



GISCO® 

KIDS ATHLETICS

*The sooner you **start** the farther you **go**.*



### ELEMENTARY DISCUS

Soft Vinyl discus, ideal for children at Primary level for training activities.

**59041** Pack of 4 team colors (200g) complete with carry bag.

**59042** 200gm

**59043** 350gm



**59044** 500gm

**59045** 750gm

### ELEMENTARY SHOT

Soft Vinyl shots, ideal for children at Primary level for training activities.

**59046** Pack of 4 team colors (500g) complete with carry bag.

**59048** 400gm

**59049** 500gm

**59051** 600gm



### ELEMENTARY HAMMER

Soft vinyl hammer with Throwing rope and handle included.

**59050** Set of 4 team colors (400g) complete with carry bag.

**59025** 400g

**59028** 500g

**59026** 600g

**59027** 800g





### FOLDING HURDLE- CLOTH COVERED

Lightweight, easy to assemble and folds flat for storage.  
50 cms wide in Red, Yellow, Green and Blue.

59056	20cm
59057	30cm
59058	40cm
59059	50cm



### MULTI THROW DISCUS

Multi Elementary soft discus for first ultimate steps for multi-sport training like Discus throw, Shot throw, Hammer throw.  
Arrows on both sides for left and right hand throwers help teaching the rotation of the discus.

Diameter: 20 cm

59061	400g	• Sky blue
59062	500g	• Blue
59063	600g	• Yellow
59064	700g	• Green



### FOAM REALY BATON

59907



### FOAM HURDLE

Soft PE hurdle for fearless and risk free training.  
Ideal equipment for kids athletics.

Length: 700mm

Base Width: 250mm

Adjustable heights 30cm, 50cm, 60cm.

59017



**FOAM JAVELIN**

Foam Javelins boast a dependable flight pattern that helps to develop throwing skills and training aids. Made from high quality rubber foam, and non-toxic - making them safe for kids to use.

- Glued end cross-linked wings to ensure true and straight **flight**
- Individually in Blue, Green, Red or Yellow,

**59021** 90cm long, 100g - **Maxi**

**59022** 50cm long, 55g - **Mini**

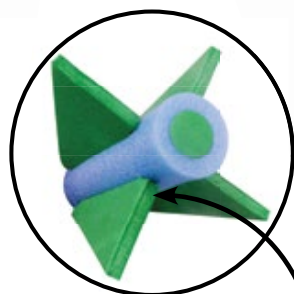
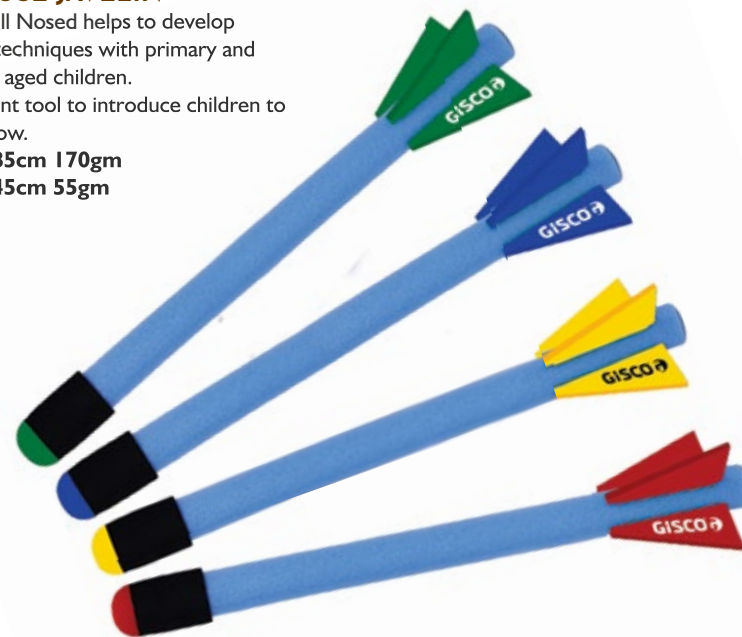
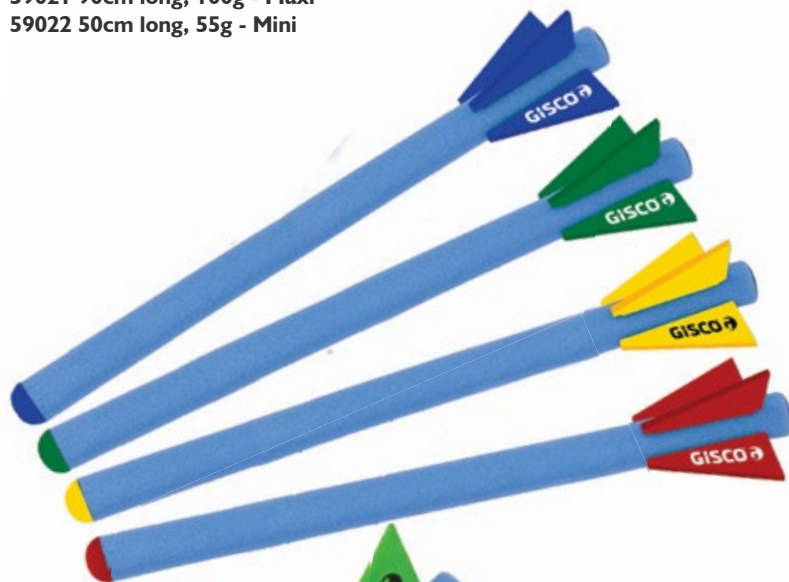
**BULLNOSE JAVELIN**

A Long Bull Nosed helps to develop throwing techniques with primary and secondary aged children.

An excellent tool to introduce children to javelin throw.

**59015** | 85cm 170gm

**59016** | 45cm 55gm



*Interlocked Wings*



### CROSS HOP MAT - FOLDING

Non tearing fabric with 4 cross folding panels & filled with 10mm PE foam.

Printed with numbers 0-4.

Easy to fold for compact storage and economical transportation.

59055 1.5m x 1.5m x 10mm

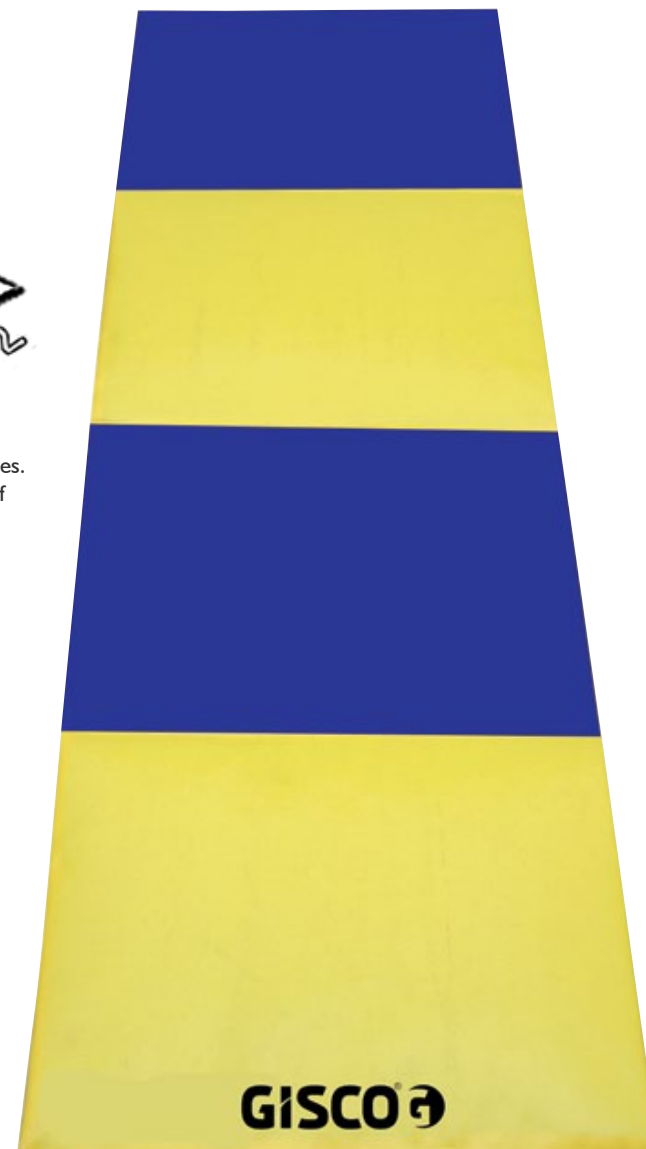


### STRAIGHT MAT - FOLDING

Non tearing fabric with 4 straight panels and filled with 10mm PE foam.

Easy to fold for compact storage and economical transportation.

59052 1.5m x 0.50m x 10mm

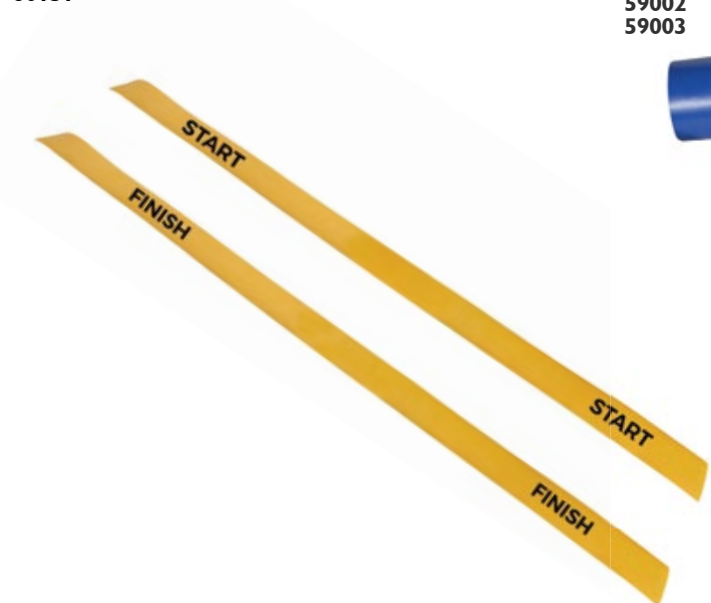


### START FINISH LINE

Non - slip rubber directional marker used for both indoor and outdoor.

Size: 48" L x 3" W

60151



### MEASURING MAT

Easy to read roll out scale featuring quick measurement for throwing activities.

It is easy to use, allows many participants to take part during a short period of time. Perfect for use with Javelin, Shot-put, Discus etc.

59001 10 Meters,

59002 20 Meters

59003 50 Meters







*Right equipment and  
willing players make a field*

TRACK & FIELD







### INTERNATIONAL PRO

82mm heavy slotted center rail with thick ribs to slip in anchor plates to ensure high ground stability. In built handle for easy carrying with spikes for sythetic track.  
**59709 82mm**



### OLYMPIC PRO

Heavy-duty aluminium slotted channel.  
 Extra heavy aluminium foot blocks with 4-angle adjustments.  
 Rust proof S/S plates with spikes for synthetic track.  
**59710 100mm**

### INTERNATIONAL

75mm heavy aluminium slotted channel.  
 Aluminium foot blocks with 4 angle adjustments.  
 Rust proof S/S plates with spikes for all tracks.



### SIMPLEX

Aluminium bar fitted with rubber faced blocks to take in spikes.

Rotating spikes for artificial surfaces.

**59725 Aluminium**



### JET CLASSIC



Anodized steel slotted center rail for schools.

Rubber faced plastic foot blocks with spikes for all surfaces.

**59734 Steel**

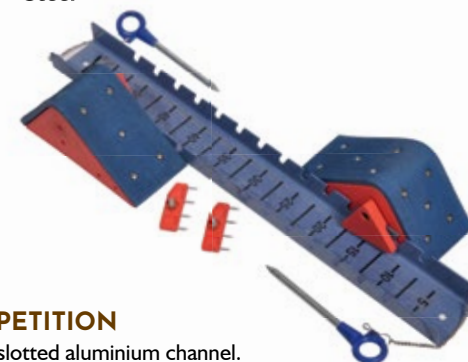


### CHALLENGER

Steel center rail slotted for quick and easy movement of blocks.

Artificial rubber faced plastic foot blocks with rotating spikes for surfaces.

**59714 Steel**



### COMPETITION

62mm slotted aluminium channel.

Rubber faced foot blocks adjustable at four different angles.

Suitable for all tracks.

**59712 62mm**



### INDOOR / OUTDOOR

Moulded rubber blocks.

Foot pressure on the flaps provides a non slip start.

**59740 Brown**



### CHAMPIONSHIP

Adjustable 32" double bar, rubber faced foot blocks with large and small pins.

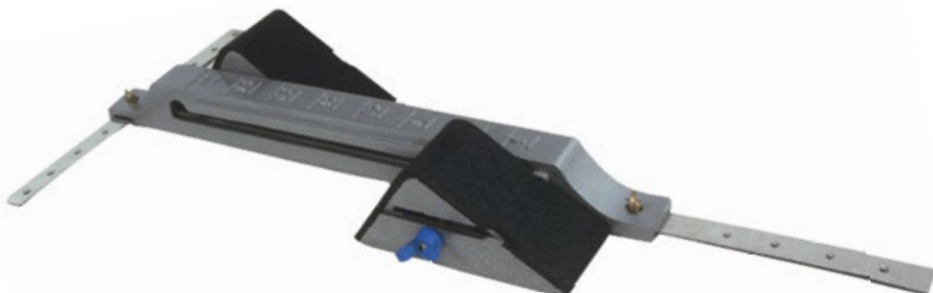
**59737 Adjustable**



### PREMIUM

Casted aluminium center bar with tartan rubber faced aluminium foot block.

**59732 Without spikes.**







### GISCO JAVELIN - AERO

- Made of special aviation aluminium alloy.
- Twin color Cord grip
- Steel tip
- IAAF approved

59841	800g	Blue
59842	700g	Green
59843	600g	Violet
59844	500g	Red



### GISCO JAVELIN - CHALLENGE

Made of hardened Dura aluminium.

Steel head for extra durability.

59867-800	800gm
59867-700	700gm
59867-600	600gm
59867-500	500gm
59867-400	400gm



### GISCO JAVELIN - PRACTICE

Aluminium alloy with cord grip for practice only.

\*No guarantee against bending & breakage.

59851	800g	Blue
59852	700g	Green
59853	600g	Orange
59854	500g	Yellow



### BAMBOO JAVELIN

Aluminium alloy with cord grip for practice only.

\*No guarantee against bending & breakage.

59851	800g	Blue
59852	700g	Green
59853	600g	Orange
59854	500g	Yellow



### JAVELIN CARRY BAG

- 420 D Polyester coated fabric.
- Comes with handle. zipped & reinforced ends.
- Holds upto 10 javelins.
- Includes internal velcro belts to secure the javelins in place.

59859 upto 600g Javelins



### JAVELIN RACK

59869 Steel Foldable







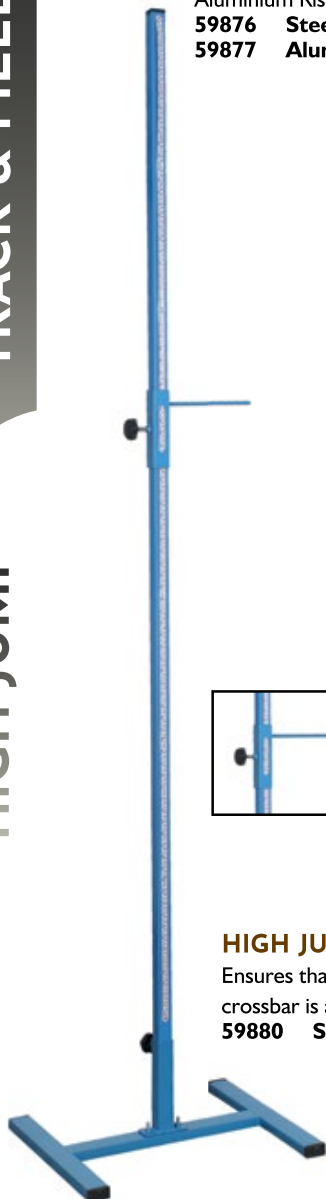
### HIGH JUMP STAND - 1.5"

1.50" Tubular Steel constructed weighted T Base.  
Marked 76cm to 207cm on a plastic callibrated strip.

Aluminium Riser. Weight: 4.500kg.

**59876 Steel uprights**

**59877 Aluminium uprights**



### HIGH JUMP HEIGHT GAUGE

Ensures that the lowest point of the crossbar is at the correct height.

**59880 Steel**



### HIGH JUMP STAND - 1"

1" Tubular Steel construction weighted T Base. Marked 76cm to 207cm on a plastic callibrated strip. Aluminium Risers.

**59878 Steel uprights**

### PRO HURDLE

Strong Hurdle made of 47mm Polyurethane painted Red steel tube.

Counter weight adjusts to meet precise pull over force at each of the four heights.

Height Range: 0.762m to 1.067m

**59801 Folding legs**



### FIBERGLASS CROSSBAR - IAAF

3 times reinforced fibreglass with low deflection.  
Virtually unbreakable under normal conditions of use.  
Moulded half round plastic ends for the ultimate hold.  
High visibility Yellow with Black Stripes, 4 meters.  
**59961 Yellow 400cm IAAF Approved**



### FIBERGLASS CROSSBAR - POLE VAULT

Thick walled with pultruded fiberglass.  
Virtually unbreakable under normal conditions of use.  
Moulded half round plastic ends for the ultimate hold.

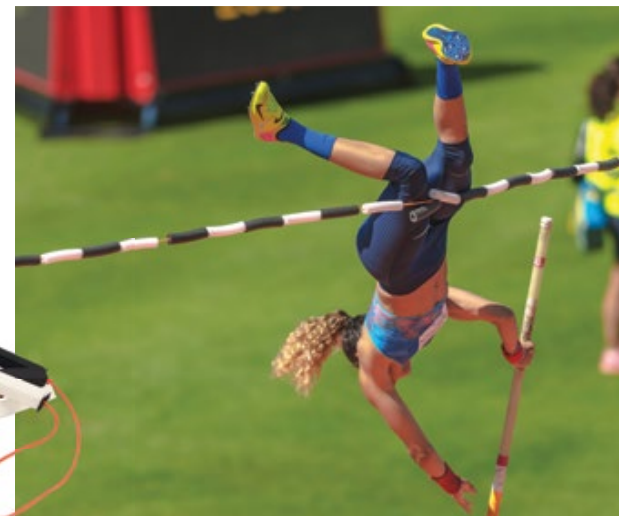


### ELASTIC CROSSBAR

High tension elastic cord with 6" x 1" alternating black and white foam sections.

**59870 Black / White Round foam sections.**

**59871 Black / White Square foam sections with rubber cord.**



### CROSSBAR - COMPOSITE CARBON

UV stabilized composite carbon crossbar.  
The strength of crossbar is four times higher compared to normal crossbar.  
Highly flexible and can be bend in semi D shape.  
Sag of crossbar is less than 2cm.  
**59975**



### FIBERGLASS CROSSBAR - SCHOOL

An excellent choice for High School competitions.  
**59964 30mm dia - 4m - Yellow**  
**59963 30mm dia - 3m - Yellow**



### WEIGHTED CROSSBAR

Durable weighted leather sand-filled bags attached to ends of the rope.

**59872 15 Ft. 8mm PP Rope**  
**59873 15 Ft. 8mm Elastic Rope**





## RETURN HURDLE

Stable, light aluminum foldable construction with a diameter of 18-22mm. Adjustable height with automatic return to the upright position. Protection of the upper bar by EVA foam to prevent possible injury.

MINI – 5 height levels (400-450-500-550-600mm)

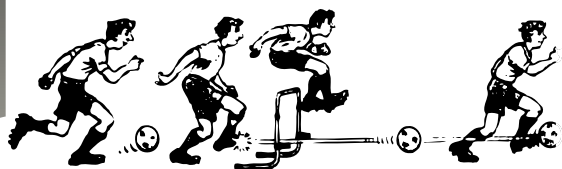
**59514 Mini 1.50kg. Width 780mm, Base 303mm.**

MIDI - 7 height levels (550-600-650-700-750-800-840mm)

**59512 Midi 2.00kg. Width 820mm, Base 433mm.**

MAXI - 7 height levels (660-710-760-840-910-980-1060mm)

**59510 Maxi 2.40kg. Width 850mm, Base 513mm.**



## SPRING BACK HURDLE

20mm square steel tube. Double side Spring mechanism for returning hurdle. Can be used in both directions to have a proper spring back resistance. Rounded crossbar protected with soft lining. Stable hurdle feet with rubber pads.

Weights 6 kg. Five level height adjustments.

**59822 Senior 0.600m – 0.914m**

**59823 Junior 0.450m – 0.686m**





### SCHOOL HURDLE

An economy range of adjustable height hurdles.  
With folding legs for easy transport.  
**59805 Plastic Crossbar top**



### GISCO SCISSOR HURDLE

Easily portable & strong durable hurdle.  
Keep drills safe with this hurdle that collapses when hit.  
Hurdle can be adjusted in 12 different positions, from 6" to 42".  
Heights can vary to add varieties in any workout.  
Can be used for plyometric bounding, jumping and hopping.  
Available in three colors (Red, Black, Blue).  
**59810**



*Adjustable height*

*Easily collapsible due to their scissor design*

### COMPETITION SHOT PUT BOARD

Thick solid wooden Toe Board. PU Painted.  
**59966**



### LONG JUMP TAKE-OFF BOARD

Sealed, primed finish with a white enamel paint.  
Groove for overstep mark.  
**59967**







### ALLOY HURDLE

Aluminium alloy hurdle is connected by plastic corner fittings. **GISCO**

Height adjustment to 5 different positions.

**59815 Senior 0.685m - 1.067m**

**59816 Junior 0.46m - 0.762m**



### ROCKER HURDLE

Strong mild steel construction.

Excellent for training. Plastic gateboard.

Dismantled into 4 parts for easy transport.

**59820 Adjustable 5 different heights from 30" to 42"**



### ROLL BACK ALUMINIUM HURDLE

Light weight sturdy design.

Natural anodizing and Lexan gate board.

Suitable for school level competitions and practice.

Five height adjustments as per IAAF rule.

Easily assembled/dismantled for easy storage and transportation.

**59817 Bounce back**



### DISCUS LO SPIN - STEEL RIM IAAF

Lo-Spin Discus with strong plastic plates.  
Unsurpassed durability at economical price.  
70% weight in the rim.

59124	1.00 Kg.	Blue	IAAF
59126	1.50 Kg.	Grey	IAAF
59127	1.61 Kg.	Red	
59128	1.75 Kg.	Black	IAAF
59129	2.00 Kg.	White	IAAF



### DISCUS HIGH SPIN - STEEL RIM

High Spin plastic discus with steel rim for gripping.  
More than 75% weight in the rim.

59134	1.00 Kg.
59136	1.50 Kg.
59137	1.61 Kg.
59138	1.75 Kg.
59139	2.00 Kg.



### DISCUS SUPER SPIN - S/S RIM

Strong Black Plastic with stainless steel rim for firm grip.  
High percentage weight distribution on the rim.  
59114 1.00 Kg.  
59115 1.50 Kg.  
59117 1.61 Kg.



### DISCUS SUPER 1000

High profile cross laminated Lo spin wood.  
70% or less weight in the rim.  
59142 0.750 Kg.  
59144 1.00 Kg.  
59145 1.25 Kg.  
59146 1.50 Kg.  
59147 1.61 Kg.  
59148 1.75 Kg.



### DISCUS SUPER 750

Cross profile laminated Lo-spin wood.  
59162 0.750 Kg.  
59164 1.00 Kg.  
59165 1.25 Kg.  
59167 1.50 Kg.  
59168 1.75 Kg.  
59163 2.00 Kg.





### DISCUS WOODEN SUPER 500

Wooden official model, seasoned sheesham wood.

59154	1.00 Kg.
59156	1.50 Kg.
59158	1.75 Kg.
59159	2.00 Kg.



### DISCUS WOODEN POPULAR

Wooden practice discus.

Seasoned sheesham wood with steel rim.

59194	1.00 Kg.
59196	1.50 Kg.
59198	1.75 Kg.
59199	2.00 Kg.



### RUBBER - BLACK

Solid rubber discus for training.

59169	0.350 Kg.
59170	0.500 Kg.
59172	0.750 Kg.
59174	1.00 Kg.
59176	1.50 Kg.
59178	1.75 Kg.
59179	2.00 Kg.



### DISCUS CARRIER - NYLON

Nylon carry bag.

59351	1kg
59352	2kg



DISCUS CART  
59348



DISCUS / SHOTS CART

## INDOOR SHOTS

Smooth, no dents or blemishes, perfect for indoor practice, speed training, and a great way to get a newbie into the shot put scene. Made of dense VINYL with a weighty filling, leave no marks on the gym floor.



## JAVELIN BALL

Rubber Practice Ball 68mm filled with lead / steel balls.

**59856** 400g  
**59857** 600g  
**59858** 800g



## KNOCKEN BALL

Soft Vinyl Knocken Javelin Training Ball from 200 GM to 1000 GM for indoor and outdoor use.





**GISCO UNTURNED - SCHOOL**

Unturned Iron, Ideal for high school competitions and practice.

59451	Brown	1.00 Kg.
59452	Blue	2.00 Kg.
59454	Blue	2.72 Kg.
59455	Green	3.00 Kg.
59457	Green	3.63 Kg./8 lbs
59458	White	4.00 Kg.
59460	Yellow	5.00 Kg.
59462	Red	6.00 Kg.
59464	Black	7.26 Kg.
59467	Orange	9.00 Kg.

**GISCO GOLD 100 - BRASS**

Precision machine turned Brass gauged hammer.

Lead filling with steel ball bearing, wires and handles.

Perfect center of gravity.

59511	4.00 Kg.	95mm
59513	5.45 Kg.	103mm
59515	6.00 Kg.	106mm

**GISCO SUPER 100 - TURNED H**

Competition hammers precision machine specific diameter.

Special polyurethane paint coated for dur:

59530	Blue	2.50 Kg.	88mm
59531	Green	3.00 Kg.	97mm
59533	White	4.00 Kg.	102mm
59534	Yellow	5.00 Kg.	114mm
59536	Yellow	5.45 Kg.	115mm
59537	Red	6.00 Kg.	119mm

**GISCO SUPER 200 - ALLOY**

Rust proof stainless steel hammer with steel ball bearing, wire and handle. Perfect center of gravity.

59521	4.00 Kg.	95mm
59523	5.45 Kg.	103mm
59525	6.00 Kg.	106mm



## GISCO SUPER 100 - TURNED

High competition shot.

Precision machine turned to specific diameter. Special polyurethane paint coated for durable life.

59422	Blue	2.00 Kg.	80mm
59424	Blue	2.72 Kg.	93mm
59425	Green	3.00 Kg.	97mm
59426	Green	3.25 Kg.	100mm
59427	Green	3.63 Kg.	100mm
59430	White	4.00 Kg.	102mm
59434	Yellow	5.00 Kg.	114mm
59435	Yellow	5.45 Kg.	115mm
59436	Red	6.00 Kg.	119mm
59439	Black	7.26 Kg.	125mm



## GISCO GOLD 100 - BRASS

Precisely machine turned brass shot for perfect balance and stability.

59401	4.00 Kg.	95mm
59403	5.45 Kg.	103mm
59405	6.00 Kg.	106mm



## GISCO SUPER - TURNED ECO

Precision Turned economy shots meeting IAAF specifications.

Turned out from solid cast iron.

59482	Blue	2.00 Kg.
59484	Green	3.00 Kg.
59485	White	4.00 Kg.
59486	Yellow	5.00 Kg.
59487	Yellow	5.45 Kg.
59488	Red	6.00 Kg.

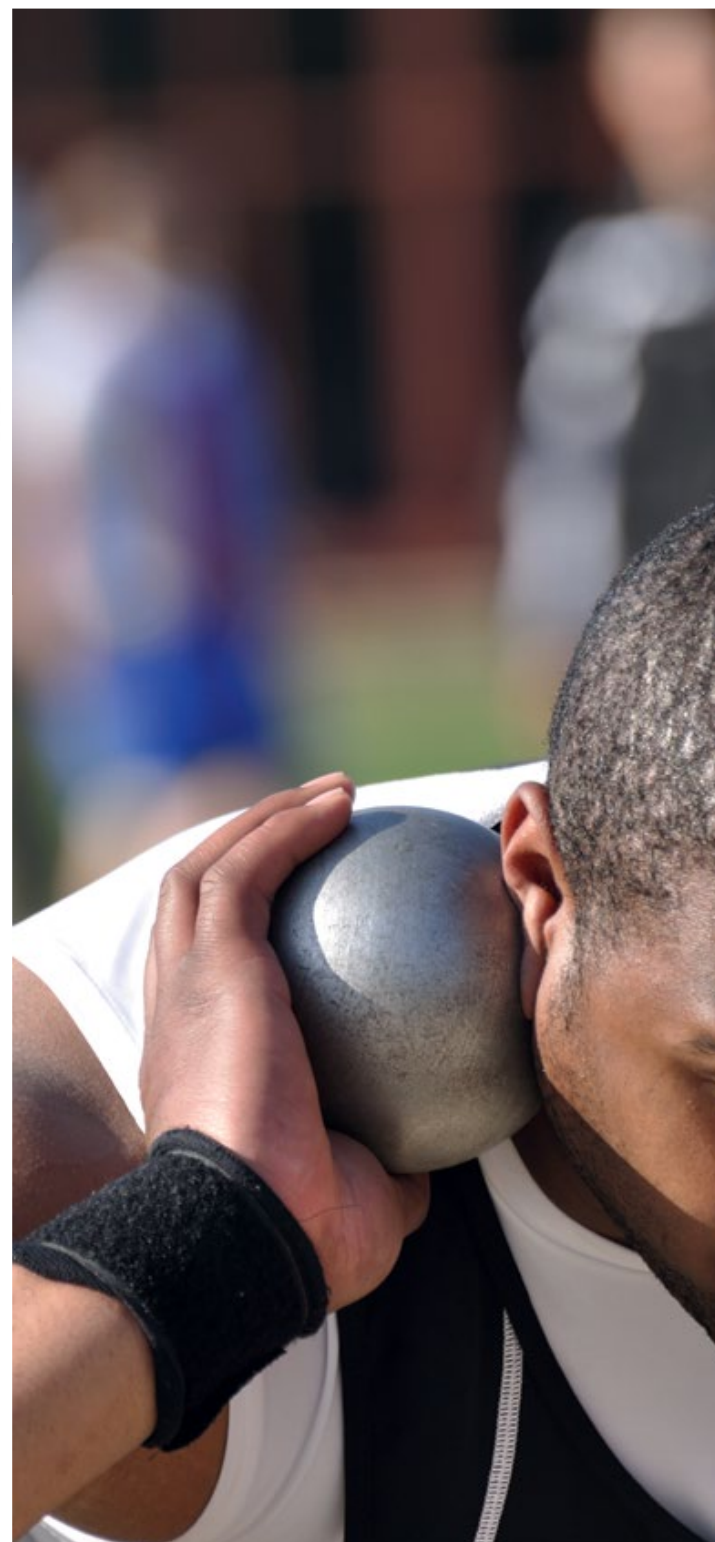


## GISCO SUPER 200 - ALLOY

Rust proof alloy olympic shot.

Stainless steel lathe turned and precision balanced.

59412	4.00 Kg.	95mm
59413	5.45 Kg.	103mm
59414	6.00 Kg.	106mm
59417	7.26 Kg.	110mm







### GISCO UNTURNED - SCHOOL

Unturned cast iron hammer for practice.

Complete with steel wire and handle.

59541	Blue	2.50 Kg.
59542	Green	3.00 Kg.
59544	White	4.00 Kg.
59545	Yellow	5.00 Kg.
59547	Green	6.00 Kg.
59548	Black	7.26 Kg.



**59581**  
Yellow  
IAAF design.  
One piece Construction.



**59580**  
Silver  
Entry Model. Iron.



**59577**  
Silver  
Straight model, Official.



**59578**  
Yellow  
Curved model. Official.

### GISCO HAMMER WIRE

3mm Hammer steel wire.

Custom sizes are also available.

59561	Silver	780mm
59563	Silver	865mm
59565	Silver	960mm
59567	Silver	970mm
59568	Silver	980mm
59570	Silver	990mm



### GISCO HAMMER GLOVES

Ideal cushion and perfect grip to the hands.

**59585** PROSOFT Leather with buckle

(LH/RH) Size: XXL/XL/L/M/S

**59586** SUPERPRO Thick soft leather velcro grip

(LH/RH) Size: XXL/XL/L/M



### RELAY BATONS PLASTIC - OFFICIAL IAAF

Hollow Plastic Batons.

Diameter: 38mm Length: 30cm

**59904 Set of 6**



### RELAY BATONS PLASTIC - JUNIOR

Hollow Plastic Batons.

Diameter: 32mm Length: 30cm

**59914 Set of 6**



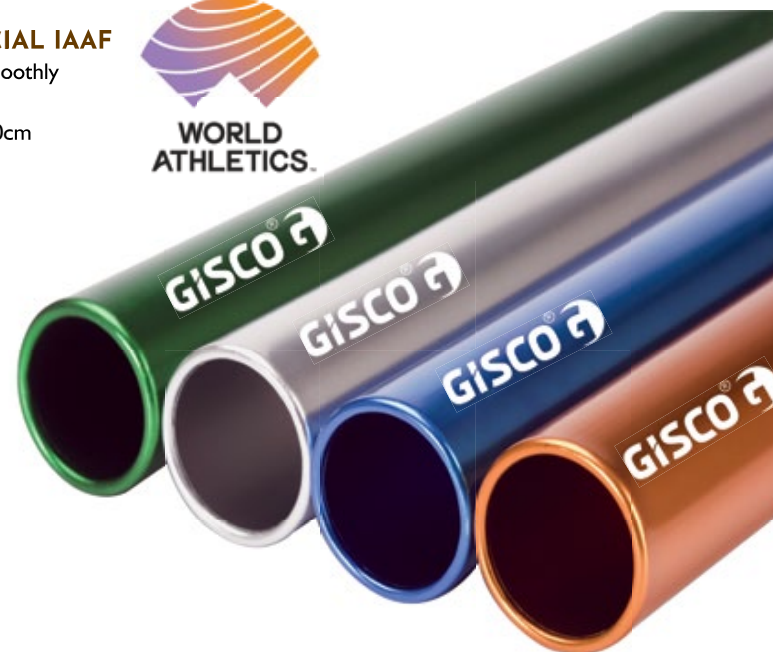
### RELAY BATONS ALUMINIUM - OFFICIAL IAAF

Aluminium anodized and smoothly turned at ends.

Diameter: 38mm Length: 30cm

**59901 Set of 6**

**59902 Set of 8**



### RELAY BATONS ALUMINIUM - JUNIOR

Aluminium anodized and smoothly turned at ends.

Diameter: 32mm Length: 30cm

**59911 Set of 6**







#### GISCO DISTANCE MARKER - ROUND

Numbered round metal plate with galvanised stud.

59925 1 to 10

59926 1 to 15



#### GISCO DISTANCE MARKER - RECTANGULAR 42CM

42cm galvanised stud with metal plate.

59922 1 to 10

59923 1 to 15

59924 1 to 20

#### GISCO RUN UP MARKER

Made of two round metal plates welded together.

Powder coated in bright colors for easy location.

59762 Metal



#### GISCO OFFICIAL FLAGS

For violations in races.

For fair calls in both events and races.

For foul in field events.



59959 Dual Official flag - two flags on stick.



59950 New design unbreakable plastic dowel official flag stick.

#### LANE MARKERS - SQUARE

Fiberglass reinforced profile. Square section with black digits on four sides, equipped with false start indicators (Red & Yellow).

59991 42cm 1 to 8 2400g



#### LANE MARKERS - TRIANGLE

Moulded fiberglass, light weight, compact design to make packing and transportation easy.

Triangular design provides clear visibility from all sides.

59995 31cm 1 to 8 Lane 1600g

59996 41cm 1 to 8 Distance 2000g



#### GISCO FIELD MARKER FLAGS

Field Marker with assorted color flags.

59921 42cm Galvanised studs

