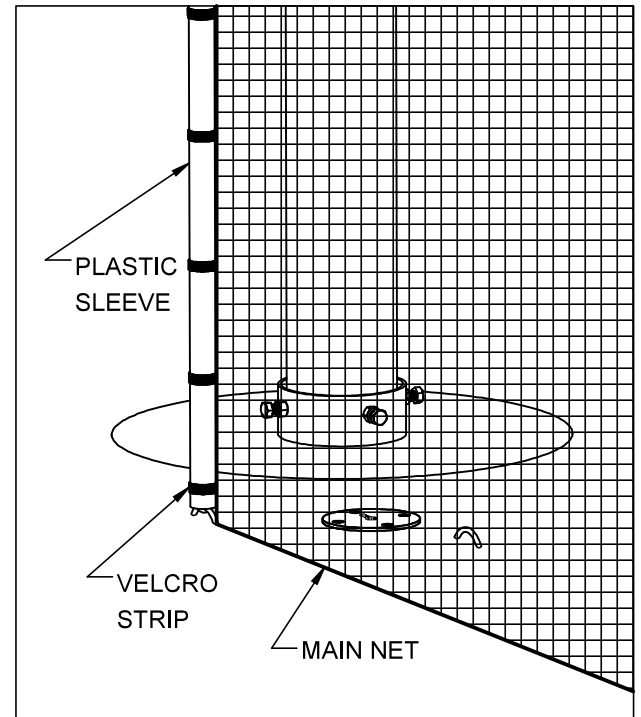
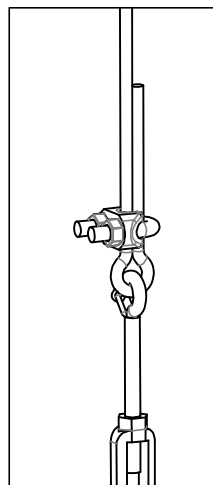
LOOP THE MAIN NET TENSION CABLE THROUGH THE TOP END OF THE TURN BUCKLE. PULL ALL SLACK OUT OF THE CABLE AND SECURE WITH CABLE CLAMP.

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\"/>

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

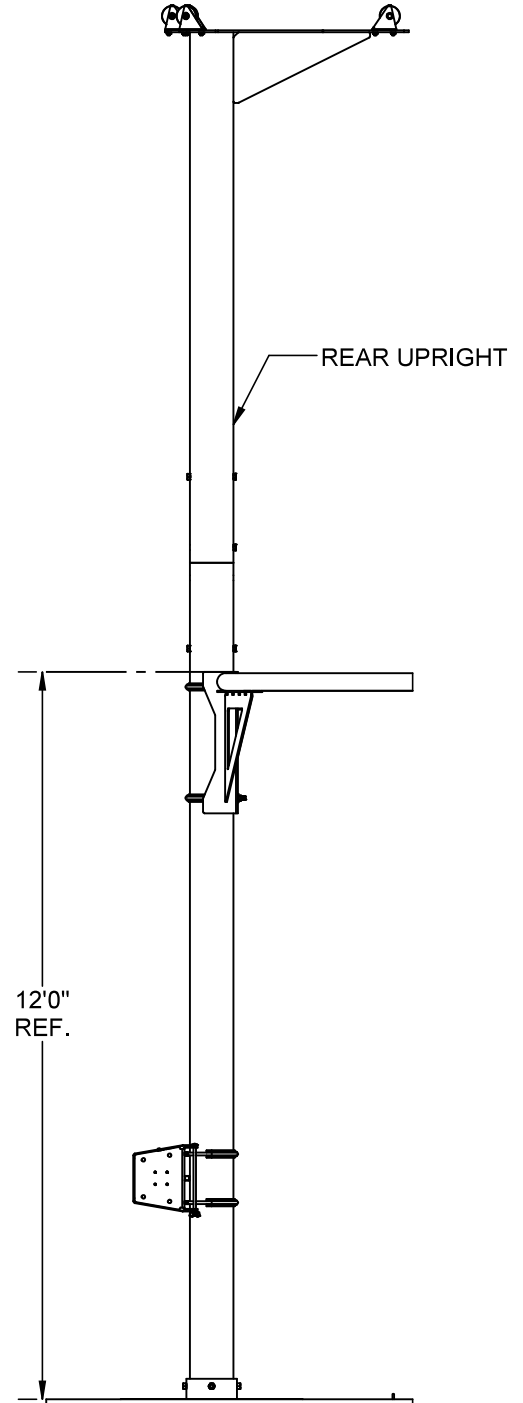
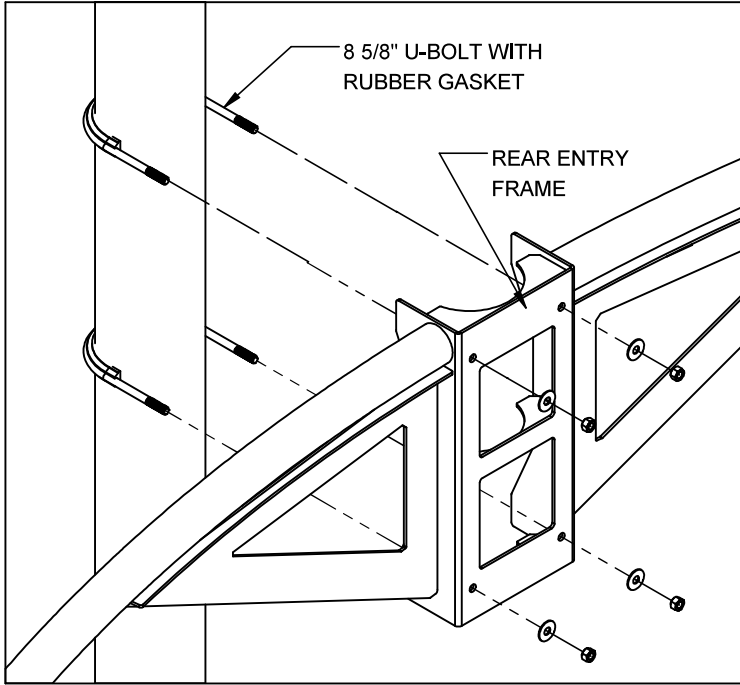




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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

REAR ENTRY FRAME INSTALLATION

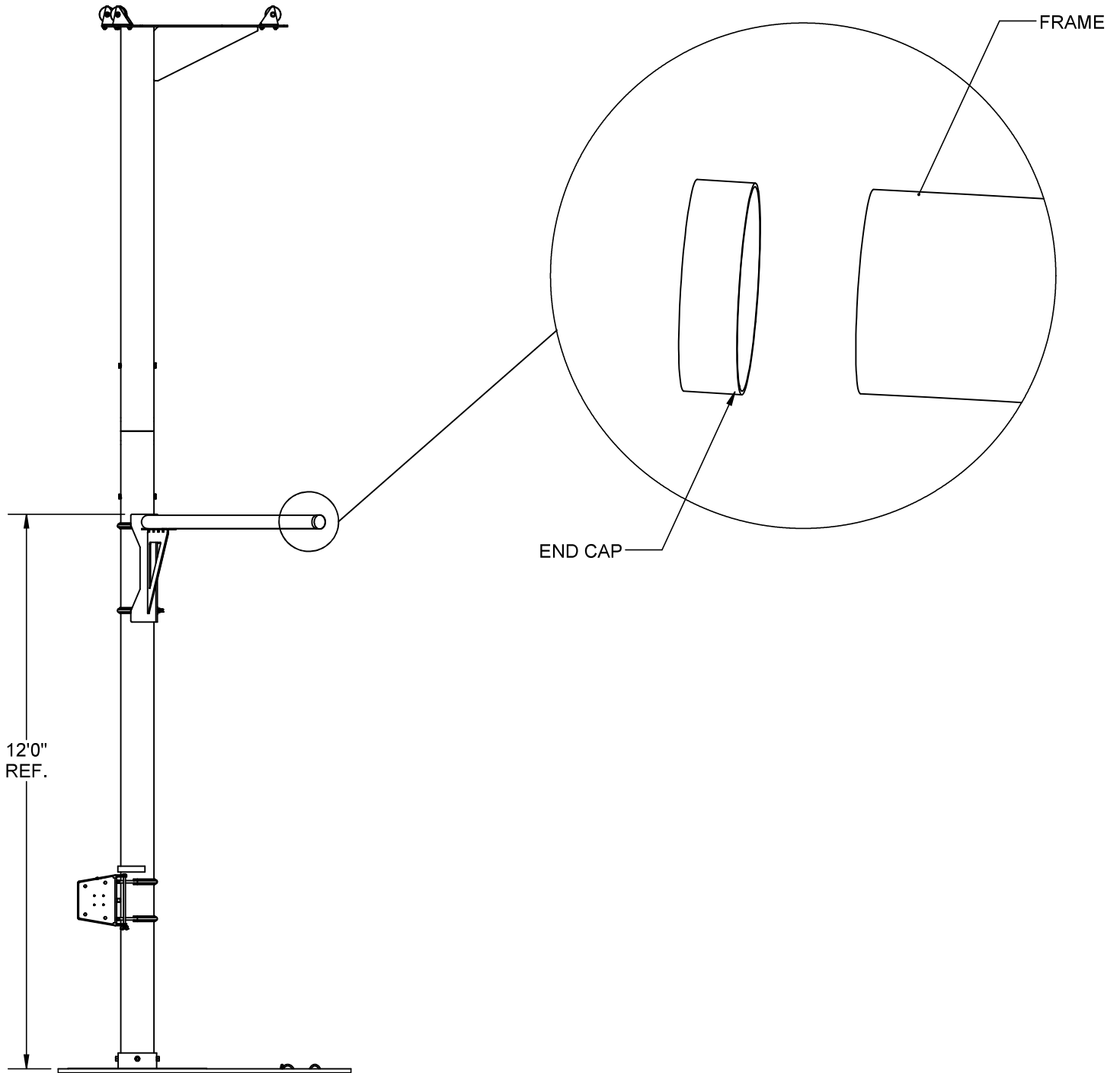




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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

REAR ENTRY FRAME INSTALLATION

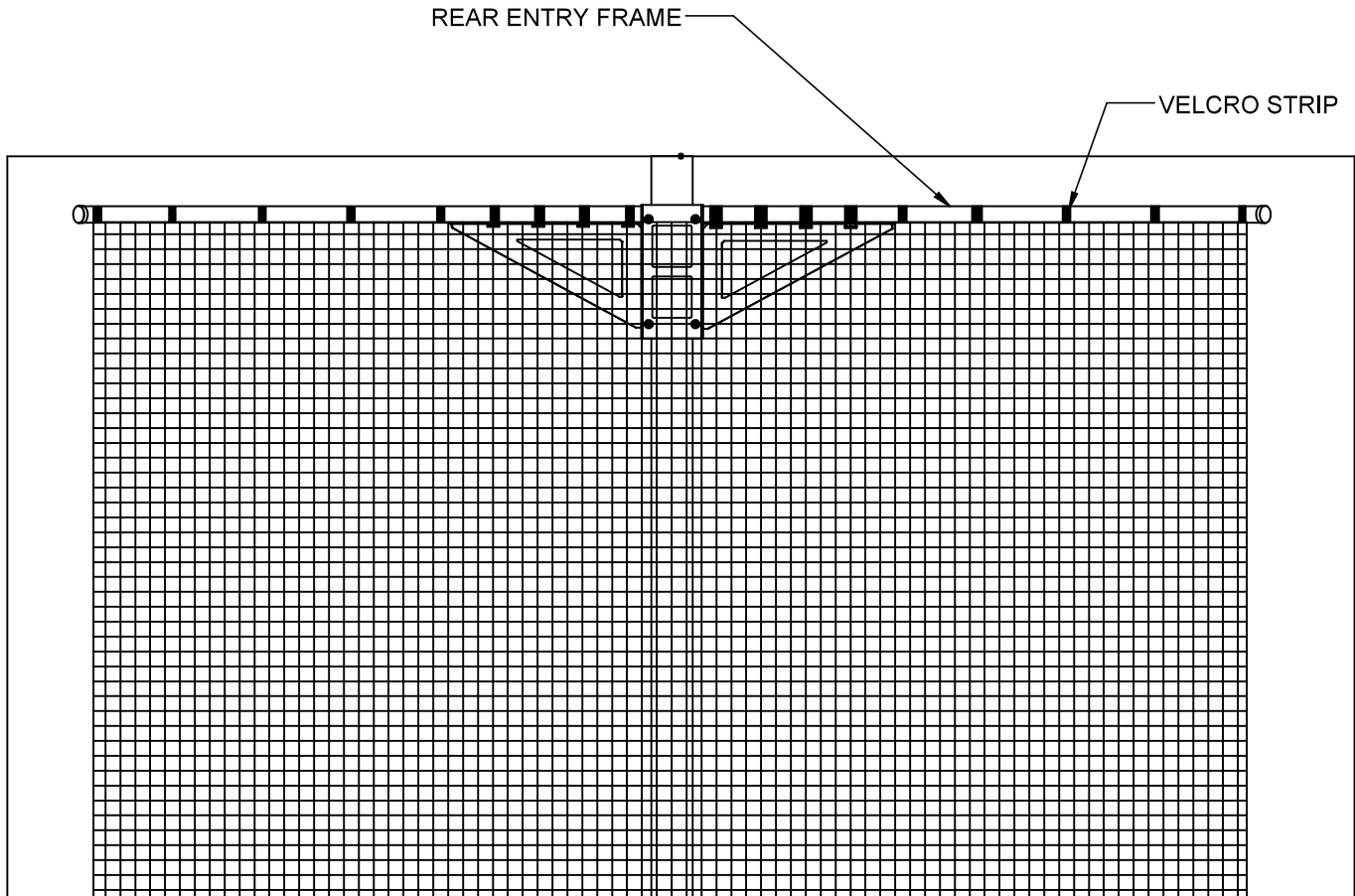




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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

REAR ENTRY NET INSTALLATION



SECURE REAR ENTRY NET TO METAL FRAME USING
14" STRIPS OF DOUBLE SIDED VELCRO. SPACE
VELCRO STRIPS EVERY 6"-10" APART.

CONTINUE ADDING VELCRO STRIPS TO ATTACH REAR
ENTRY NET ALL THE WAY TO THE OTHER END.

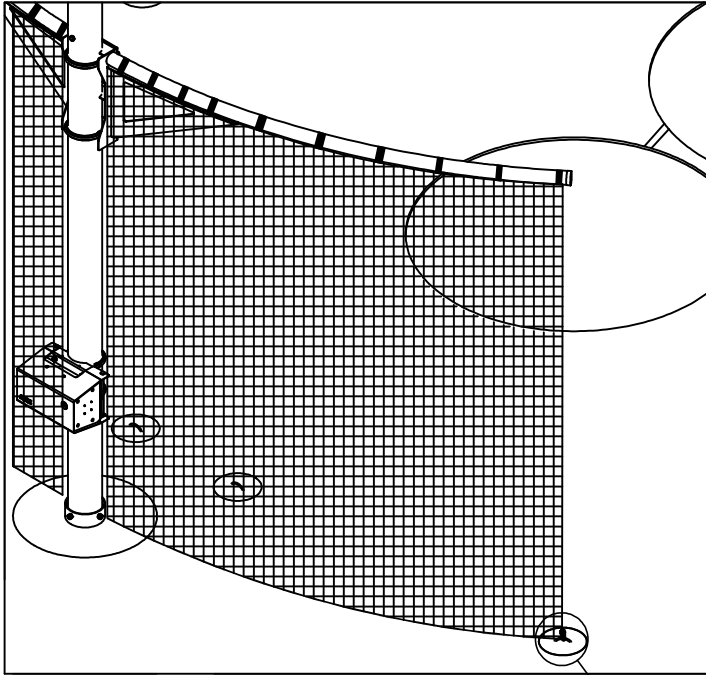
MAKE SURE NET STAYS IN FRONT OF THE REAR
UPRIGHT (NON WINCH SIDE).



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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

REAR ENTRY NET INSTALLATION



NOTE: IF RETROFITTING THE REAR ENTRY, POUR 2
NEW CONCRETE FOOTINGS

REAR ENTRY NET

QUICK LINK

DETAIL D

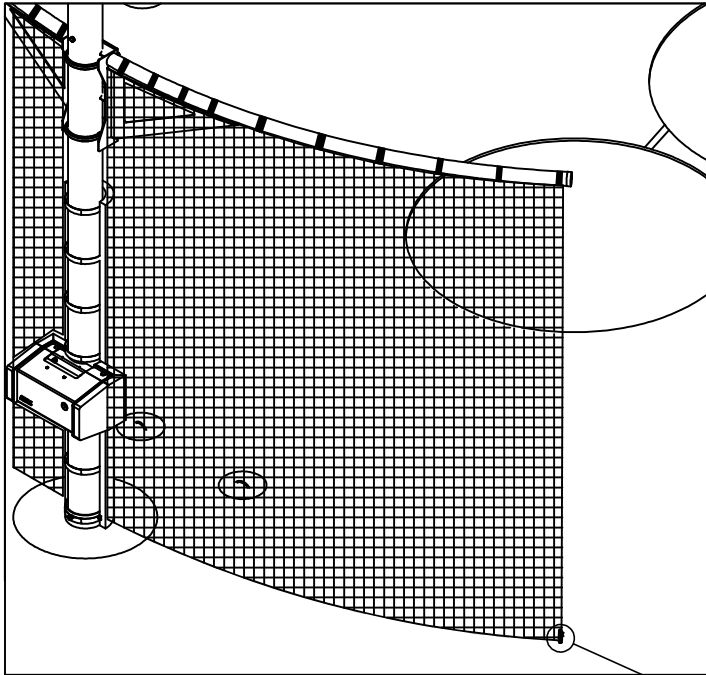


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753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

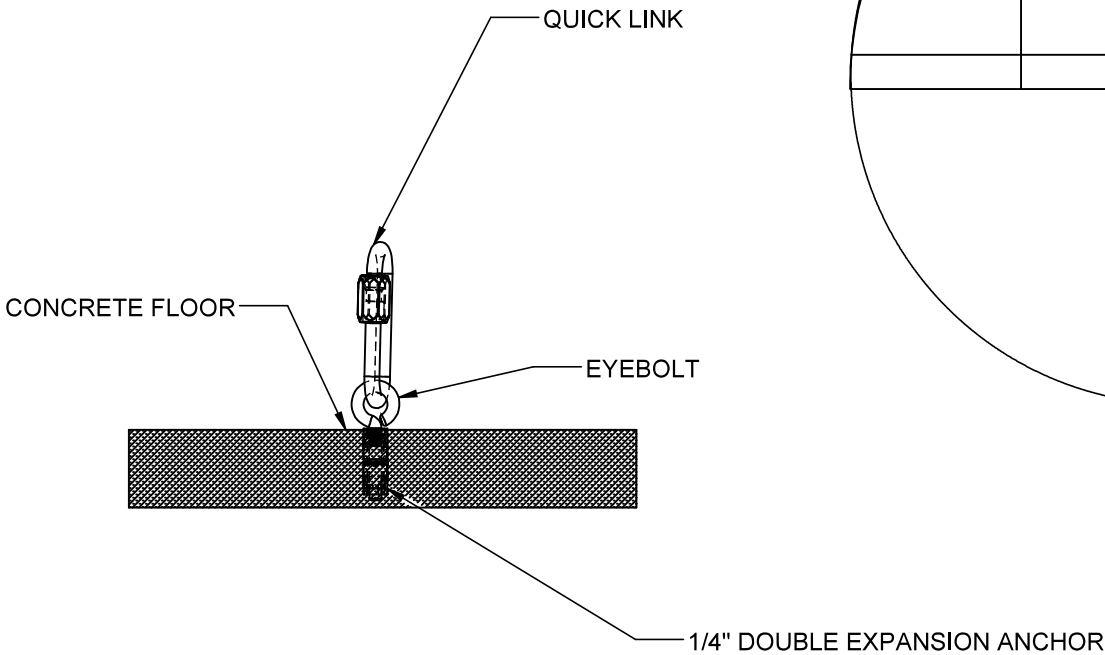
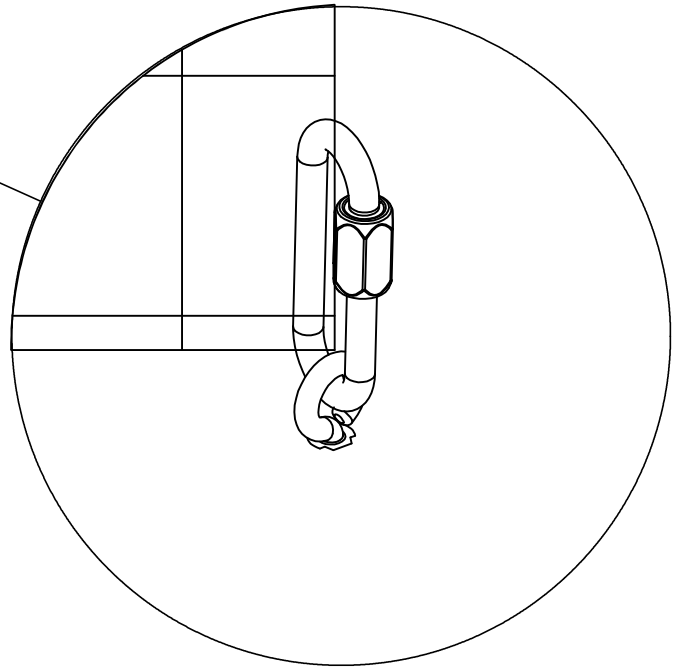
REAR ENTRY NET INSTALLATION - CONCRETE ANCHOR

NOTE: CONCRETE ANCHORS CAN BE USED INSTEAD OF CONCRETE FOOTING IF DESIRED.



USE A 1/2" DRILL BIT TO DRILL HOLES IN CONCRETE. AFTER DRILLING EACH HOLE, THOROUGHLY CLEAN OUT ALL CONCRETE DUST.

INSERT EYEBOLT AND ATTACH NET TO EYEBOLT USING QUICK LINK.

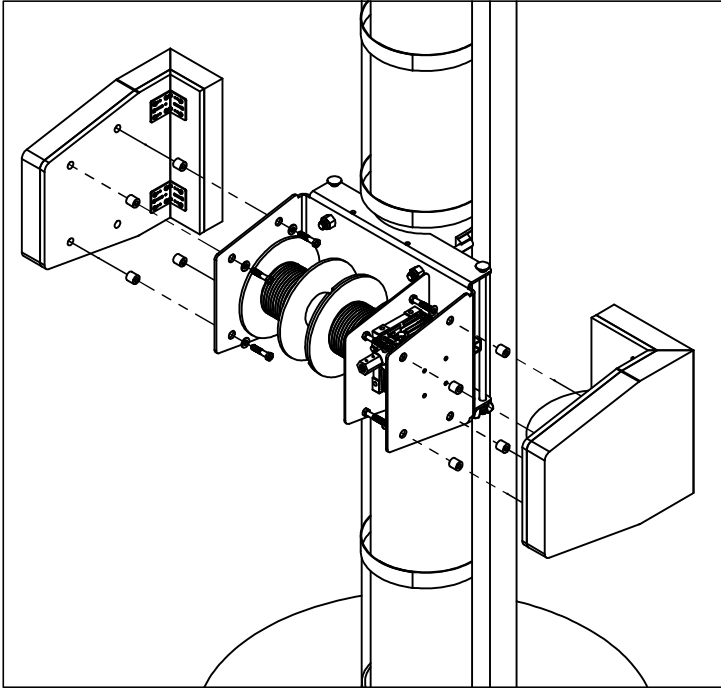




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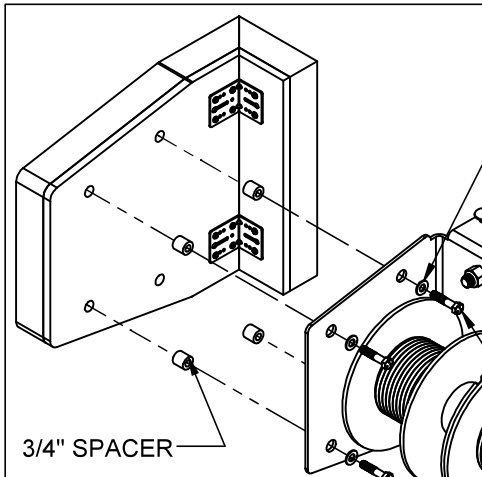
753200CXX - HAMMER AND DISCUS THROWING CAGE REAR ENTRY - DOUBLE RING ASSEMBLY INSTRUCTIONS

PADDING INSTALLATION



INSERT HEX SCREW AND WASHER THROUGH HOLE IN WINCH FROM THE INSIDE. AFTER BOLT IS THROUGH THE HOLE, INSERT SPACER ON OUTSIDE OF WINCH THROUGH THE BOLT UNTIL IT IS TOUCHING THE SIDE OF THE WINCH. TIGHTEN BOLTS INTO THE 4 THREADED INSERTS IN PAD.

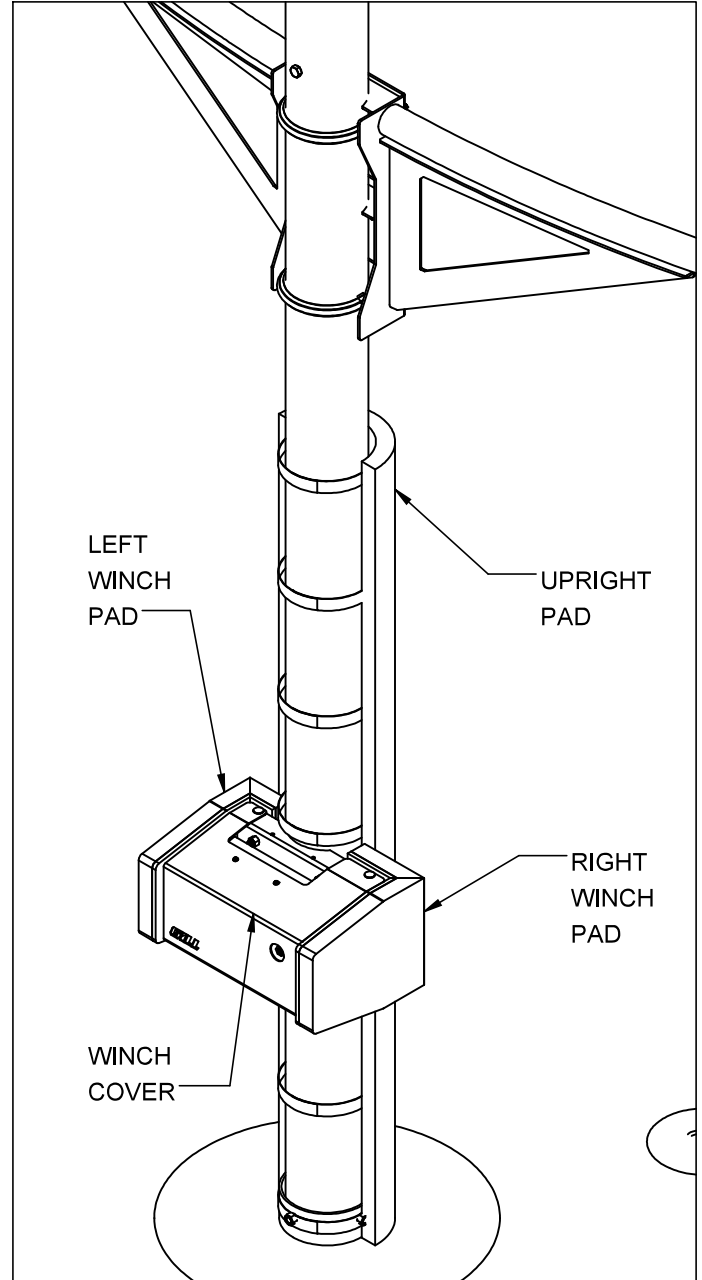
ATTACH UPRIGHT PAD TO REAR UPRIGHT. THE TOP OF THE PAD HAS MORE VELCRO STRAPS AND SHOULD BE ABOVE THE WINCH.



3/8" FLAT WASHER

3/4" SPACER

3/8"-16 X 1-3/4"
HEX SCREW



LEFT
WINCH
PAD

UPRIGHT
PAD

RIGHT
WINCH
PAD

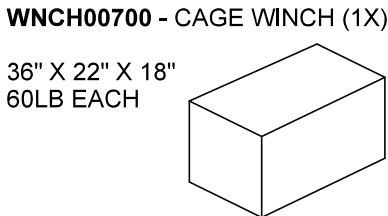
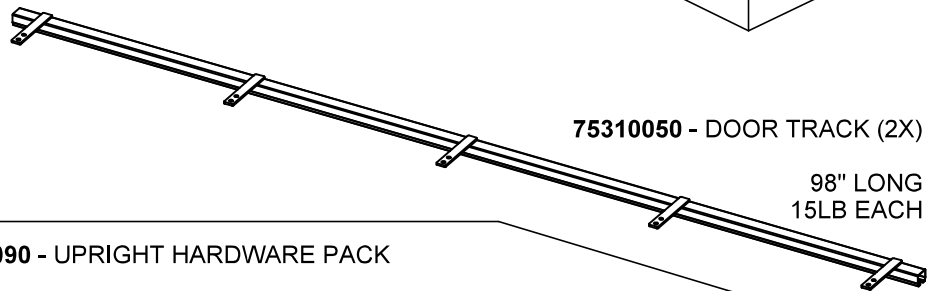
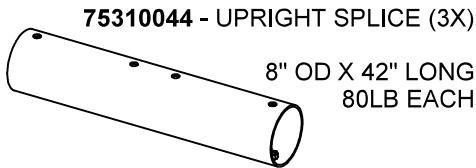
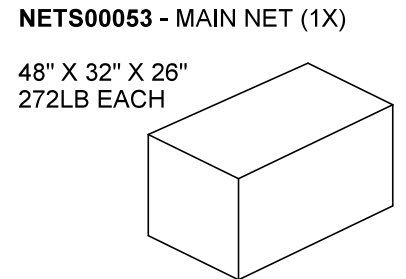
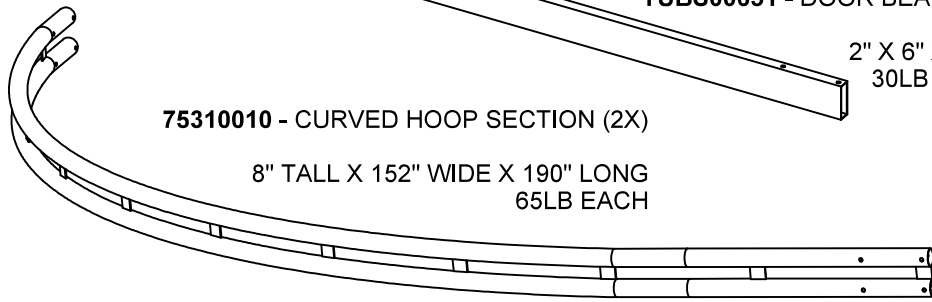
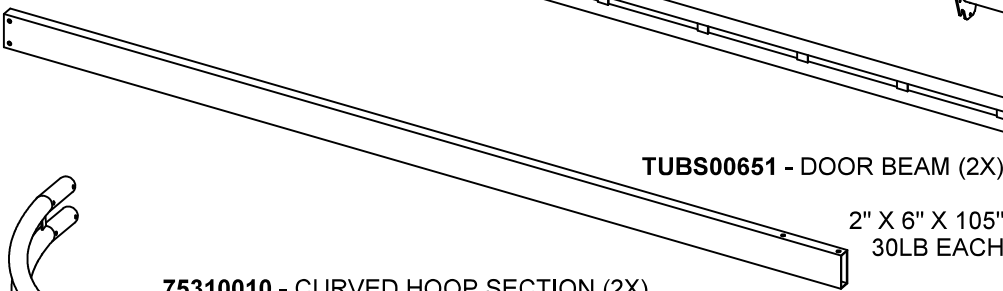
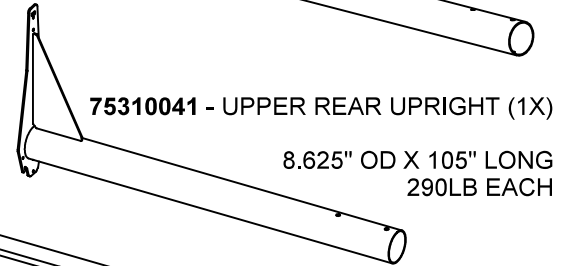
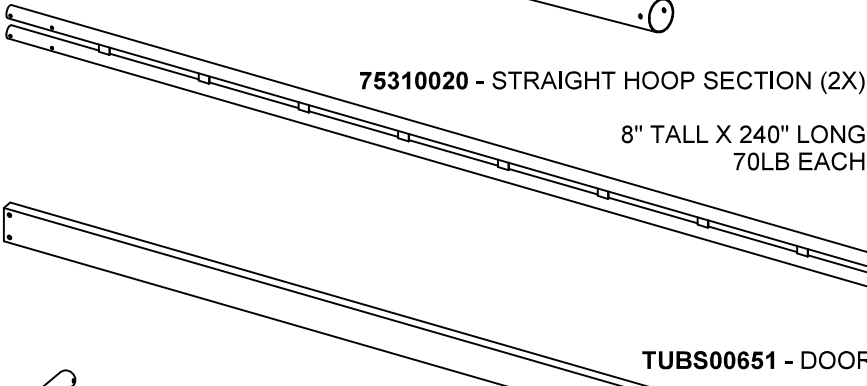
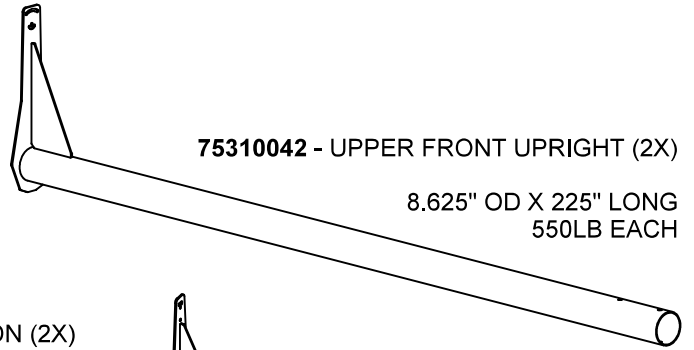
WINCH
COVER



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753200CXX - HAMMER AND DISCUS THROWING CAGE COMPONENTS LIST

PACKING LIST FOR 753100 HAMMER CAGE

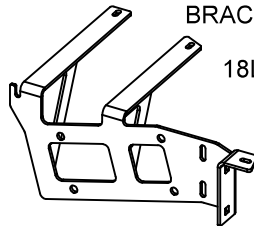


75310090 - UPRIGHT HARDWARE PACK

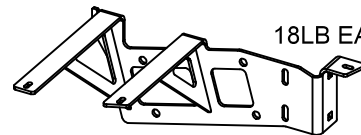
75310091 - HOOP AND DOOR BEAM HARDWARE PACK

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

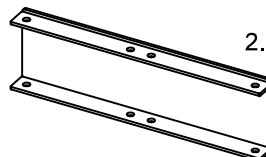
75310030 - LEFT OUTER HOOP BRACKET (1X)
18LB EACH



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

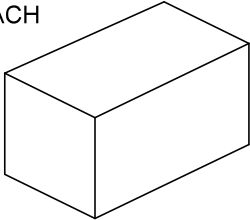


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753200CXX - HAMMER AND DISCUS THROWING CAGE COMPONENTS LIST

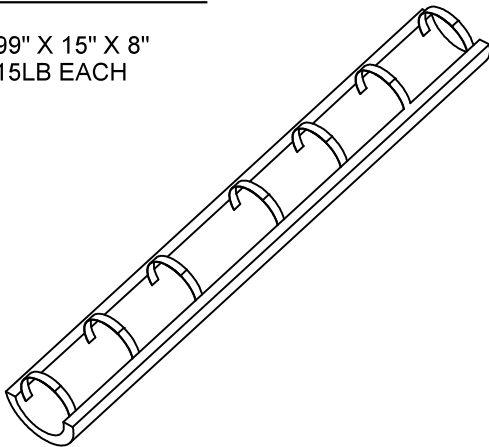
NETS00052 - REAR ENTRY NET (1X)

22" X 22" X 21"
25LB EACH



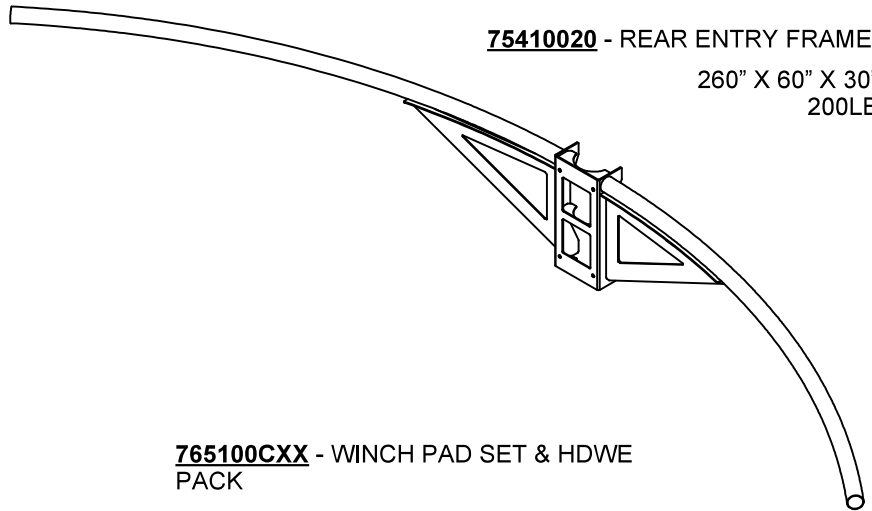
PAD75410020CXX - UPRIGHT PAD

99" X 15" X 8"
15LB EACH



75410020 - REAR ENTRY FRAME

260" X 60" X 30"
200LB



765100CXX - WINCH PAD SET & HDWE PACK

20" X 20" X 12"
30LB EACH

