Worksheet **Men Shot Put** 

The last time Ryan Crouser recorded a throw that was shorter than 22 metres was in April last year. Since then, he's broken his own world record and currently

owns 17 of the 21 throws beyond 23 metres.

And unfortunately for his rivals, the 30-year-old insists he's still got a lot left in his tank.

When Crouser recorded his historic performance at the USATF Los Angeles Grand Prix in May by setting a world record of 23.56m, improving on his mark of 23.37m from 2021, the two-time Olympic champion stated: "I'm really excited because it didn't feel polished. It felt like I had a tonne of power and I caught a

Dig one:

One can only wonder what a 'polished' throw from the defending world champion would look like, but that's for his rivals to find out.

Crouser led the US to their first ever shot put sweep in Oregon last year, taking the crown with a championship record of 22.94m, with 2019 world champion Joe Kovacs taking silver, and Josh Awotunde (22.10m) the bronze. Thanks to Crouser's wildcard as defending champion, the USA will field four men in the shot

Joe Kovacs taking silver, and Josh Awotunde (22.10m) the bronze. Thanks to Crouser's wildcard as defending champion, the USA will field four men in the shot put, so their chances of another medal sweep will be improved with the inclusion of Payton Otterdahl.

The battle for medals will be intense, though. Two-time gold medallist Kovacs comes with a season's best of 22.69m set during his first outdoor competition in 2023. Tom Walsh, meanwhile, has a best of 22.58m, but the New Zealander has finished forwards in three of their four clashes this season. Having finished fourth in Oregon last year, Walsh will be keen to make it back on to the podium.

His compatriot Jacko Gill has reached the final at the past six global championships, and after setting a PB of 22.12m earlier this year, the 28-year-old should fancy his chances of improving on his seventh-place finishes from 2019 and 2022.

Jamaica's Rajindra Campbell sits in fourth on the world lists with the national record of 22.22m he set in Madrid, more than two metres farther than his pre-2023 best. The 27-year-old has the ability to compete for medals, but this will be his first global championships.

Earlier this month, Olympic fifth-place finisher Zane Weir posted a PB of 22.15m to win in Vicenza. His teammate Leonardo Fabbri beat Walsh and Tomas Stanek at the Rome Diamond League with 21.73m, and improved his season's best to 21.81m two weeks later. The Italian duo will hope to put up a formidable performance in Budapest.

World indoor champion Darlan Romani, the last man to beat Crouser at a major championships, has competed just once this year, throwing a best of 21.58m.

But the Brazilian has finished in the top five at the past six global championships he has contested, so can never be ruled out. Stanek, the 2021 European indoor champion, has a best this year of 21.90m, set when taking silver at the European Indoor Championships. Other potential contenders include European champion Filip Mihaljevic, five-time Mexican champion Uziel Munoz multiple African champion Chukwuebuka Enekwechi and Luxembourg's Bob Bertemes.

Model winners			Relevant records			
Medal winners 2013 World			WR 23.56 Rvan Crouser	USA	Westwood CA	27 May 202
1 David Storl	GER	21.73	WJR 21.14 Konrad Bukowiecki	POL		9 Jun 2016
2 Ryan Whiting	USA	21.57	Eur 23.06 Ulf Timmermann		Haniá	22 May 198
3 Dylan Armstrong	CAN	21.34	Ame 23.56 Ryan Crouser	USA		27 May 202
2014 World indoor	CAIN	21.54	Afr 21.97 Janus Robberts	RSA	Eugene, OR	02 06 2001
	USA	22.05	II.	IND	Bhubaneshwar	19 Jun 202
1 Ryan Whiting			, , ,			
2 David Storl	GER	21.79	WIR 22.82 Ryan Crouser	USA	Fayetteville	24 Jan 202
3 Tom Walsh	NZL	21.26	CZE 22.01 Tomáš Staněk		Schönebeck	2 Jun 2017
2014 Europe	CED	21 41	22.01 Tomáš Staněk  All-time list		Warszawa	15 Aug 201
1 David Storl	GER	21.41 20.86				27.4
2 Borja Vivas	ESP		1 23.56 Ryan Crouser		Westwood CA Zürich	27 May 202
3 Tomasz Majewski	POL	20.83	2 23.23 Joe Kovacs	USA		7 Sep 2022
2015 Europe indoor	055	24.22	3 23.12 Randy Barnes	USA	Westwood CA	20 May 199
1 David Storl	GER	21.23	4 23.06 Ulf Timmermann	GER	Haniá	22 May 198
2 Asmir Kolašinac	SRB	20.90	5 22.91 Alessandro Andrei	ITA	Viareggio	12 Aug 198
3 Ladislav Prášil	CZE	20.66	6 22.90 Tom Walsh		Doha	5 Oct 2019
2015 World			7 22.86A Brian Oldfield		El Paso TX	10 May 197
1 Joe Kovacs	USA	21.93	8 22.75 Werner Günthör	SUI	Bern	23 Aug 198
2 David Storl	GER	21.74	9 22.67 Kevin Toth		Lawrence KS	19 Apr 200
3 O'Dayne Richards	JAM	21.69	10 22.64 Udo Beyer	GER	East Berlin	20 Aug 198
2016 World indoor			11 22.61 Darlan Romani	BRA	Stanford CA	30 Jun 201
1 Tom Walsh	NZL	21.78	World season list			
2 Andrei Gag	ROU	20.89	1 23.56 Ryan Crouser	USA	Westwood CA	27 May
3 Filip Mihaljević	CRO	20.87	2 22.69 Joe Kovacs	USA	Nashville TN	29 Apr
2016 Europe			3 22.58 Tom Walsh	NZL	London	23 Jul
1 David Storl	GER	21.31	4 22.22 Rajindra Campbell	JAM	Madrid	22 Jul
2 Michał Haratyk	POL	21.19	5 22.15 Zane Weir	ITA	Vicenza	8 Aug
3 Tsanko Arnaudov	POR	20.59	6 22.12 Jacko Gill		Auckland	16 Mar
2016 Olympic			7 22.11 Payton Otterdahl		Banská Bystrica	20 Jul
1 Ryan Crouser	USA	22.52	8 22.10 Josh Awotunde	USA	Eugene OR	9 Jul
2 Joe Kovacs	USA	21.78	9 22.08 Roger Steen	USA	Tucson AZ	19 May
3 Tom Walsh	NZL	21.36	10 21.88 Uziel Muñoz	MEX		27 May
2017 Europe indoor	IVEE	21.50	11 21.84 Leonardo Fabbri	ITA	Vicenza	8 Aug
1 Konrad Bukowiecki	POL	21.97	European season list	1174	VICCIIZU	o Aug
2 Tomáš Staněk	CZE	21.43	1 22.15 Zane Weir	ITA	Vicenza	8 Aug
3 David Storl	GER	21.30	2 21.84 Leonardo Fabbri	ITA	Vicenza	_
2017 World	GER	21.30				8 Aug
	N171	22.02	3 21.77 Tomáš Staněk	CZE		13 Aug
1 Tom Walsh	NZL	22.03	4 21.63 Filip Mihaljević		Chorzów	16 Jul
2 Joe Kovacs	USA	21.66	5 21.52 Roman Kokoshko		Leiria	12 Mar
3 Stipe Žunić	CRO	21.46	6 21.21 Bob Bertemes	LUX	Leiria	12 Mar
2018 World indoor			7 21.15 Mesud Pezer	BIH	Bar	1 May
1 Tom Walsh	NZL	22.31	8 21.14 Armin Sinančević	SRB	Slovenska Bistrica	27 May
2 David Storl	GER	21.44	9 21.10 Scott Lincoln		Chorzów	25 Jun
3 Tomáš Staněk	CZE	21.44	10 20.92 Michał Haratyk	POL	Białystok	21 May
2018 Europe			11 20.84 Andrei Toader	ROU	București	20 May
1 Michał Haratyk	POL	21.72	Czech season list			
2 Konrad Bukowiecki	POL	21.66	1 21.77 Tomáš Staněk	CZE	Domažlice	13 Aug
3 David Storl	GER	21.41	21.71 Tomáš Staněk		Turnov	23 May
2019 Europe indoor			21.71 Tomáš Staněk		Ostrava	27 Jun
1 Michał Haratyk	POL	21.65	21.64 Tomáš Staněk		Firenze	2 Jun
2 David Storl	GER	21.54	21.64 Tomáš Staněk		Kladno	13 Jun
3 Tomáš Staněk	CZE	21.25	21.26 Tomáš Staněk		Ústí Nad Orlicí	8 Aug
2019 World			21.13 Tomáš Staněk		Tábor	30 Jul
1 Joe Kovacs	USA	22.91	21.12 Tomáš Staněk		Székesfehérvár	18 Jul
2 Ryan Crouser	USA	22.90	21.04 Tomáš Staněk		London	23 Jul
3 Tom Walsh	NZL	22.90	20.65 Tomáš Staněk		Lausanne	30 Jun
2021 Europe indoor			20.60 Tomáš Staněk		Praha	5 Jun
1 Tomáš Staněk	CZE	21.62				5 5411
2 Michał Haratyk	POL	21.02				
3 Filip Mihaljević	CRO	21.47				
2021 Olympic	CNU	21.31				
	LICA	22.20				
1 Ryan Crouser	USA	23.30				
2 Joe Kovacs	USA	22.65				
3 Tom Walsh	NZL	22.47				
2022 World indoor		22.55				
1 Darlan Romani	BRA	22.53				
2 Ryan Crouser	USA	22.44				
3 Tom Walsh	NZL	22.31				
2022 World						
1 Ryan Crouser	USA	22.94				
2 Joe Kovacs	USA	22.89				
3 Josh Awotunde	USA	22.29				
2022 Europe						
1 Filip Mihaljević	CRO	21.88				
2 Armin Sinančević	SRB	21.39				
3 Tomáš Staněk	CZE	21.26				
2023 Europe indoor						
1 Zane Weir	ITA	22.06				
2 Tomáš Staněk	CZE	21.90				
3 Roman Kokoshko	UKR	21.84				
2 Nomali Kokostiko	UKK	41.04	1			

3 Roman Kokoshko