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## INSTRUCTION MANUAL

### Aluminium training hurdle with foldable feet PP21-176/FF



File: 2021-11-29  
PRODUCT SUPPORT  
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### Warning!

The sports equipment produced by POLANIK is designed for athletics training and use in sports competitions only. Please pay special attention using the equipment, misuse of athletics equipment can cause serious injury. In no event shall POLANIK be liable for any special, incidental, indirect or consequential damages in connection with the purchase or use of POLANIK products or costs over the original cost of the product. Concerning our permanent efforts to improve our products i.e. their quality and aesthetic values, we reserve the right to introduce, without prior notice, constructional changes as well as other modifications in standard colours of the equipment and implements.

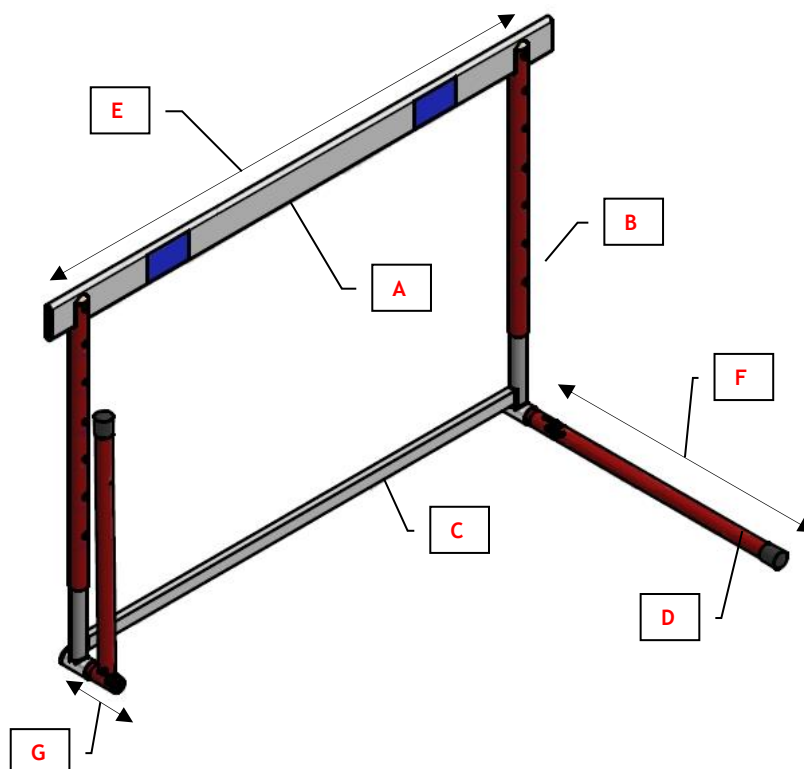
## I. General description and use

Aluminium hurdles PP21-176/FF are designed for athletics training.

## II. Technical specification

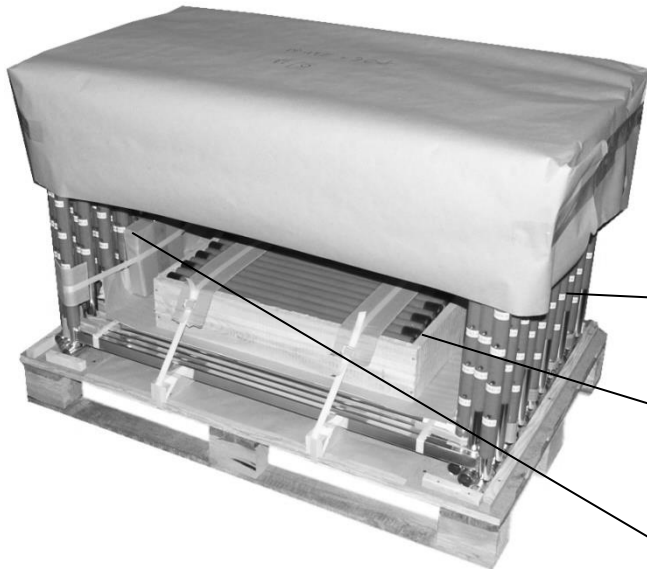
Product code	PP21-176/FF
Hurdle type	training, with foldable feet
(A) Top board	plastic, with inside ribbing
(B) Telescope tube	aluminium, powder painted, system of push button height adjustment
(C) Frame	aluminium, anodized
(D) Foot	foldable, aluminium powder painted, with permanently fixed counterweights
Heights [mm]	686
	762
	838
	914
	991
	1067
(E) Top board's length [mm]	1150
(F) Feet's length [mm]	620
(G) Length of folded feet	120
Standard colour*	red (001)
Net weight [kg]	3,5

\* colour of telescope tubes and hurdle feet



### III. Packing and transport

Hurdles are put on pallets in parts (frames and feet separately) and wrapped with foil.



Package type		Foiled pallet
Dimensions [cm]	contents	30 pcs.
	Length	120
	Width	80
	height	90
Volume [m <sup>3</sup> ]		0,86
Gross weight [kg]		~190

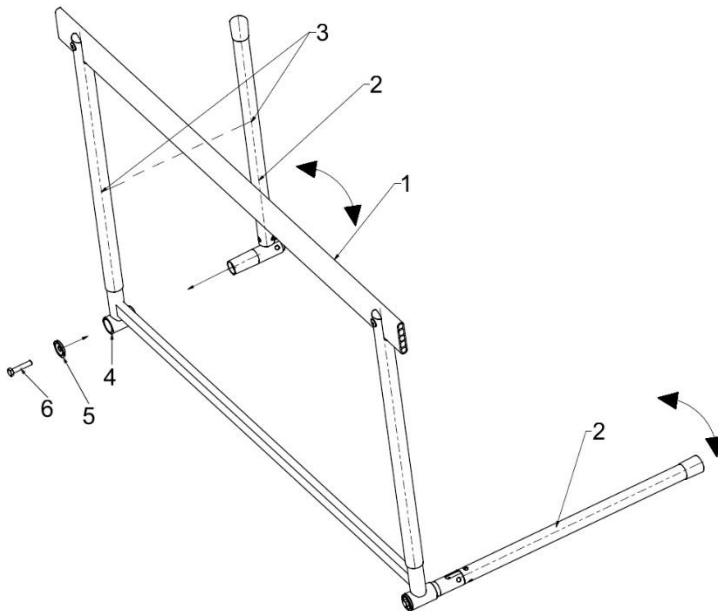
frames with telescope tubes and top boards

box with hurdle feet

box with foot screws

### IV. Assembly

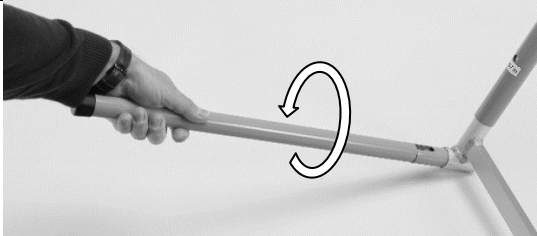
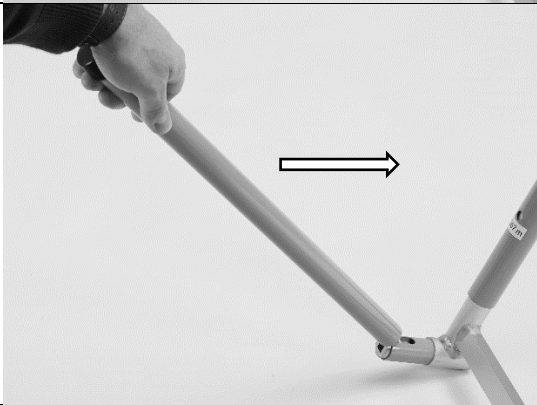

A metric wrench no. 13 is needed to perform the assembly.  
 To assemble the hurdle do the following steps:



- slide carefully one hurdle foot (2) into one socket of the frame (4),
- make sure the foot (2) is properly placed in the socket, so that the axis of the foot is lined up with the axis of the hurdle telescope (3),
- screw the foot (2) to the hurdle frame (1) using the foot screw (6) and the washer (5),
- install the other foot in the same way.

## V. Operation and maintenance

### Folding feet:

	turn the foot counter clockwise until the foot hinge is unlocked,
	then fold the foot towards the hurdle telescope,
	properly installed foot.

During an idle periods the hurdles must be stored in a roofed and dry place. The hurdles must be cleaned from sand (mud, dust and etc).

## VI. Waste disposal information

A used product should not be put in household waste. It must be delivered to a designated collation points for recycling of metal and synthetic materials.



## VII. Declaration

1) No. 2021-11-29

2) Issuer's name: POLANIK Sp. z o. o.

Issuer's address: Życzliwa 11, 97-300 Piotrków Tryb.

3) Object of declaration:

No.	Name	Code
1	Training aluminium hurdle, collapsible	PP21-176/FF

4) The object of declaration described above is in conformity with the requirements of the following documents:

Articles	Document title	Issuer
Rule 22.2 Rule 22.3 Rule 22.4	World Athletics Technical Rules (1 November 2019 and amended on 31 January 2020*) Book C- C 2.1	World Athletics HQ 6-8, Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex Tel: +377 93 10 88 88; Fax: +377 93 15 95 15

5) Declaration for:

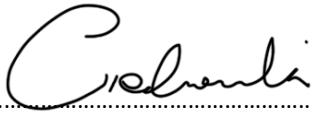
Buyer/Distributor/User

Signed for and in behalf of:

POLANIK Sp. z o.o.  
2021-11-29 Piotrków Tryb.  
(Date and place of issue)

6) Pawel Ciechanowski  
Product Manager

.....  
(Name, function)

  
.....  
(Signature or equivalent authorized by the issuer)