

# THE PERFORMANCE-SITUATION IN THE EVENTGROUP THROWING AFTER THE WORLD CHAMPIONSHIP OSAKA (JPN) 2007 – AND PROGNOSIS FOR THE OLYMPIC GAMES 2008 IN BEIJING (CHN)

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*This article, a performance analysis of the throwing events at the 2007 World Championships in Osaka, was presented by the author at the 2007 International Throws Conference held in Windsor, Ontario, Canada September 29th and 30th, 2007.*

It is less than one year time until the opening ceremony of the Olympic Games 2008 in Beijing takes place.

That means in more or less three weeks all athletes around the World will start with the last stage of training with the targets to realize best-possible results in August 2008 in Beijing.

**Olympic Years that means always for all athletes special motivation and special effort to fight for best results.**

That's why it seems to me reasonable to make an exact performance analysis right at the beginning of such an important training year after the 11th World Championship, to be able to set the individual targets for all athletes by using prognosis results for the Olympic Competitions.

Figures 1 to 8 demonstrating the competition results of the main competition: Olympic Games 2004, World Championship 2005 in Helsinki and the World Championship 2007 in Osaka, as well as the statistical average of the Olympic Cycle 2004 to 2007.

Figure 9 is demonstrating the results of the Junior World Championship 2006 in Beijing, because in two years (2006 to 2008) it could be possible that some of the best juniors developing their results to breakthrough to become a world class athlete.

**Results Main Competitions**  
**Olympic Cycle 2004-2008**  
*Shot put men*

EVENT	Gold	Silver	Bronze	4th	5th	6th	7th	8th
average 2000-2004	21.48	21.21	20.98	20.8	20.68	20.48	20.38	20.18
Athens 2004	Belonog UKR 21.16	Nelson USA 21.16	Olsen DEN 21.07	Martinez ESP 20.84	Mikhnjewich BLR 20.34	Below BLR 20.34	Anzelnark AUS 20.31	Bartels GER 20.26
Helsinki 2005	Nelson USA 21.73	Smith NED 21.29	Bartels GER 20.99	Belonog UKR 20.89	Cantwell USA 20.87	Mikhnevich BLR 20.74	Olsen DEN 20.73	Tiisanja FIN 20.57
average 2004-2005	21.45	21.29	20.99	20.87	20.6	20.54	20.52	20.41
Osaka 2007	Hoffa USA 22.04	Nelson USA 21.61	Mischnenko BLR 21.27	Smith NED 21.13	Majewski POL 20.87	Vodovnik SLO 20.67	Barthels GER 20.45	Balou BLR 20.34
average 2004-2007	21.64	21.36	21.11	20.95	20.71	20.59	20.5	20.39
Beijing 2008								
prognosis	22	21.75	21.5	21	20.75	20.6	20.5	20.5
average 2004-2008								

Fig. 1: Results main competitions Olympic cycle 2004 - 2008 and prognosis Olympic Games 2008

**Results Main Competitions**  
**Olympic Cycle 2004-2008**  
*discus men*

EVENT	Gold	Silver	Bronze	4th	5th	6th	7th	8th
average 2000-2004	69.49	68.11	67.07	66.25	65.25	65.12	64.38	63.87
Athens 2004	Alekna LTU 69.49	Kowago HUN 67.04	Tammert EST 66.66	Kaptjuk BLR 64.54	Kruger RSA 64.34	Malone USA 64.33	Riedel GER 62.8	Hopley RSA 62.58
Helsinki 2005	Alekna LTU 70.17	Kanter EST 68.57	Möllenbeck GER 65.95	Tammert EST 64.84	Waltz USA 64.27	Kruger RSA 64.23	Rome USA 64.22	Tunks CAN 63.77
average 2004-2005	70.03	67.8	66.31	64.69	64.31	64.28	63.52	63.18
Osaka 2007	Kanter EST 68.94	Harting GER 66.68	Smith NED 66.42	Alekna LTU 65.24	Mate HUN 64.71	El Ghazali EGY 64.58	Hadadi IRI 64.53	Tammert EST 64.33
average 2004-2007	69.53	67.43	66.34	64.87	64.44	64.38	63.85	63.56
Beijing 2008								
prognosis	70.00	69.5	68	67.5	67	66	65	64.5
average 2004-2008								

Fig. 2: Results main competitions Olympic cycle 2004 - 2008 and prognosis Olympic Games 2008

**Results Main Competitions**  
**Olympic Cycle 2004-2008**  
*hammer men*

EVENT	Gold	Silver	Bronze	4th	5th	6th	7th	8th
average 2000-2004	82.11	80.62	79.86	79.59	79.41	78.86	78.46	77.86
Athens 2004	Muratushi JAP 82.91	Tichon BLR 79.81	Apak TUR 79.51	Dewiatowski BLR 78.82	Pars HUN 78.73	Koznus SLO 78.56	Charfreitag SLO 77.54	Kobs GER 76.3
Helsinki 2005	Tichon BLR 83.89	Dewiatowski BLR 82.6	Ziolkowski POL 79.35	Esser GER 79.16	Karjalainen FIN 78.77	Konowalow RUS 78.34	Pars HUN 78.03	Chersontsev RUS 77.59
average 2004-2005	83.4	81.21	79.43	78.99	78.75	78.45	77.79	76.95
Osaka 2007	Tichon BLR 83.63	Kozmuz SLO 82.29	Charfreitag SVK 81.6	Dejatowski BLR 81.57	Pars HUN 80.93	Murofushi JPN 80.46	Ziolkowski POL 80.09	Esser GER 79.66
average 2004-2007	83.47	81.34	80.14	79.85	79.48	79.12	78.55	77.85
Beijing 2008								
prognosis	83.5	82.5	82	81.5	81	80	80	80
average 2004-2008								

Fig. 3: Results main competitions Olympic cycle 2004 - 2008 and prognosis Olympic Games 2008

**Results Main Competitions**  
**Olympic Cycle 2004-2008**  
*javelin men*

EVENT	Gold	Silver	Bronze	4th	5th	6th	7th	8th
average 2000-2004	88.69	87.87	86.69	85.41	84.68	83.95	82.87	81.79
Athens 2004	Thorkildsen NOR 86.5	Valeskis LAT 84.95	Makarow RUS 84.84	Backley GBR 84.13	Iwanow RUS 83.31	Varnik EST 83.25	Rags LAT 83.14	Pitkamäki FIN 83.01
Helsinki 2005	Varvik EST 87.17	Thorkildson NOR 86.18	Makarow RUS 83.54	Pitkamäki FIN 81.27	Iwanow RUS 79.14	Rags LAT 78.77	Kovals LAT 77.61	Frank GER 77.65
average 2004-2005	86.84	85.57	84.19	82.7	81.23	81.01	80.47	80.33
Osaka 2007	Pitkamäki FIN 90.33	Thorkildsen NOR 88.61	Greer USA 86.21	Vasilewskis LAT 85.19	Iwanow RUS 85.18	Oosthuizen RSA 84.52	Janik POL 83.38	Järvenpää FIN 82.1
average 2004-2007	88.01	86.58	84.86	83.53	82.54	82.18	81.54	80.92
Beijing 2008								
prognosis	92	89	88	86.5	85	84	83	83
average 2004-2008								

Fig. 4: Results main competitions Olympic cycle 2004 - 2008 and prognosis Olympic Games 2008

**Results Main Competitions**  
**Olympic Cycle 2004-2008**  
*Shot put women*

EVENT	Gold	Silver	Bronze	4th	5th	6th	7th	8th
average 2000-2004	20.41	19.89	19.63	19.23	19.04	18.87	18.66	18.46
Athens 2004	Cumba CUB 19.59	Kleinert GER 19.55	Kriveljowa RUS 19.49	Ostaptschuk BLR 19.01	Khoronenko BLR 18.96	Zabawska POL 18.64	Gonzales CUB 18.58	Adams NZL 18.56
Helsinki 2005	Ostapchuk BLR 20.51	Rybinkowa RUS 19.64	Nili NZL 19.64	Krivelyova RUS 19.26	Kleinert GER 19.07	Cumba CUB 18.64	Li CHN 18.35	Chorenko BLR 18.34
average 2004-2005	20.05	19.6	19.56	19.08	19.01	18.64	18.46	18.45
Osaka 2007	Vili NZL 20.54	Ostapschu BLR 20.48	Kleinert GER 19.77	Ling CHN 19.38	Lammert GER 19.33	Meiju CHN 18.83	Gong CHN 18.66	Rosa ITA 18.39
average 2004-2007	20.21	19.89	19.63	19.22	19.12	18.7	18.53	18.43
Beijing 2008								
prognosis	20.7	20.5	20.25	19.5	19.5	19.25	19	19
average 2004-2008								

Fig. 5: Results main competitions Olympic cycle 2004 - 2008 shot put women and prognosis Olympic Games 2008

**Results Main Competitions**  
**Olympic Cycle 2004-2008**  
*discus women*

EVENT	Gold	Silver	Bronze	4th	5th	6th	7th	8th
average 2000-2004	67.12	66.15	65.65	64.95	64.59	63.71	62.47	59.37
Athens 2004	Sadowa RUS 67.02	Kelisidou GRE 66.68	Yatschenko BLR 66.17	Pospisilowa CZE 66.08	Antonowa UKR 65.75	Grasu ROM 64.92	Faumkina NZL 64.92	Voggoli GRE 62.37
Helsinki 2005	Dietzsch GER 66.56	Sadowa RUS 64.32	Pospisilowa CZE 63.19	Faumkina NZL 62.73	Grasu ROM 62.05	Shi Ma CHN 61.33	Tomasevic SCG 60.56	Antonowa UKR 59.37
average 2004-2005	66.79	65.5	64.68	64.41	64.25	63.78	62.61	60.18
Osaka 2007	Dietzsch GER 66.61	Pischalniko RUS 65.78	Barros CUB 63.9	Grasu ROM 63.4	Sun CHN 63.22	Antonowa UKR 62.41	Wisnewska POL 61.35	Fokina UKR 61.17
average 2004-2007	66.73	65.95	64.42	64.07	63.68	62.89	62.28	60.97
Beijing 2008								
prognosis	68	67	66.5	66.5	66	65	65	64
average 2004-2008								

Fig. 6: Results main competition Olympic cycle 2004 - 2008 discus women and prognosis olympic Games 2008

**Results Main Competitions**  
**Olympic Cycle 2004-2008**  
*hammer women*

EVENT	Gold	Silver	Bronze	4th	5th	6th	7th	8th
average 2000-2004								
Athens 2004	Kuzenkowa RUS 75.02 OR	Moreno CUB 73.36	Crawford CUB 73.16	Heidler GER 72.73	Skolimowska POL 72.57	Zander BLR 72.27	Zhang CHN 72.03	Sekatschowa UKR 70.4
Helsinki 2005	Kuzenkowa RUS 75.1	Moreno CUB 73.08	Lysenko RUS 72.46	Montebrun Frau 71.41	Zhang CHN 69.82	Sekachowa UKR 69.65	Skolimowska POL 68.96	Scott TRI 66.55
average 2004-2005	75.06	73.22	72.81	72.07	71.2	70.96	70.56	68.5
Osaka 2007	Heidler GER 74.76	Moreno CUB 74.74	Zhang CHN 74.39	Skolimowska POL 73.75	Konevzewa RUS 72.45	O'Keeffe IRL 70.93	Claretti ITA 70.74	Montebrun Frau 70.36
average 2004-2007								
Beijing 2008								
prognosis	78	76.5	76	75	74	74	73.5	73
average 2004-2008								

**Fig. 7: Results main competitions Olympic cycle 004 - 2008 hammer women and prognosis Olympic Games 2008**

**Results Main Competitions**  
**Olympic Cycle 2004-2008**  
*javelin women*

EVENT	Gold	Silver	Bronze	4th	5th	6th	7th	8th
average 2000-2004	68.79	65.3	64.27	63.52	62.84	61.58	61.29	60.75
Athens 2004	Menendez CUB 71.53	Nerius GER 65.28	Manjani GRE 64.29	Brechowa CZE 64.23	Bisset CUB 63.54	Eve BAH 62.77	Bicet CUB 62.51	Ljachowich UKR 61.75
Helsinki 2005	Menendez CUB 71.7	Obergföll GER 70.03	Nerius GER 65.96	Scherwin DEN 63.43	Bani ITA 62.75	Tarvainen FIN 62.64	Bisset CUB 61.75	Tsiolakoudi GRE 57.99
average 2004-2005	71.62	67.66	65.13	63.83	63.14	62.7	62.13	59.87
Osaka 2007	Spotakowa CZE 67.07	Obergföll GER 66.46	Nerius GER 66.42	Brejochowa CZE 63.73	Lika GRE 63.13	Bisset CUB 61.74	Abakumowa RUS 61.43	Stahl GER 61.03
average 2004-2007	70.12	67.26	65.56	63.61	63.14	62.38	61.92	60.26
Beijing 2008								
prognosis	72.5	70	67.5	65	64	63.5	63.5	63
average 2004-2008								

**Fig. 8 : Results main competitions Olympic cycle 2004 - 2008 javelin women and prognosis Olympic Games**

<b>Event</b>	<b>1st place</b>	<b>3rd place</b>	<b>8th place</b>
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**Men:**

<b>Shot put</b>	<b>Iwanow (BUL)</b> 20,70 m	<b>Grekow (RUS)</b> 19,89 m	<b>Kyle (GEO)</b> 18,56 m
<b>Discus</b>	<b>Haddadi (IRI)</b> 62,14 m	<b>Rujewitsch (SCG)</b> 59,82 m	<b>Martin (GER)</b> 57,88 m
<b>Hammer</b>	<b>Azenrenkow (Rus)</b> 74,11 m	<b>Bethke (GER)</b> 71,91 m	<b>Olexiy (UKR)</b> 68,33 m
<b>Javelin</b>	<b>Tovarnow (RUS)</b> 79,38 m	<b>de Oliveira (BRA)</b> 73,86 m	<b>Daniele (ITA)</b> 69,40 m

**Women:**

<b>Shot put</b>	<b>Carter (USA)</b> 17,55 m	<b>Schwanitz (GER)</b> 16,52 m	<b>Kempers (GER)</b> 15,46 m
<b>Discus</b>	<b>Ma Xuejun (CHN)</b> 57,85 m	<b>Müller (GER)</b> 57,13 m	<b>Foubus (USA)</b> 48,53 m
<b>Hammer</b>	<b>Smoliachkova (BLR)</b> 66,81 m	<b>Gibilisco (ITA)</b> 60,95 m	<b>Litiya (UKR)</b> 57,45 m
<b>Javelin</b>	<b>Zimmer (GER)</b> 58,50 m	<b>Thomson (AUS)</b> 56,01 m	<b>Schönmakers (BEL)</b> 52,67 m

**Fig. 9 a: Results 10th Junior World Championship, Grossetto (ITA)**

I put the main emphasis on the analysis of the World Championship in Osaka and on the IAAF-World-Ranking-List 2007 as well.

In the Nation Ranking Germany came back to the leading process, after forcing the process of generation-alternation.

Germany won 2 Gold-, 2 Silver- and 2 Bronze medals.

The USA and Belarus reaching each 1 Gold, 1 Silver and 1 Bronze medals and

Finland, Estonia and New-Zealand won each 1 Gold medal.

Cuba was not able to maintain its former position in the Event-Group throwing, the same goes for Russia and the Ukraine as well.

The Chinese team could not meet the general expectations.

Only one Medalist of the Junior World Championship 2006 – Robert Oosthuizen (RSA) reached a position in the final of the World Championship. He improved his personal best from 83,07 m (2006) to 84,52 m (2007) in Osaka and reached with this result enlarged world class in javelin throwing.

Clear progress carrying out Athletes from Egypt, Kuwait, India and Saudi Arabia.

Certainly at the moment only one athlete of this countries was successful in the final:

Omar Ahmed El Ghazaly (EGY) with the 6<sup>th</sup> place in the discus final with a result of 64,58 m.

<b>Nation</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Finalists</b>
1. Germany	2	2	2	4
2. USA	1	1	1	2
2. BLR	1	1	1	2
3. FIN	1	-	-	2
4. EST	1	-	-	1
5. CZE	1	-	-	1
6. NZL	1	-	-	-
7. CUB	-	1	1	3
8. RUS	-	1	-	3
9. SLO	-	1	-	1
10. NOR	-	1	-	-
11. CHN	-	-	1	4
12. SVK	-	-	1	-

**Table 10:** Team ranking World Championship Osaka, Throwing events

To define prognosis-results and the nomination of potential favourites for the Olympic Games 2008 the analysis of the age-structure of the medalists and the finalists is convenient.

<b>Event</b>	<b>Age-average Medalists</b>	<b>Age-average Finalists</b>
<b>Men</b>		
Shot put	31,1	28,8
Discus	25,6	27,4
Hammer	29,6	29,4
Javelin	27,0	24,8
<b>Women</b>		
Shot put	27,3	24,6
Discus	28,3	30,1
Hammer	24,0	25,5
Javelin	29,1	29,5

**Table 11 :** Age-average of the finalists and the medalists of the World Championship 2007

Looking on the IAAF-World-Ranking-list 2007 of the 8 throwing events (Table 12 – 19) in the context of the 11th World championship we can say that the level of the results in Osaka were not very high.

High is however the performance density. A group of top-athletes fighting for the medals, and this number of top-athletes become bigger and bigger.

Rank	Name(Country)	Age	Result	Place in Osaka
1.	Hoffa,R. (USA)	30	22,43 m	1.
2.	Cantwell, C.(USA)	27	21,96 m	-
3.	Olsen, A. (DEN)	30	21,61 m	NM ; Q: 20,62 m
4.	Nelson,A. (USA)	32	21,61 m	2.
5.	Mikhnewitch, A. (BLR)	31	21,27 m	3.
6.	Smith,R. (NED)	26	21,19 m	4.
7.	Taylor, D. (USA)	25	21,18 m	-
8.	Sack, P. (GER)	28	21,00 m	NM Q
9.	Majewski, T: (POL)	26	20,87 m	5.
10.	Winger, R. (USA)	23	20,81 m	-

**Table 12:** IAAF-World-Ranking-List 2007 –Shot put men

Rank	Name (Country)	Age	Result	Place in Osaka
1.	Kanter, G. (EST)	28	72,02 m	1.
2.	Alekna,V. (LTU)	35	71,56 m	4.
3.	Kruger, F. (FIN)	32	69,97 m	20. (60,72 m)
4.	Rome, J. (USA)	31	68,37 m	15. (61,87 m)
5.	Pestano, M. (ESP)	29	68,26 m	10
6.	Waltz, J. (USA)	30	67,98 m	13. (62,67 m)
7.	Hadadi, E. (IRI)	22	67,95 m	7.
8.	Smith, R. (NED)	26	67,63 m	3.
9.	Hartwig, R. (GER)	23	66,93 m	2.
10.	Malachowski, P. (POL)	24	66,61 m	12.

**Table 13:** IAAF-World-Ranking-List 2007 – Discus men

Rank	Name (Country)	Age	Result	Place in Osaka
1.	Tichon,I (BLR)	31	83,63 m	1.
2.	Daviatowski, V. (BLR)	30	82,94 m	4.
3.	Murofushi, K. (JPN)	28	82,62 m	6.
4.	Kuzmuz, P. (SLO)	28	82,30 m	2.
5.	Charfreitag, L. (SVK)	30	81,60 m	3.
6.	Pars, K. (HUN)	25	81,40 m	5.
7.	Ziolkowski, S. (POL)	31	80,70 m	7.
8.	Esser, M. (GER)	27	80,68 m	8.
9.	Apak, E. (TUR)	25	80,31 m	11.
10.	Vinichenko, J. (RUS)	28	80,00 m	-

**Table 14:** IAAF-World-Ranking-List 2007 Hammer men

Rank	Name (Country)	Age	Result	Place in Osaka
1.	Greer, B. (USA)	31	91,29 m	3.
2.	Pitkamäki, T. (FIN)	26	91,23 m	1.
3.	Vasiljewis, V. (LAT)	26	90,73 m	4.
4.	Thorkildsen, A. (NOR)	26	89,51 m	2.
5.	Makarow, S. (RUS)	34	87,46 m	18. (78,22 m)
6.	Iwanow, A. (RUS)	25	86,71 m	5.
7.	Martinez, G. (CUB)	26	85,93 m	9.
8.	Arvidsson, M. (SWE)	24	85,75 m	10.
9.	Oosthuizen, R. (RSA)	20	84,52 m	6.
10.	Jarvenpää, T. (FIN)	23	84,06 m	8.

**Table 15:** IAAF- World-Ranking-List 2007 , Javelin men

1.	Vili, V. (NZL)	23	20,54 m	1.
2.	Ostapschuk, (BLR)	27	20,48 m	2.
3.	Lammert, P. (GER)	23	20,04 m	5.
4.	Kleinert, N. (GER)	32	19,77 m	3.
5.	Ling, L. (CHN)	22	19,38 m	4.
6.	Karolschuk, Y. (BLR)	31	19,24 m	10.
7.	Rosa, Ch. (ITA)	24	19,15 m	8.
8.	Gong, L. (CHN)	18	19,13 m	7.
9.	Avdejewa, A. (RUS)		19,11 m	-
10	Li, M. (CHN)	28	19,05 m	6..

**Table 16:** IAAF-World-Ranking-List 2007 , Shot put women

1.	Dietzsch, F. (GER)	39	68,06 m	1.
2.	Powell, S. (USA)	31	67,67 m	16. (59,57 m)
3.	Breisch, B. (USA)	24	67,37 m	19. (58,42 m)
4.	Pospischilowa, V. (CZE)	29	66,18 m	20. (57,56 m)
5.	Pischalnikowa, D. (RUS)	22	65,78 m	2.
6.	Grasu, N. (ROM)	36	65,50 m	4.
7.	Sun, T. (CHN)	25	64,98 m	5.
8.	Ferrales, Y. (CUB)	30	64,97 m	11.
9.	Naude, E. (RSA)	29	64,87 m	DNS
10	Yatschenko, I. (BLR)	42	64,87 m	10.

**Table 17:** IAAF-World-Ranking-List 2007 , Discus women

1.	Lysenko, T. (RUS)	24	78,61 m	DNS
2.	Konofejewa, G. (RUS)	25	77,36 m	10. (69,08 m)
3.	Skolimowska, K. (POL)	25	76,83 m	4.
4.	Moreno, Y. (CUB)	27	76,36 m	2.
5.	Konevtsewa, Y. (RUS)	26	76,21 m	5.
6.	Heidler B. (GER)	24	75,77 m	1.
7.	Brkljajic, I. (CRO)	24	75,08 m	11. (68,16m)
8.	Koroltschik, Y. (RUS)	24	74,87 m	DNS
9.	Zhang, W. (CHN)	21	74,86 m	3.
10	Miankowa, A. (BLR)	25	73,94 m	DNS

**Table 18:** IAAF-World-Ranking-List 2007 , Hammer women

1. Obergföll, Ch. (GER)	26	70,20 m	2.
2. Spatakowa, B. (CZE)	26	67,20 m	1.
3. Nerius, St. (GER)	35	65,78 m	3.
4. Sayers, G. (GBR)	25	65,05 m	18.(57,23m)
5. Bisset, S. (CUB)	36	64,85 m	5.
6. Brejchowa, N. (CZE)	33	64,29 m	4.
7. Abakumowa, M. (RUS)	21	64,28 m	7.
8. Kreiner, K. (USA)	30	64,19 m	DNS
9. Jakubaityte, I. (LTU)	31	63,65 m	25.(56.16 m)
10 Tarvainen, P. (FIN)	34	63,58 m	12

**Table 19:** IAAF-World-Ranking-List 2007, Javelin women.

Table 20 shows the “record-balance” of the 11th World Championship:

Event	NR	WBL	PB	SPB	Number of participations
<b>Men</b>					
Shot put			1	3	36
Discus			1	1	29
Hammer		1		4	29
Javelin			2	3	35
<b>Women</b>					
Shot put		1 (NZL)	1	3	28
Discus			3	2	28
Hammer					38
Javelin	1 (CZE)		3	4	33

**Table 20** “Record-balance” 11th World championship Osaka 2007-09-23

Table 20 shows us, that from total 256 throwing athletes merely:

- 1 National Record – Spatakowa, B. (CZE) 67,07 m
- 2 World Best Marks 2007: . Tichon (BLR) with 83,63 m and . Vili (NZL) with 20,54 m
- 11 Personal bests and
- 20 seasonal personal bests were setting up. Especially the number of personal bests or seasonal personal bests and also the comparison of the World-Ranking-List to the results of the main competition raise several training methodical as well as organizational questions , from which for the preparation of the Olympic Games the following is the most important one:

**Which training – methodical activities must take measures that the best Performance shape is developed exact at the time of the main competition to be able, to realize the best-possible Olympic result?**

**How is that to ensure under the condition of the time changing from 5 to 8 hours time difference for the different countries and the extreme climate conditions in Beijing (30 – 38 degree Celsius, 70 to 93 % humidity and high smog loads).**

The requirement for coaches and athletes must be:

- **To be successful at the Olympic Games it will be absolute necessary that the athlete has the best performance shape at the day of the Olympic competition. Otherwise the Olympic success is in danger.**

For the planning process coaches and athletes should proceed from the following prognosis results. Table 21

<b>Event</b>	<b>1st place</b>	<b>3rd place</b>	<b>8th place</b>	<b>12th place</b>
<b>Men</b>				
Shot put	22,00 m	21,50 m	20,50 m	20,00 m
Discus	70,00 m	68,00 m	66,00 m	64,00 m
Hammer	83,50 m	82,00 m	80,00 m	79,00 m
Javelin	92,00 m	88,00 m	83,00 m	80,00 m
<b>Women</b>				
Shot put	20,70 m	20,25 m	19,00 m	18,50 m
Discus	68,00 m	66,50 m	64,00 m	61,00 m
Hammer	78,00 m	76,00 m	73,00 m	71,00 m

**Table 21:** Prognosis for the Olympic throwing competitions Beijing 2008

Favourites for the medals in the 8 throwing events most of all are:

Men:

Shot put: Hoffa (USA), Nelson (USA), Smoth (NED), Olsen (DEN);

Discus: Kanter (EST), Harting (GER), Alekna (LTU), Hadadi (IRI)

Hammer: Tichon (BLR), Murofushi (JPN), Esser (GER), Charfreitag (SVK)

Javelin: Pitkamäki (FIN), Thorkildsen (NOR), Vasilevskis (LAT), Greer (USA)

Women:

Shot put: Vili (NZL), Ling (CHN), Gong (CHN), Ostaptschuk (BLR),

Discus: Pischlikowa (RUS), Dietzsch (GER), Sunt (CHN), Naude (RSA);

Hammer: Lysenko (RUS), Heidler (GER), Zhang (CHN), Moreno (CUB);

Javelin. Sportakova (CZE), Abakumowa (RUS), Obergföll (GER), Bisset (CUB).