Re-gripping Instructions
HART Javelin Grip Cord (2-390)

HOW TO RE-GRIP A JAVELIN

MATERIALS NEEDED:

- HART Javelin Grip Cord (2-390)
  See table below for recommended lengths
- High quality textile glue
- Small paintbrush
- Loop of cord, similar to a shoe lace
  See image right
- Sharp Scissors

STEPS:

1. Ensure that the area the grip is to be applied is clean and free from residue of the previous grip.
2. Using your finger, find the centre of gravity position of the javelin and make a mark 10-12mm in front of this location. This is where the first roll of the javelin cord will start. Measure out the length of the grip and make another mark at the finishing point.

   Alternatively if you are simply replacing the grip, before you remove the old cord make a mark at the start and end of the previous grip and use these as reference points.
3. Evenly brush the re-gripping area with high quality textile glue.
4. For a uniform, knot free finish, the start of the cord should be laid horizontally along the javelin and from the pre-marked location begin to roll the grip along the shaft, covering the initial knot after four to five loops.
5. Continue rolling the grip to the correct length (as per the table). When you reach approximately 15mm before the end mark, place the loop of cord on top of the existing grip but underneath the remainder that is yet to be rolled out.

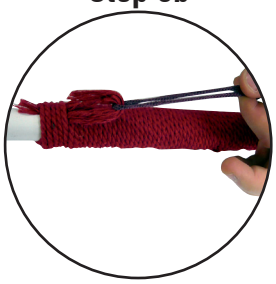
   Note: It is important that the knot end is facing the start of the javelin cord and that there is adequate loop remaining after the grip is completed.
6. Continue rolling the grip until you reach the end mark and feed the last piece of the grip through the loop of cord. Pull firmly on the knot end of the loop so that the cord is pulled under the grip and is secured in the same way as the start of the javelin grip.
7. Neatly cut leftover javelin cord and gently flatten any ridges or humps along the grip, with a hammer.

Step 4

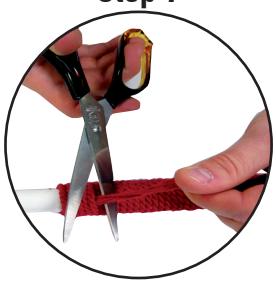
Step 5

Step 6a

Step 6b



Step 7



JAVELIN CORD LENGTH TABLE:

Javelin	Grip Length	Rope Width	Javelin Diameter	Length of Cord Required
400g	130-140mm	3-3.5mm	20-22mm	960-1000mm
500g	140-150mm	3-3.5mm	20-24mm	1100-1120mm
600g	140-150mm	3-3.5mm	20-25mm	1150-1160mm
700g	150-160mm	3-3.5mm	25-28mm	1430-1450mm
800g	150-160mm	3-3.5mm	25-30mm	1480-1500mm