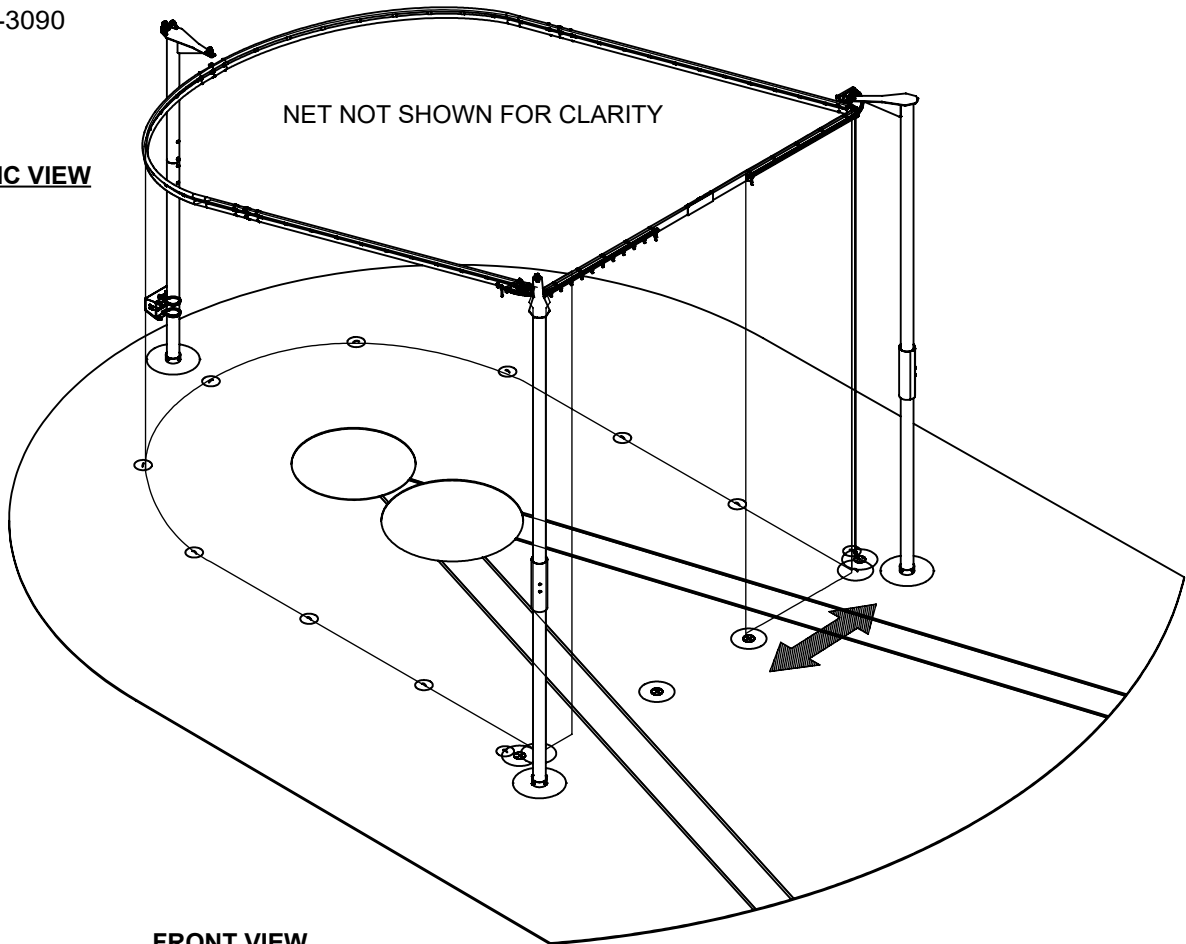




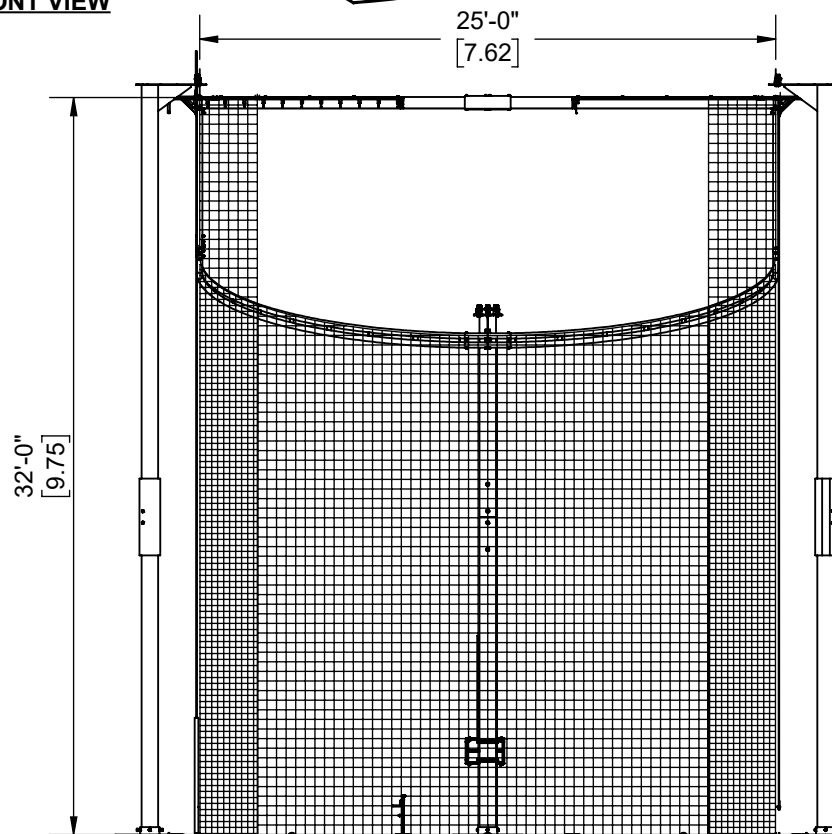
www.gillathletics.com  
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## 753100CXX - DOUBLE RING THROWING CAGE GROUND SLEEVE AND NET ANCHOR FOOTINGS LOCATION

**ISOMETRIC VIEW**



**FRONT VIEW**

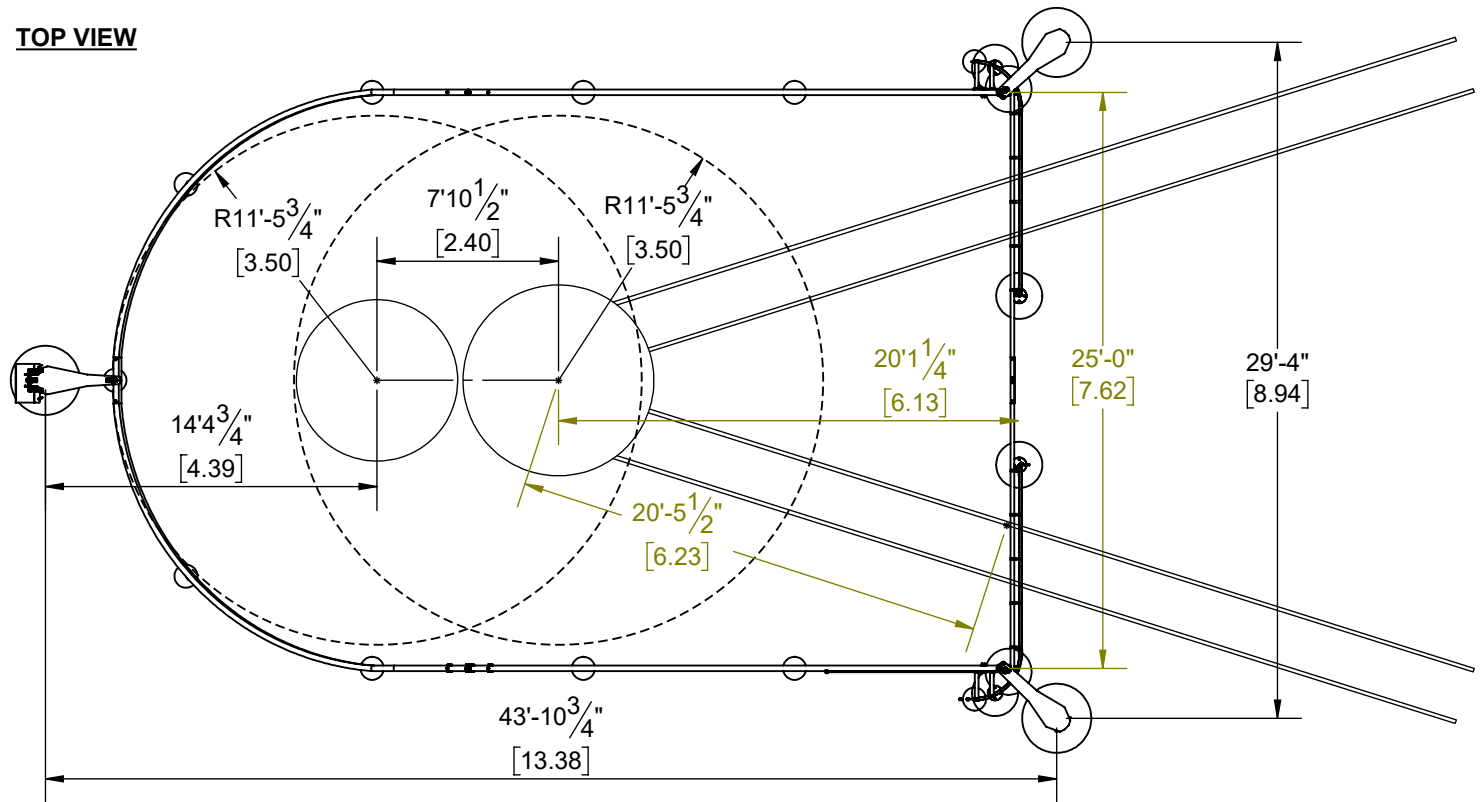




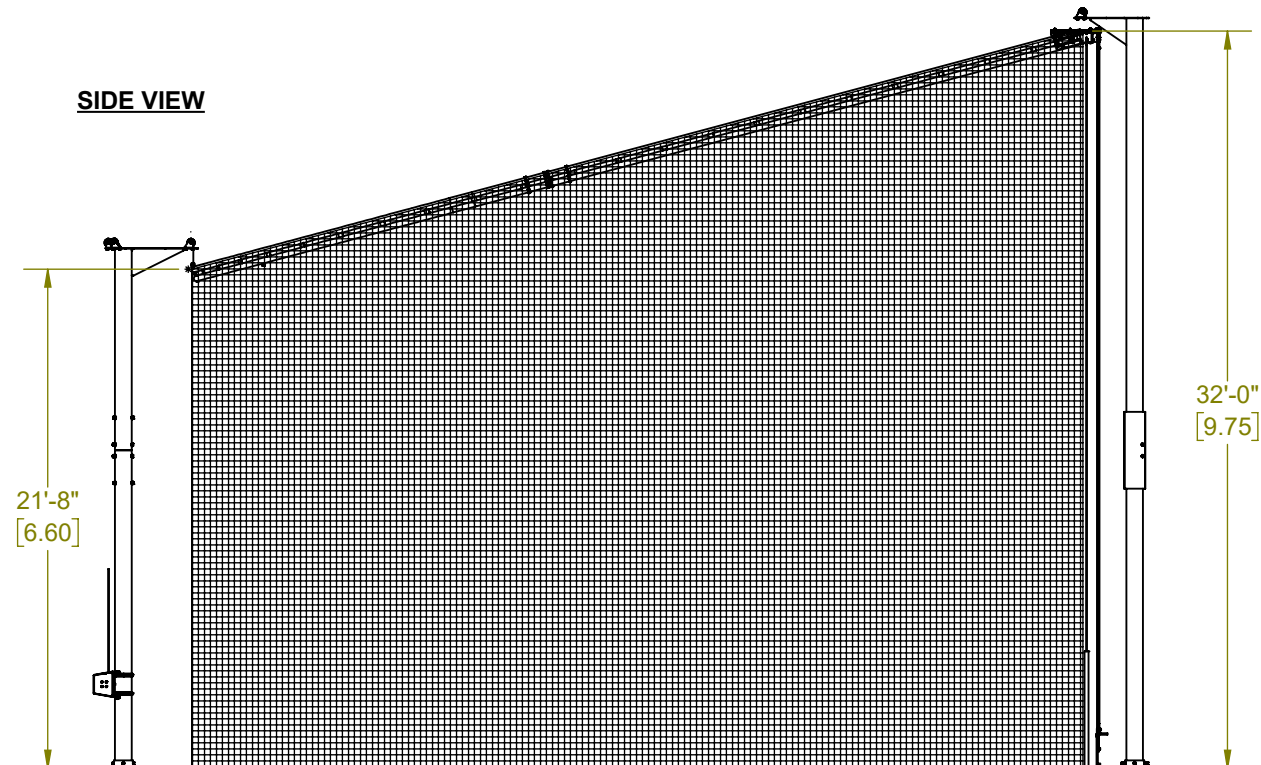
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## 753100CXX - DOUBLE RING THROWING CAGE GROUND SLEEVE AND NET ANCHOR FOOTINGS LOCATION

**TOP VIEW**



**SIDE VIEW**





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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### INSTALL UPRIGHT ASSEMBLY STEPS

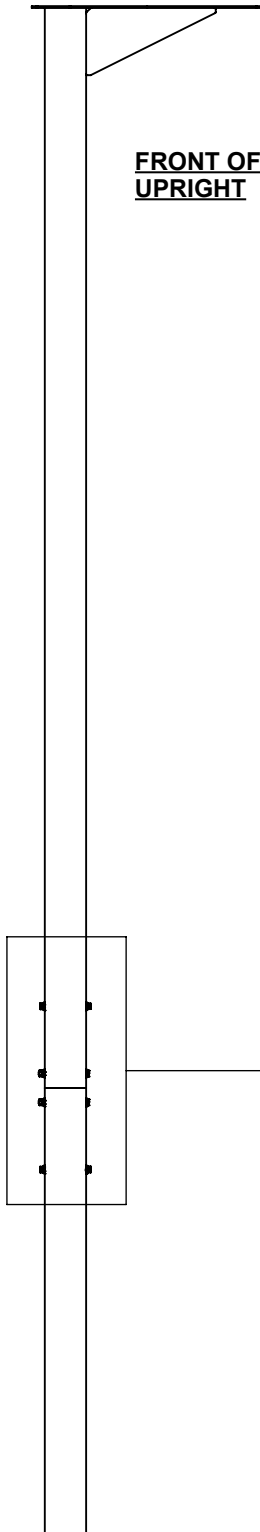
**BACK OF  
UPRIGHT**

**FRONT OF  
UPRIGHT**

INSTALL ALL UPRIGHT SPLICE HARDWARE LOOSELY

STAND UPRIGHTS UP INSIDE GROUND SLEEVES.

TIGHTEN TOP AND BOTTOM BOLTS AT BACK OF UPRIGHT SPLICE FIRST. THIS PULLS THE SPLICE TO THE BACK OF THE UPRIGHT INSIDE WALL ENSURING THE ASSEMBLY TO BE MORE STRAIGHT.



TIGHTEN TOP  
AND BOTTOM  
BOLT AT BACK  
OF UPRIGHT  
SPLICE FIRST

SPLICE

**BACK OF  
UPRIGHT**

**FRONT OF  
UPRIGHT**

TIGHTEN TOP  
AND BOTTOM  
BOLT AT BACK  
OF UPRIGHT  
SPLICE FIRST

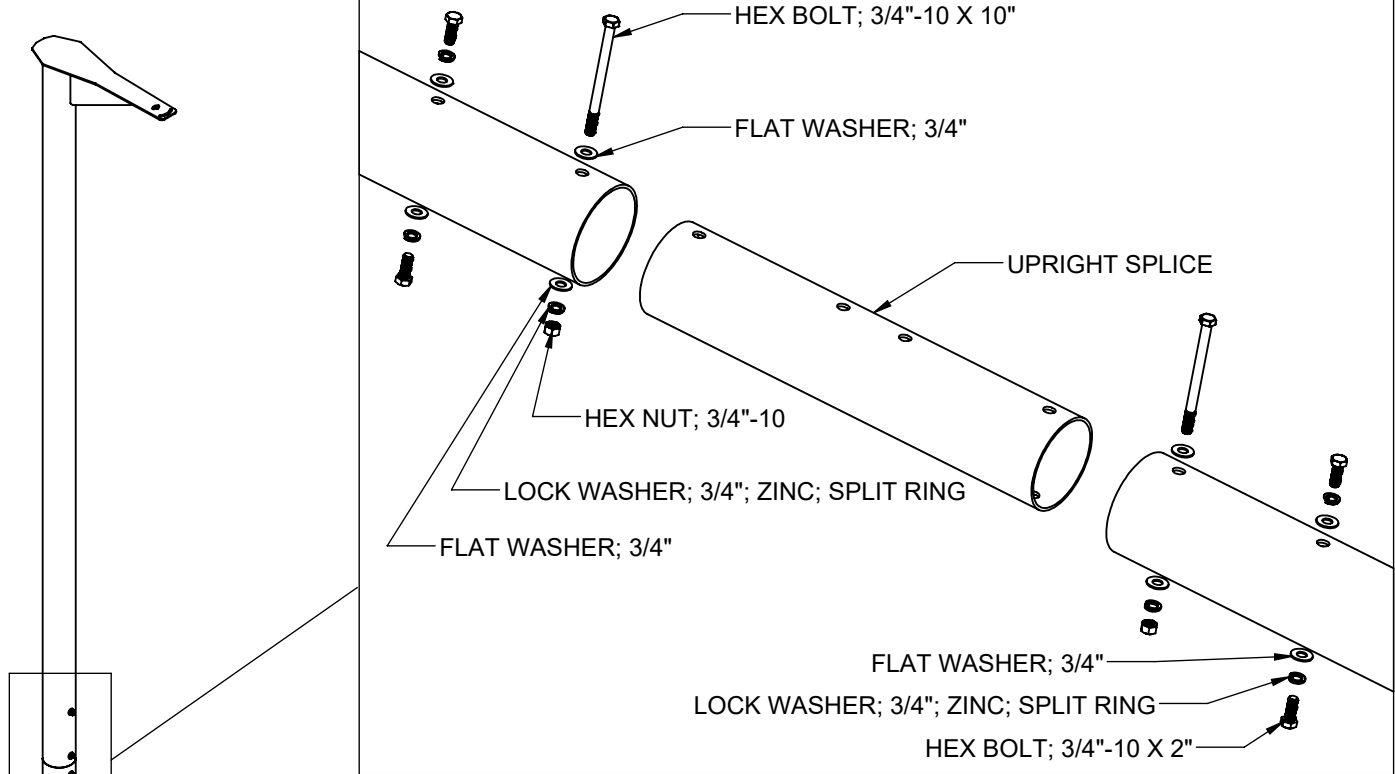


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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### UPRIGHT ASSEMBLY

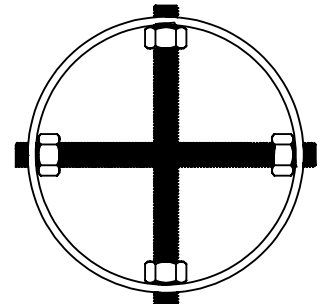
ASSEMBLE ALL THREE UPRIGHTS ON THE GROUND BEFORE  
STANDING THEM UP INSIDE THE GROUND SLEEVES.



INSTALL ALL THREADS INTO BOTTOM OF  
LOWER UPRIGHT TUBE.  
CENTER ALL THREADS AS SHOWN BELOW.

ALL THREAD; 3/4\"-10 X 9.5\"

HEX NUT; 3/4\"-10

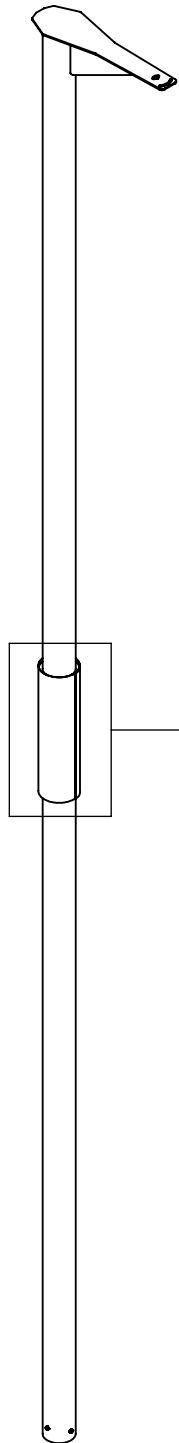




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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### UPRIGHT PAD INSTALL



WRAP FOAM SHEET AROUND THE **TWO FRONT UPRIGHTS** TO COVER THE SPLICE HARDWARE. USE THREE 36" STRIPS OF DOUBLE SIDED VELCRO TO SECURE THE FOAM IN PLACE.

FOAM SHEET 1" THICK

36" VELCRO STRIP

SURROUND FOAM WITH THE VINYL COVER. PULL AS TIGHT AS POSSIBLE WHILE ALIGNING THE VELCRO ON THE VINYL. NOTE THAT COVER SHOULD GO PAST THE FOAM BY 1" ON EACH SIDE.

VINYL COVER

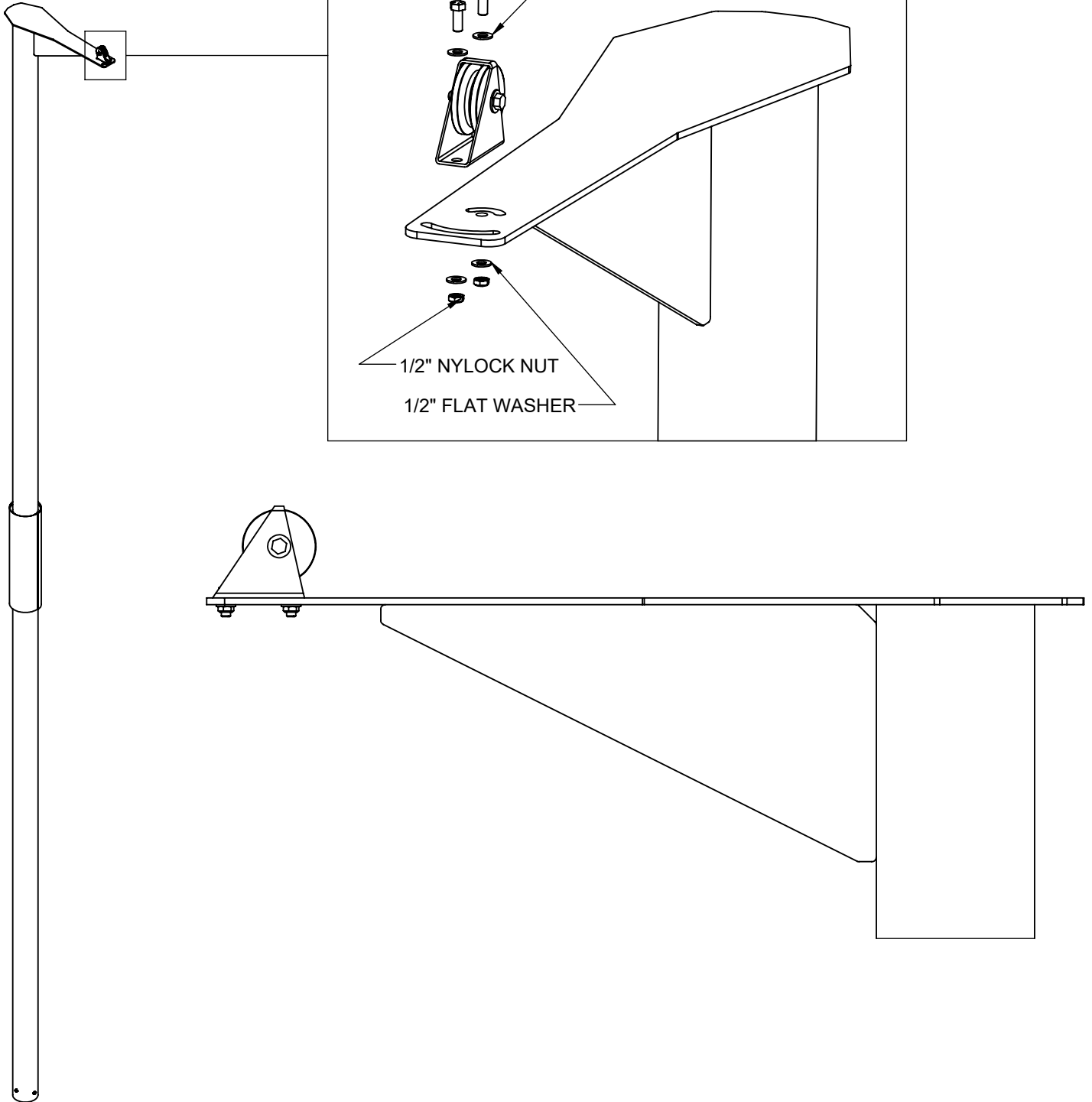
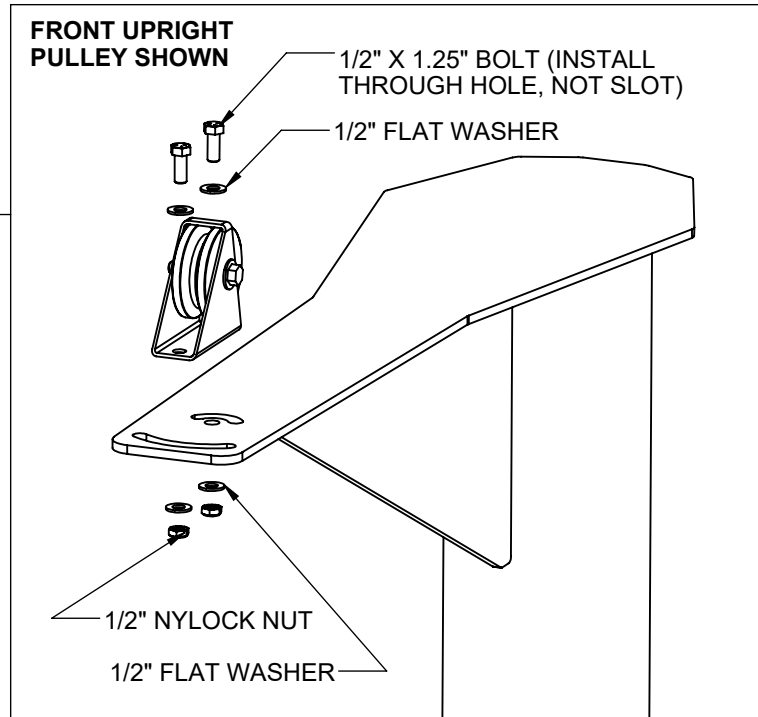
ROTATE VINYL COVER SO THAT THE GRAPHICS OR GILL LOGO FACES THE FRONT VIEW OF THE CAGE



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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### TOP PULLEY INSTALL FRONT UPRIGHTS

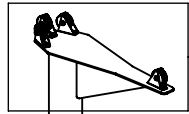




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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### TOP PULLEY INSTALL REAR UPRIGHT



NO PAD  
NEEDED AT  
REAR UPRIGHT.

#### REAR UPRIGHT PULLEYS SHOWN

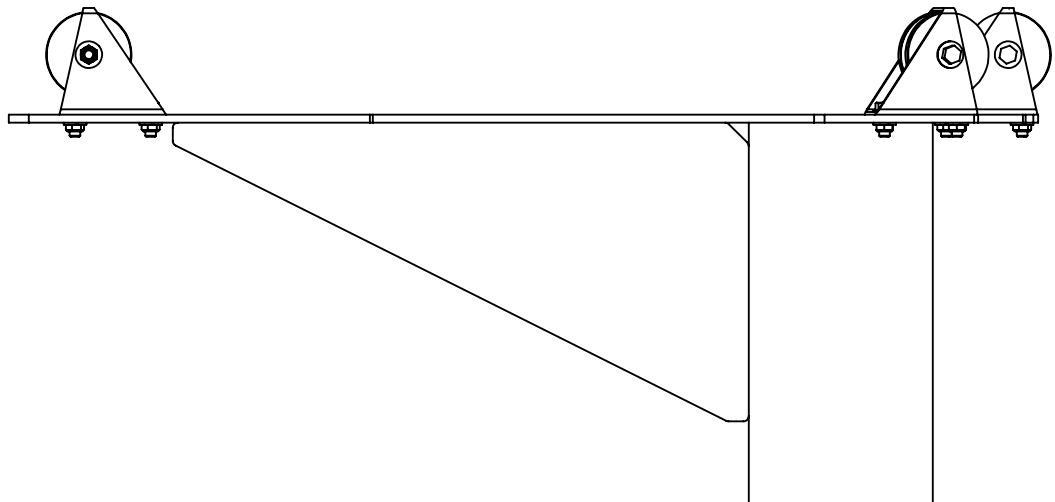
ORIENTATE REAR  
PULLEYS AS SHOWN

1/2" FLAT WASHER

1/2" X 1.25" BOLT  
(INSTALL THROUGH  
HOLES, NOT SLOT)

1/2" FLAT WASHER

1/2" NYLOCK NUT



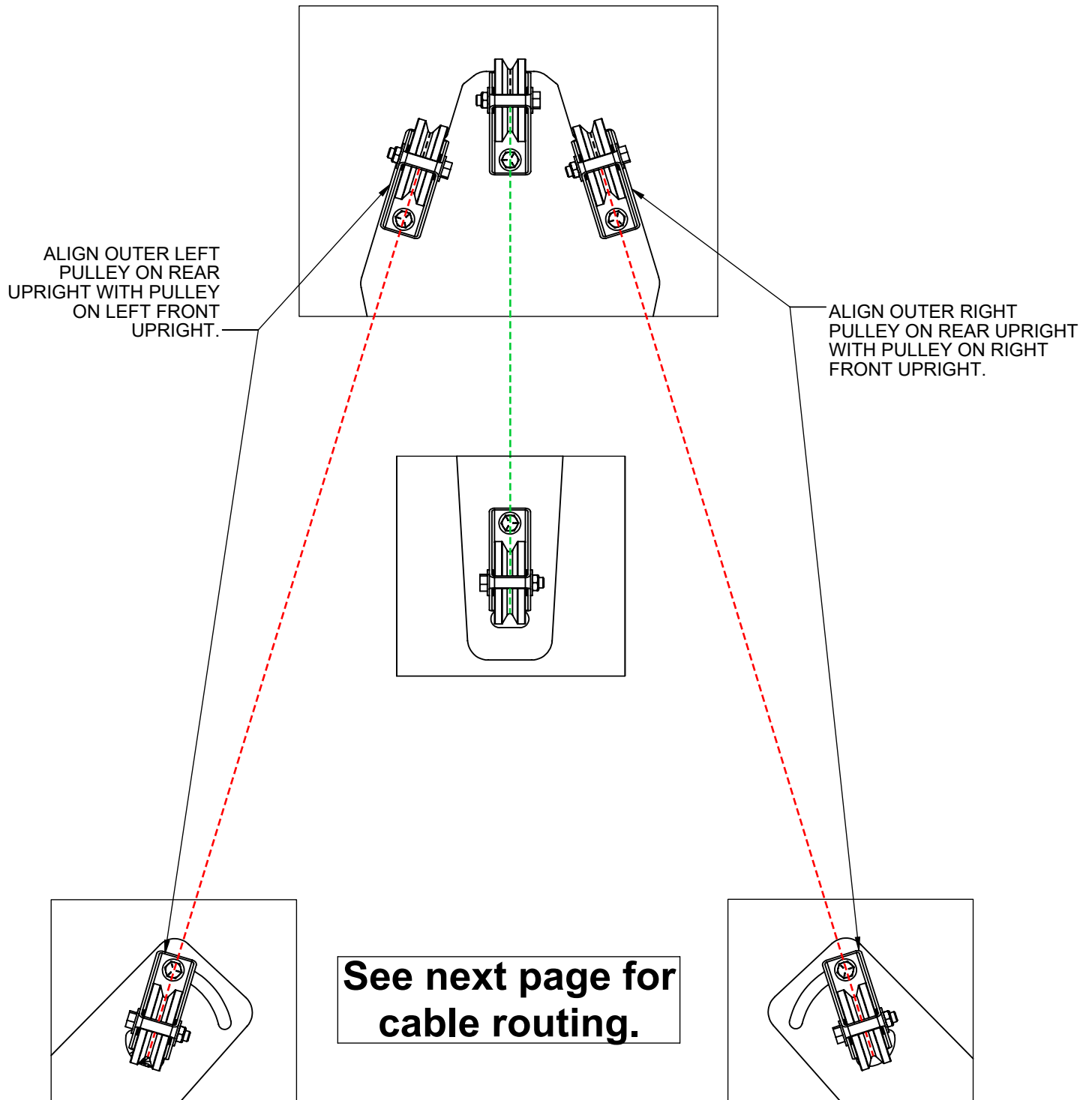
**See next page for  
pulley alignment.**



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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### TOP PULLEY LAYOUT





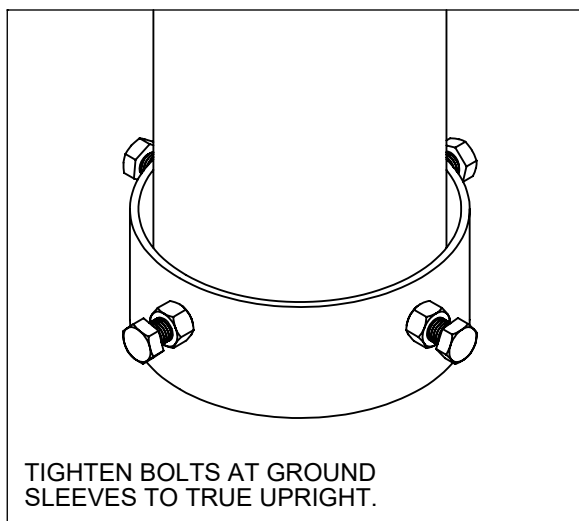
**UPRIGHT INSTALL**

**INSTALLER NOTE:**

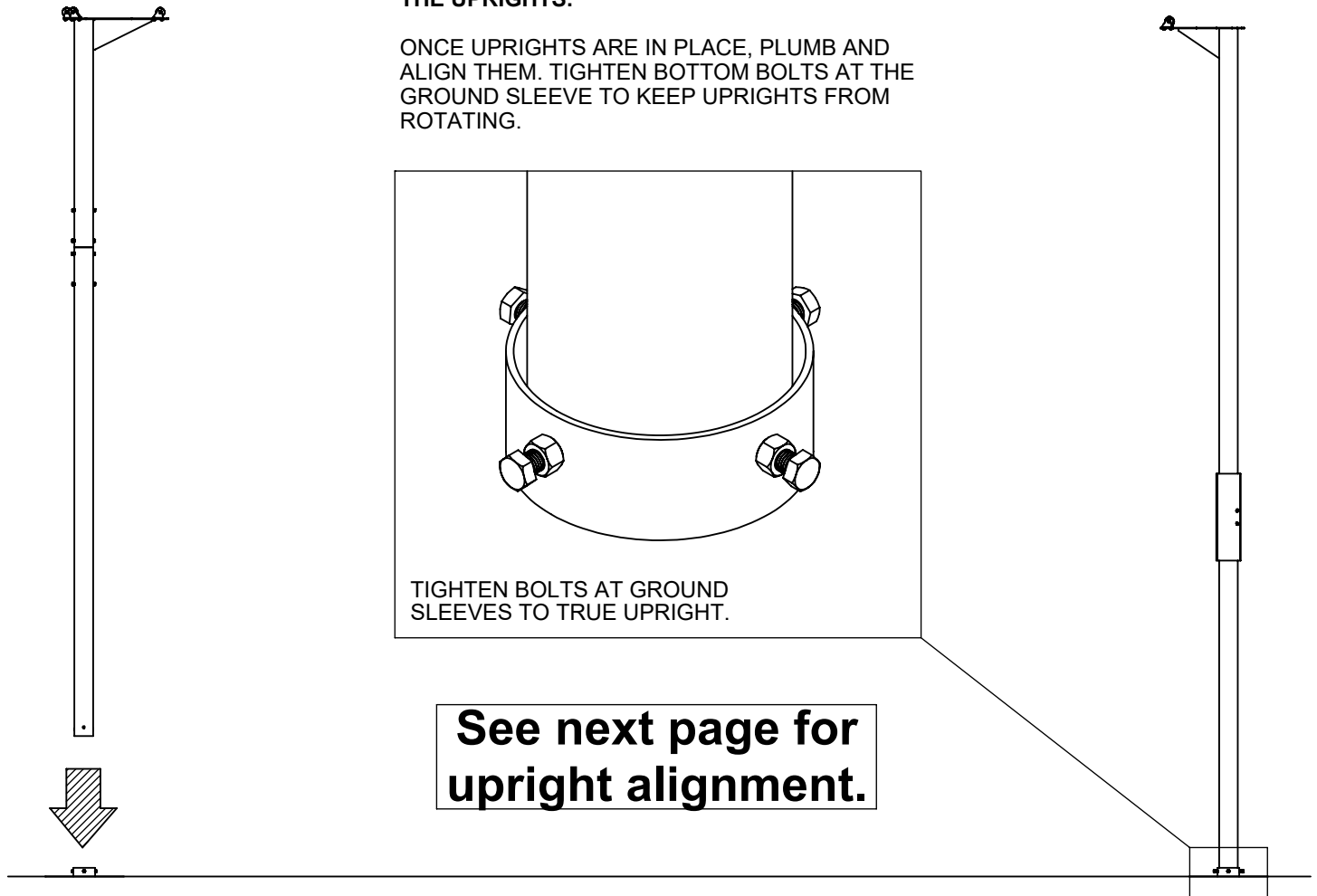
DROP FULLY ASSEMBLED UPRIGHTS INTO GROUND SLEEVES AND ALIGN AS SHOWN. BE SURE TO NOT SCRATCH UP THE POWDER COAT OF THE UPRIGHTS.

**IF NO LIFT IS AVAILABLE TO REACH THE TOP OF THE UPRIGHTS TO FEED 1/4" CABLE THROUGH TOP PULLEYS, DO SO BEFORE STANDING UP THE UPRIGHTS.**

ONCE UPRIGHTS ARE IN PLACE, PLUMB AND ALIGN THEM. TIGHTEN BOTTOM BOLTS AT THE GROUND SLEEVE TO KEEP UPRIGHTS FROM ROTATING.



**See next page for  
upright alignment.**





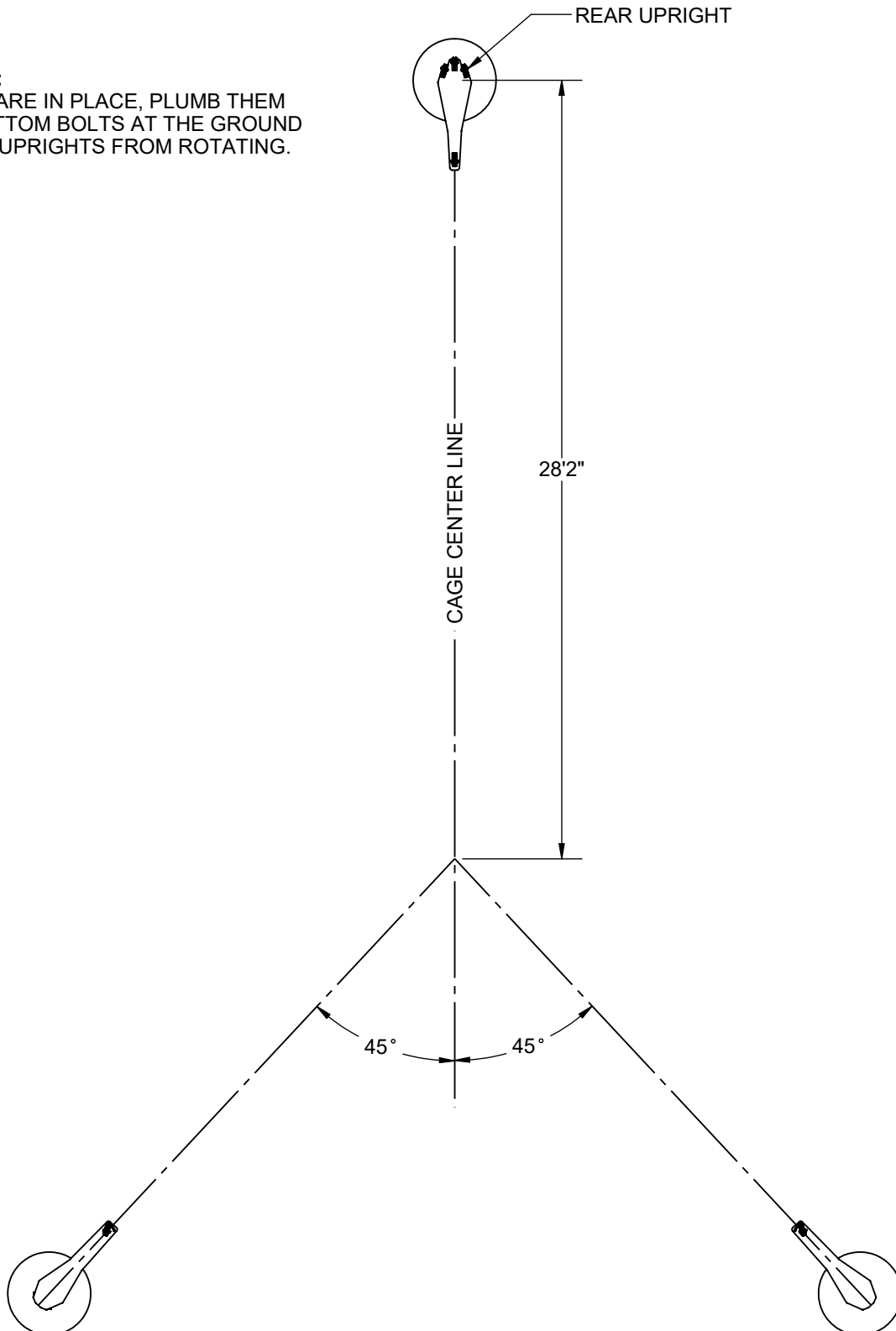
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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### UPRIGHT ALIGNMENT

#### **INSTALLER NOTE:**

ONCE UPRIGHTS ARE IN PLACE, PLUMB THEM  
AND TIGHTEN BOTTOM BOLTS AT THE GROUND  
SLEEVE TO KEEP UPRIGHTS FROM ROTATING.

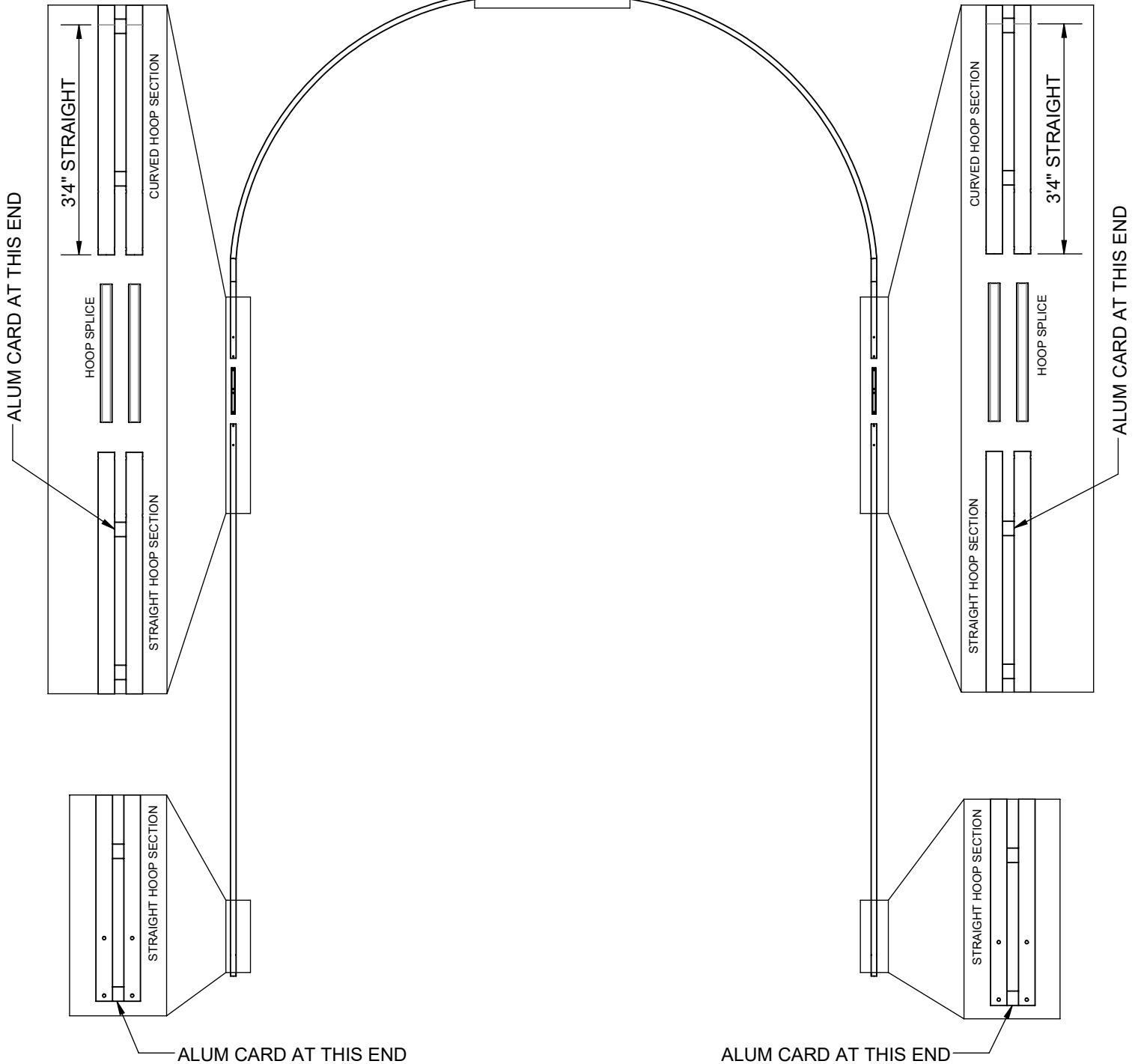
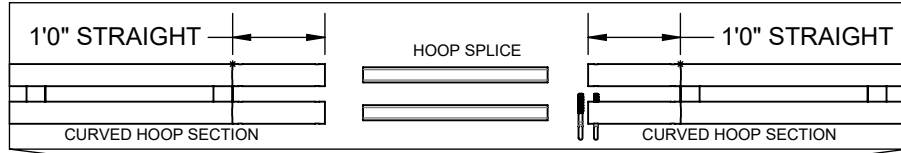




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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### HOOP TUBE LAYOUT



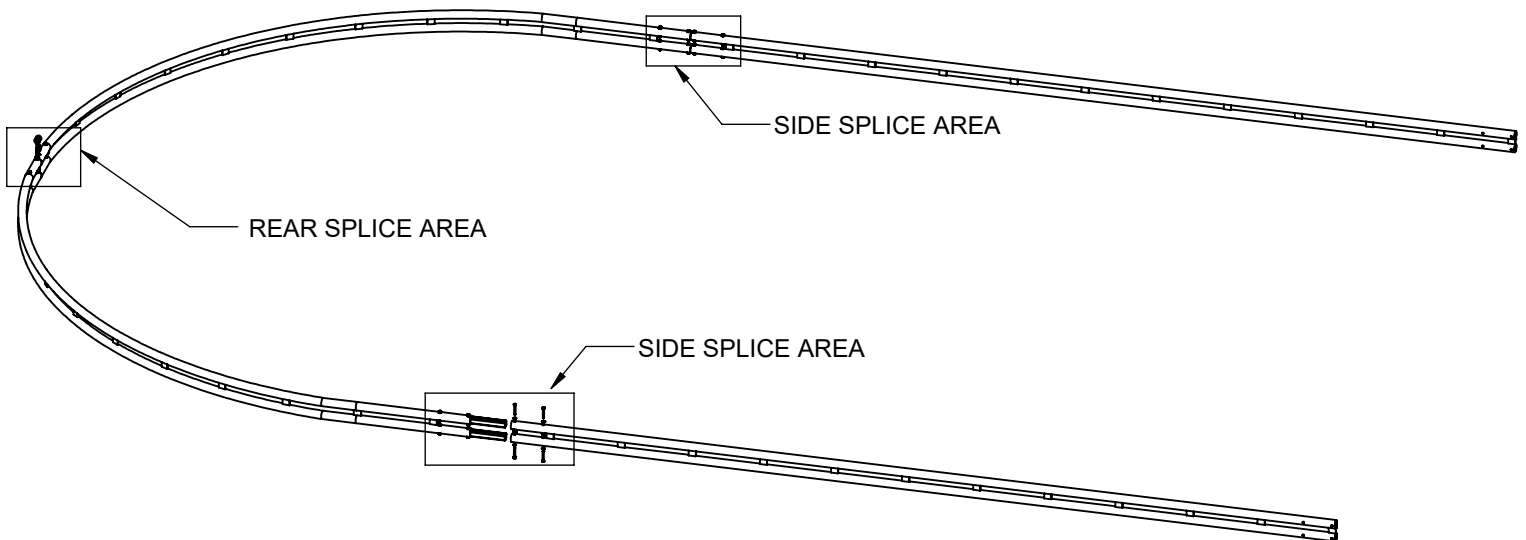
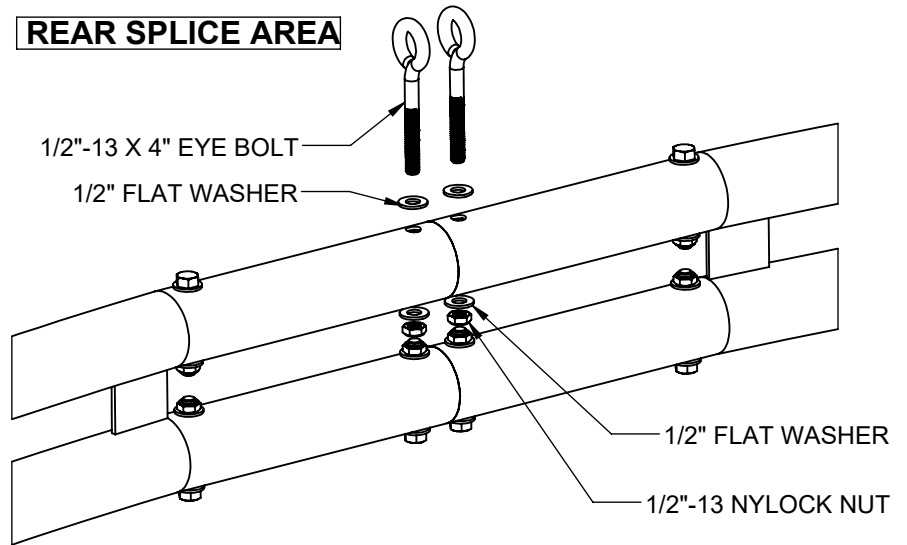


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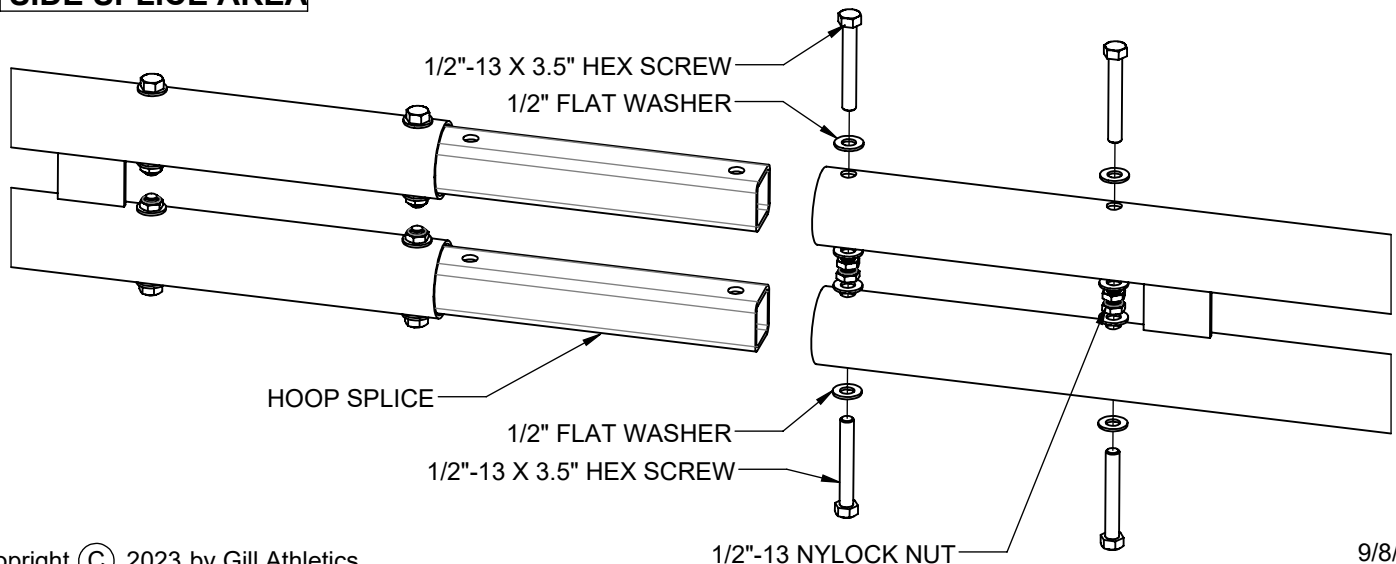
## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### HOOP ASSEMBLY

#### REAR SPLICE AREA



#### SIDE SPLICE AREA

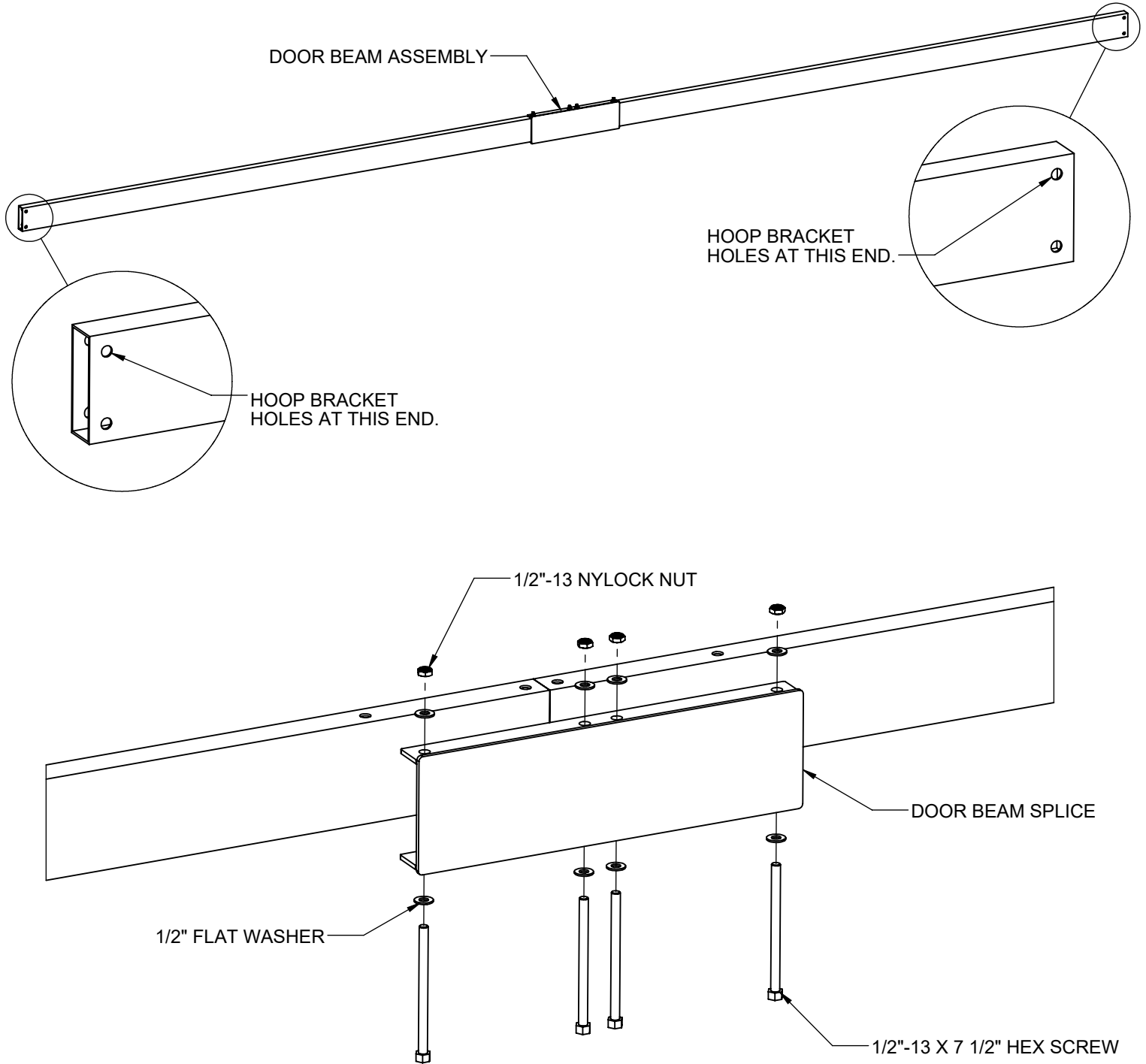




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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### DOOR BEAM ASSEMBLY

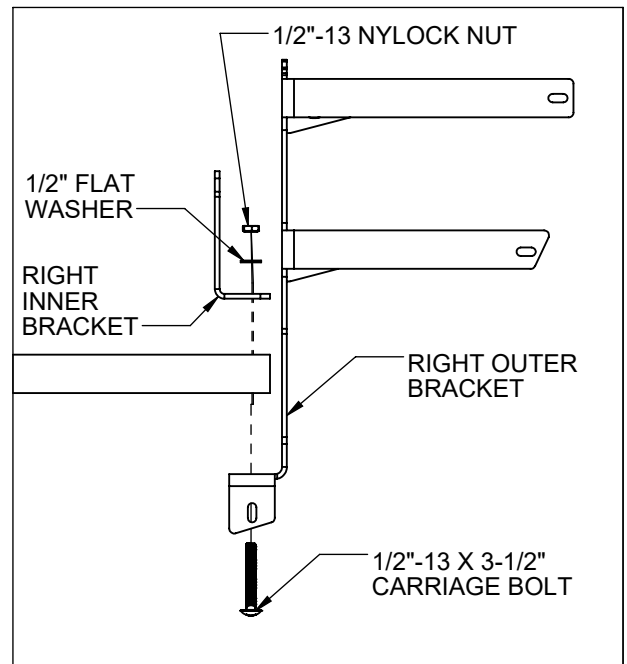
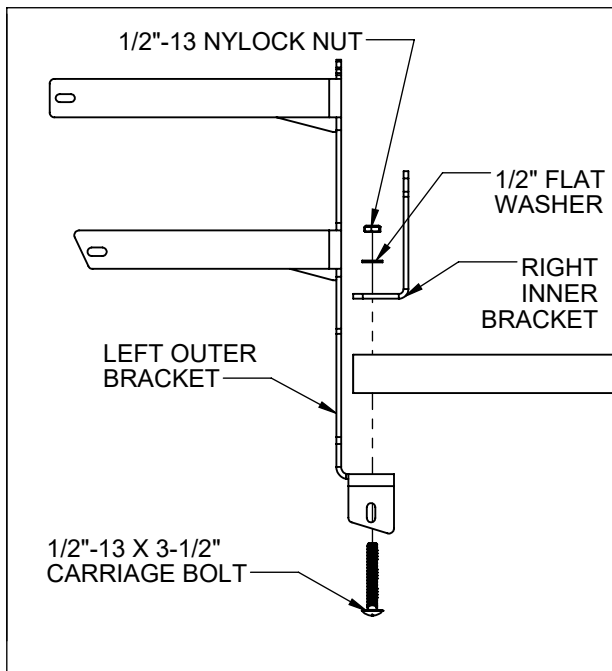
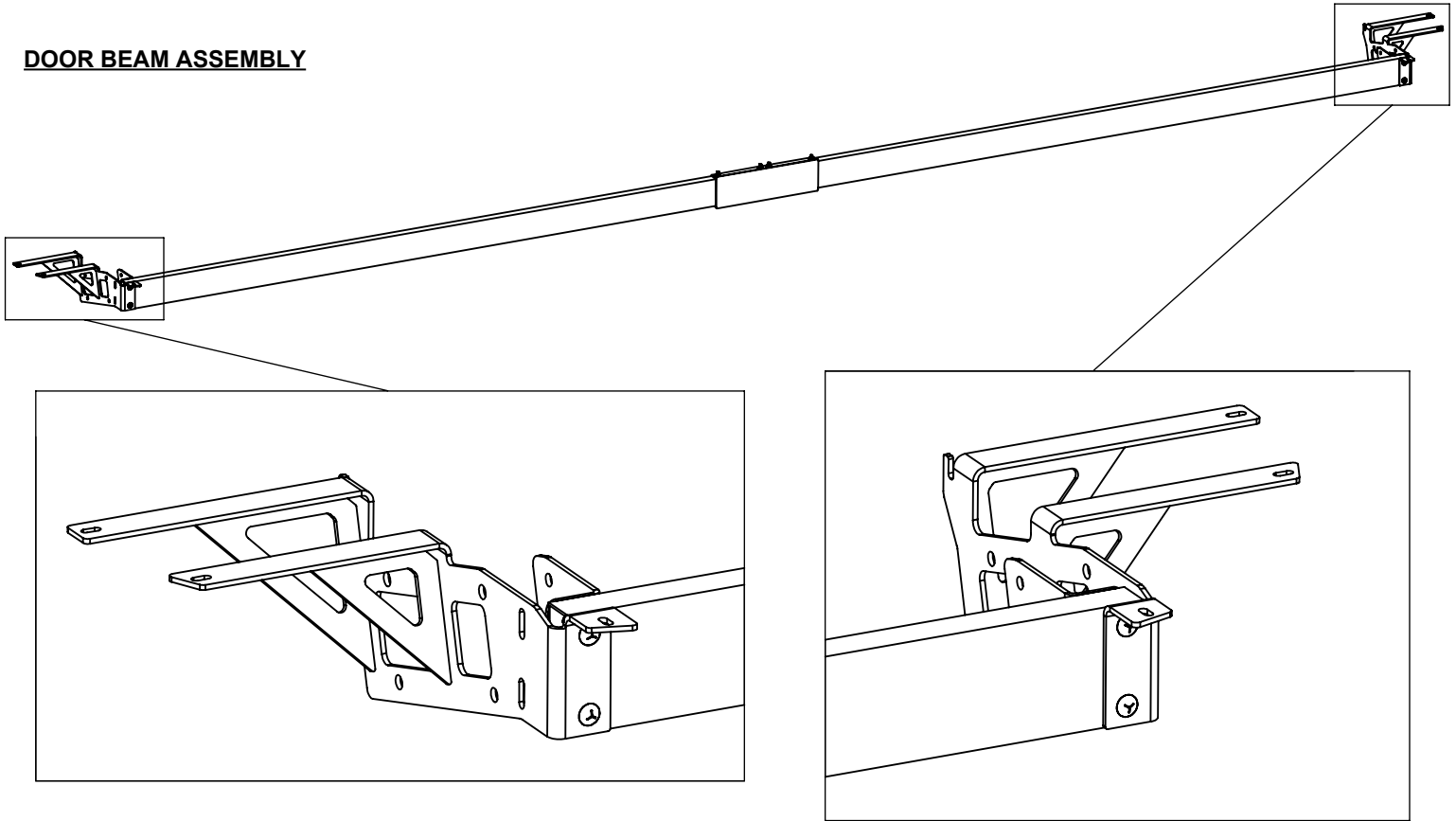




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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### DOOR BEAM ASSEMBLY

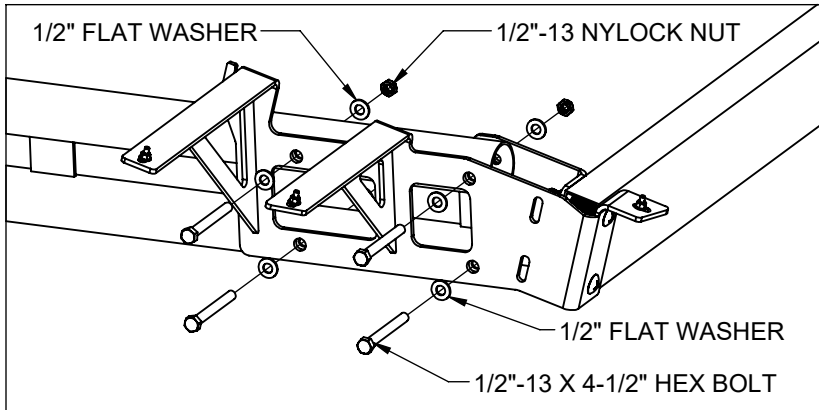
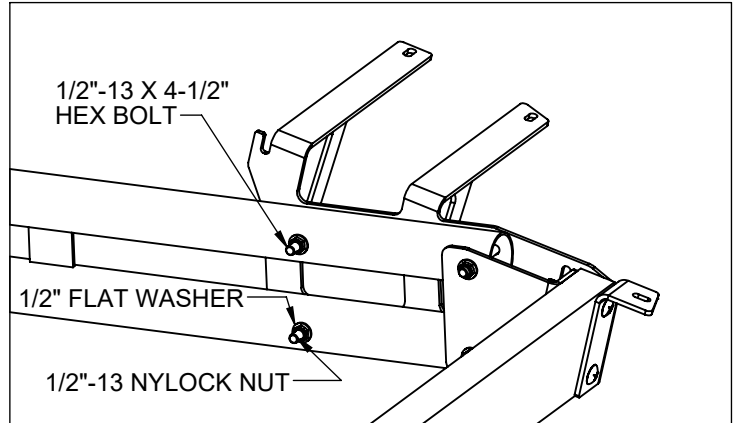




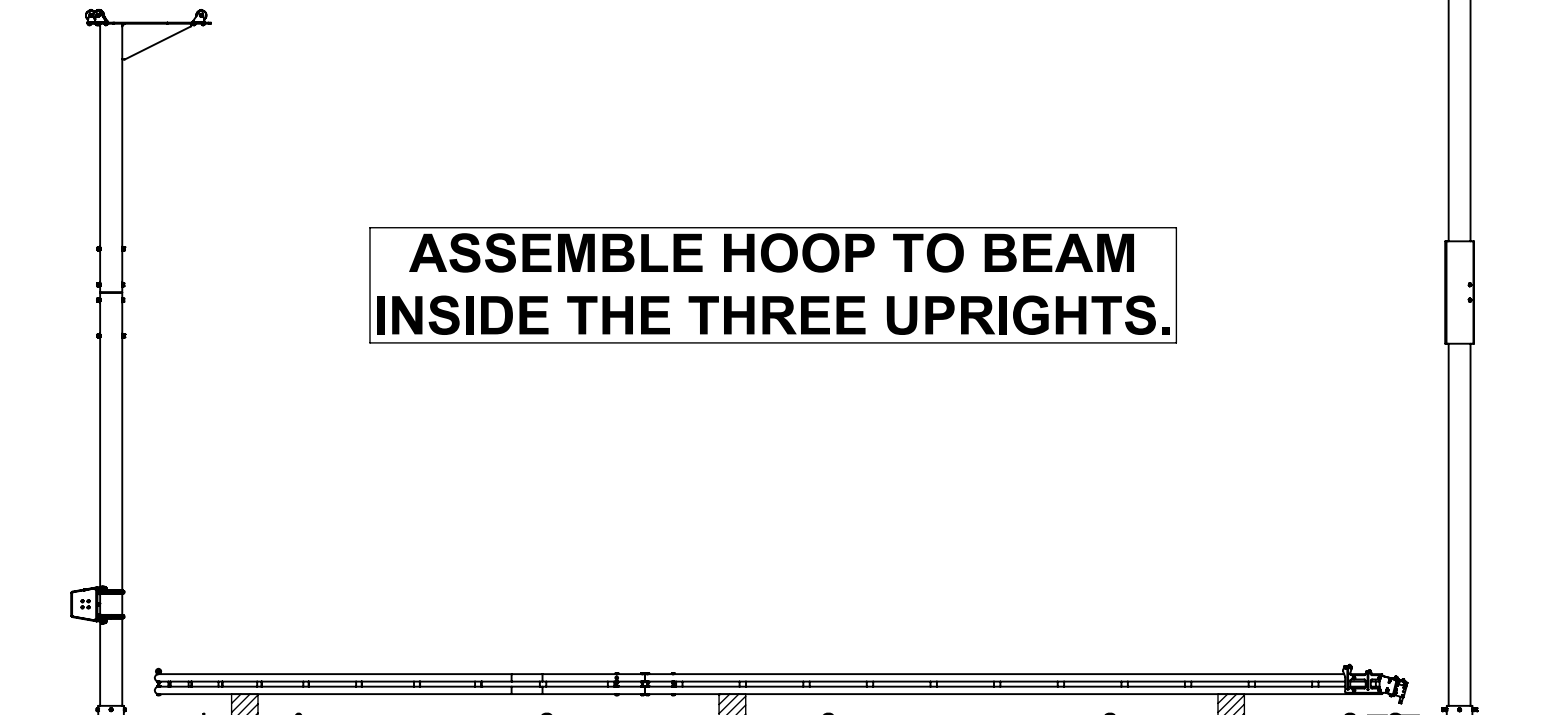
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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### HOOP TO BEAM ASSEMBLY



**ASSEMBLE HOOP TO BEAM  
INSIDE THE THREE UPRIGHTS.**



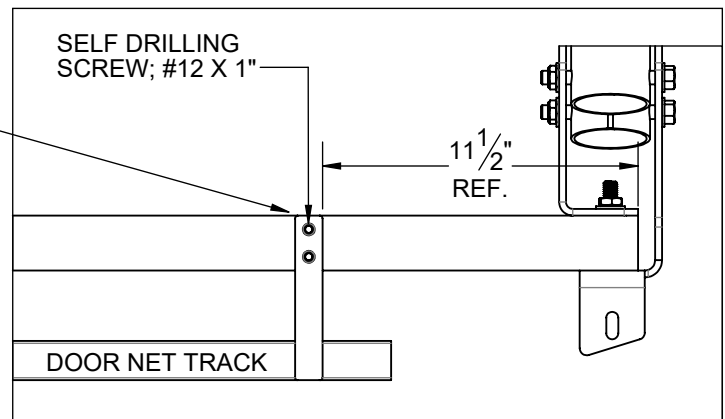
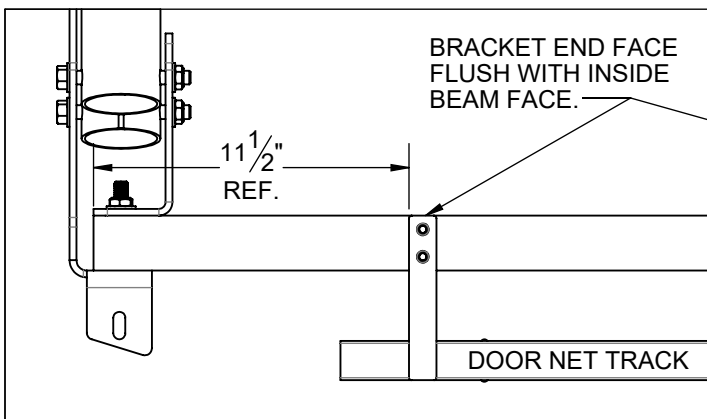
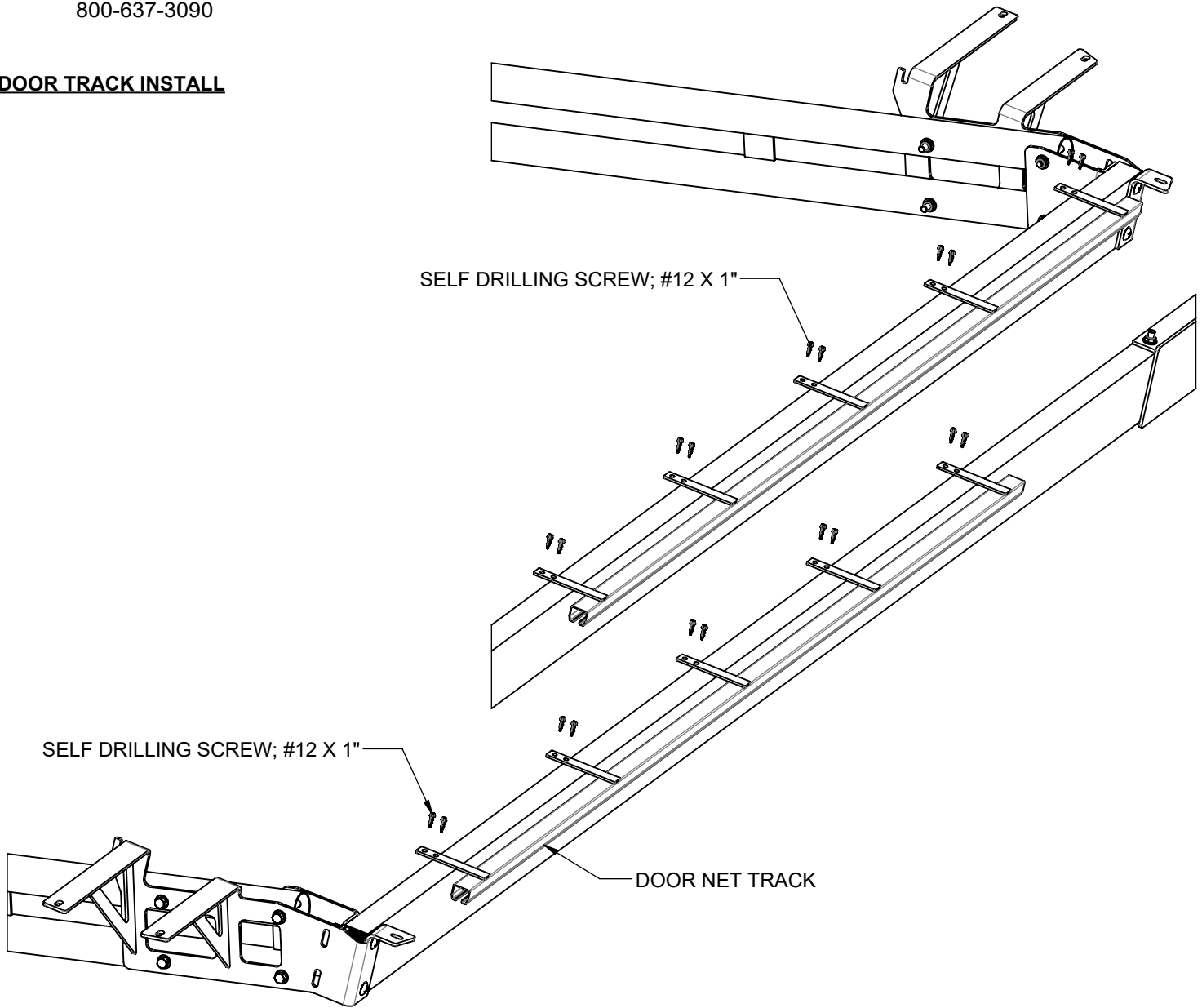
USE WOODEN BLOCKING TO PROP HOOP  
AND BEAM ASSEMBLY OFF THE GROUND.



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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### DOOR TRACK INSTALL



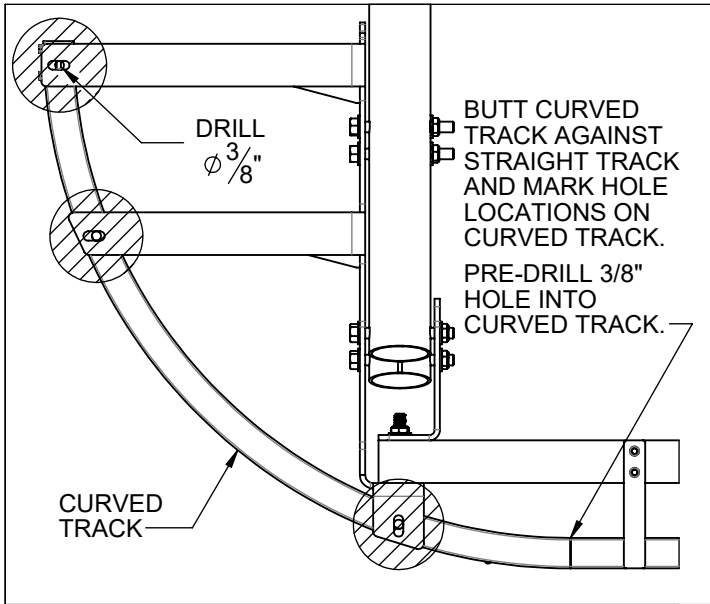




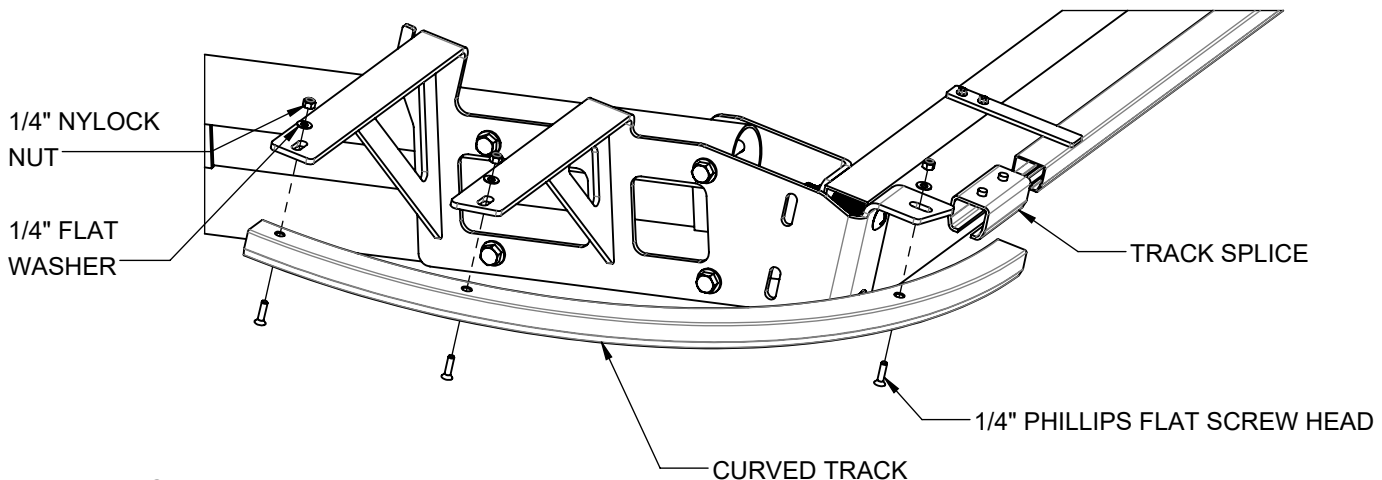
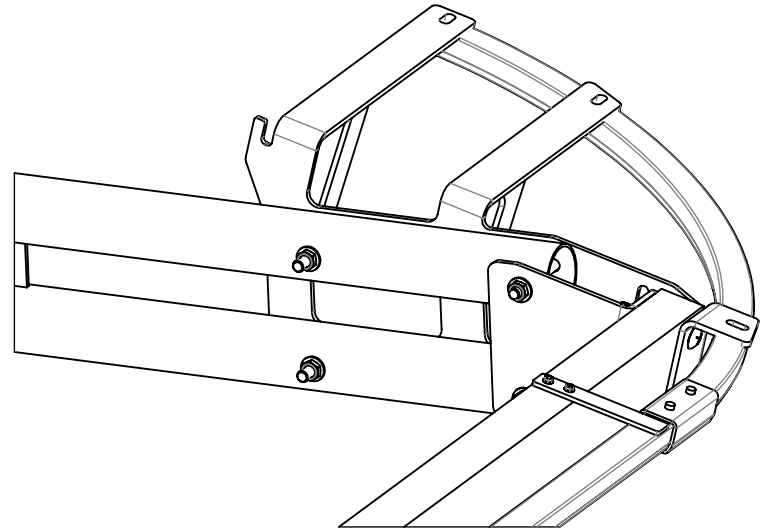
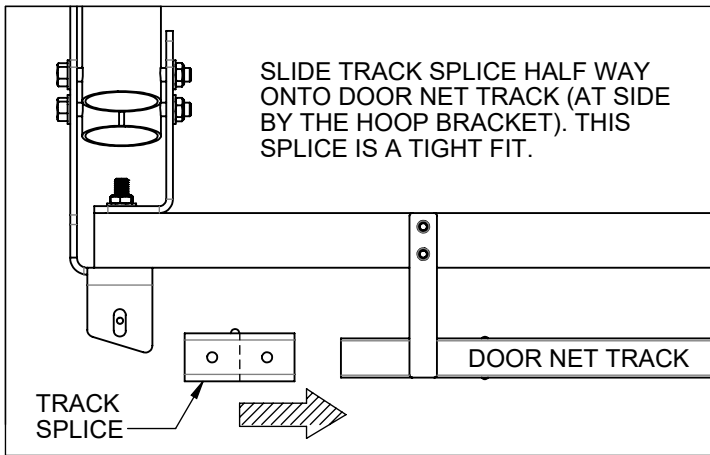
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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### DOOR TRACK INSTALL



**REPEAT TRACK SPLICE  
AND CURVED TRACK  
INSTALL STEPS ON  
OPPOSITE SIDE.**

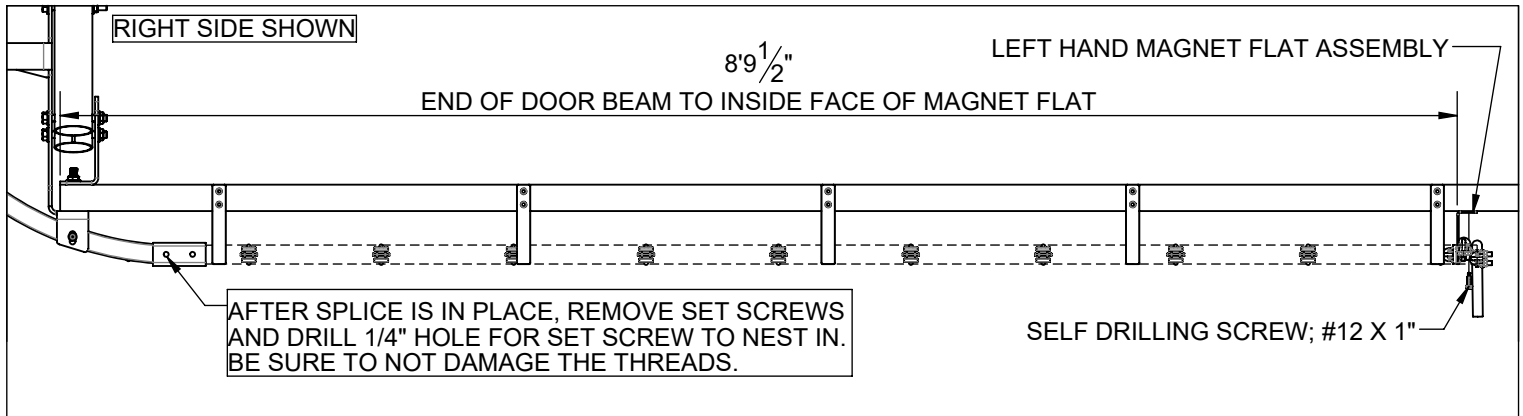




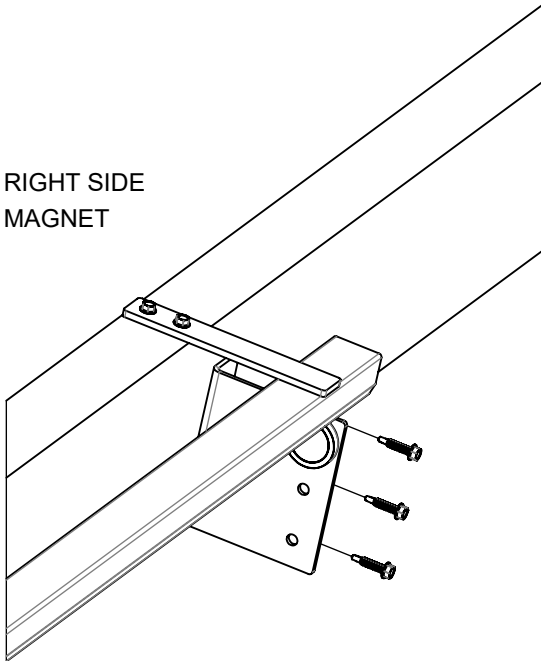
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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

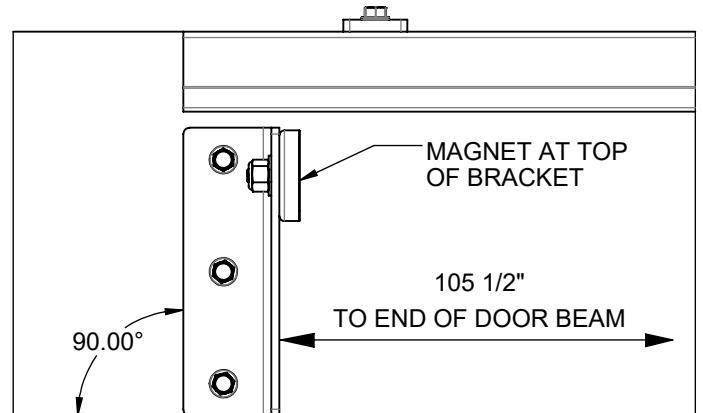
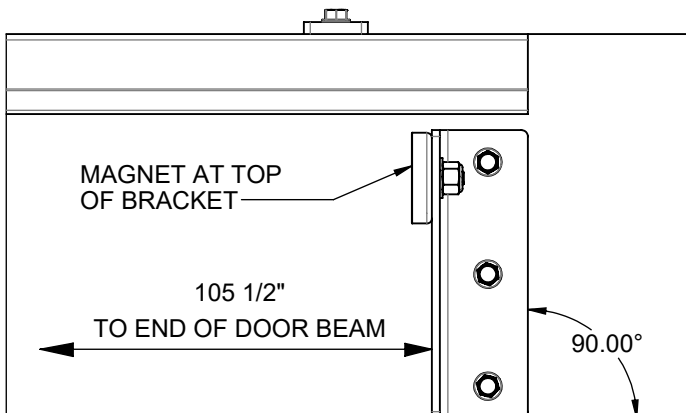
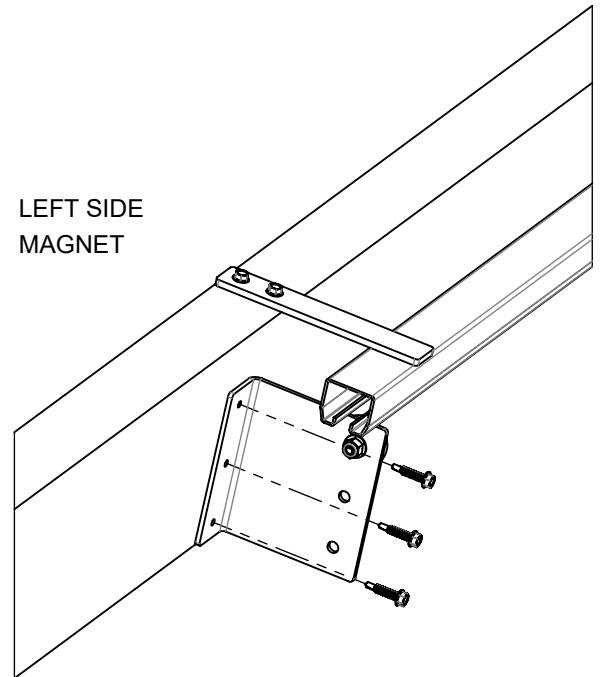
### MAGNET FLAT INSTALL



RIGHT SIDE  
MAGNET



LEFT SIDE  
MAGNET

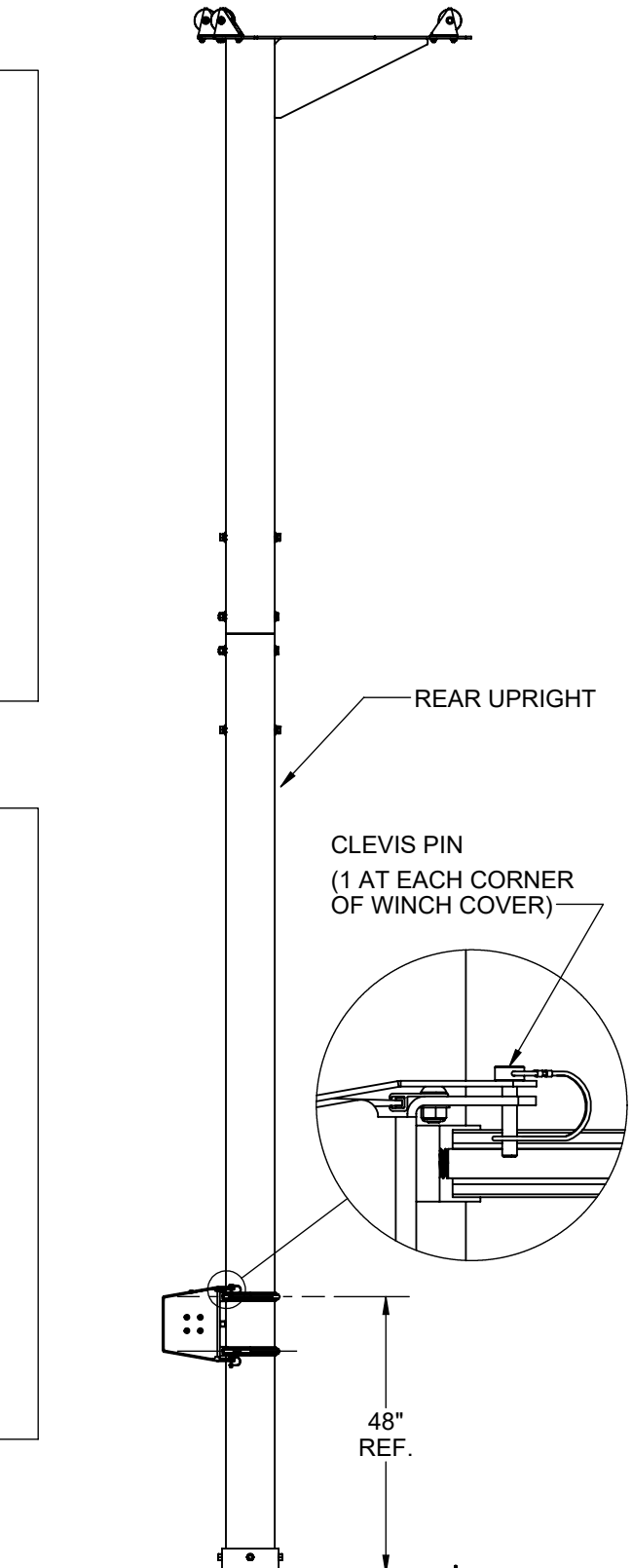
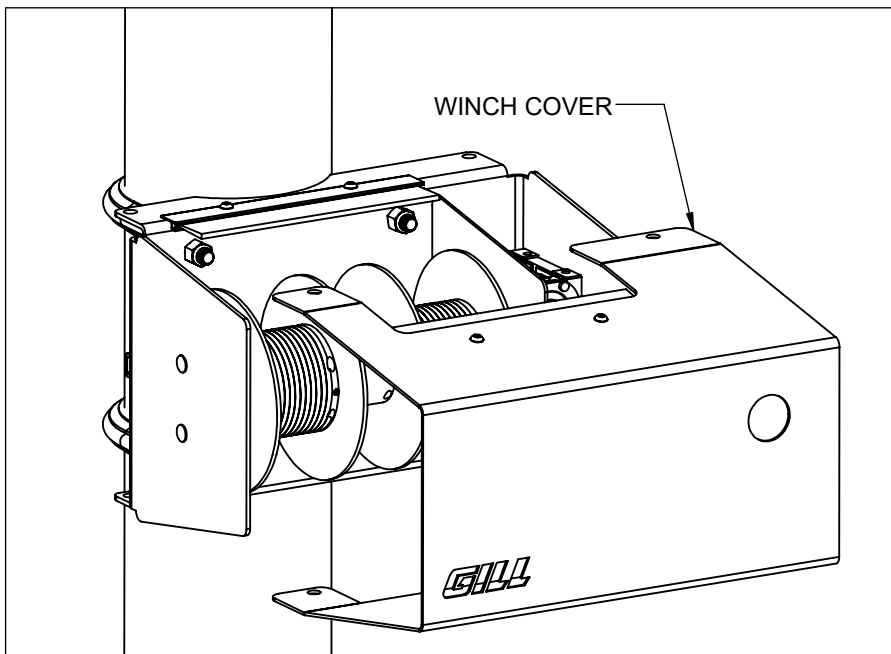
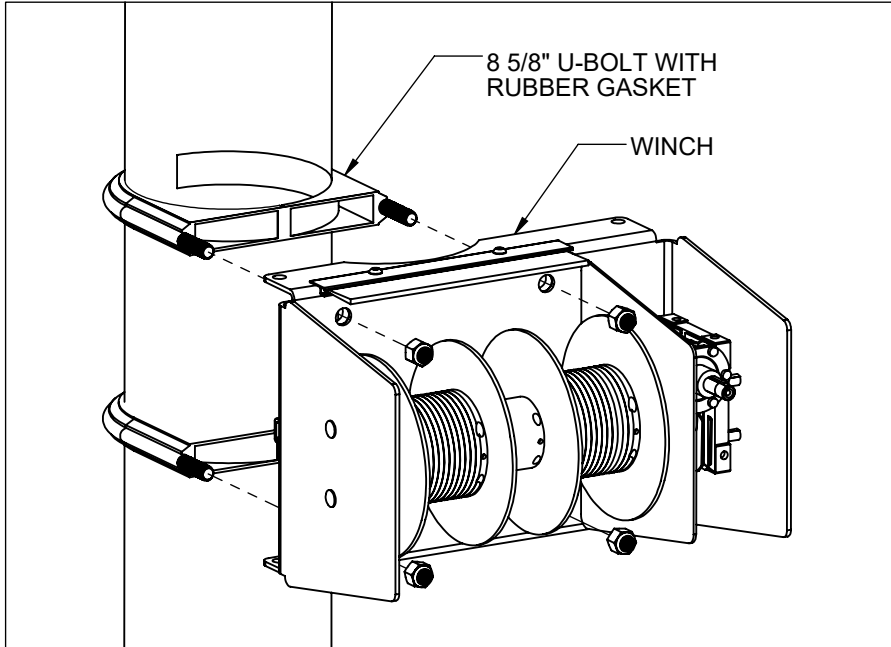




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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### WINCH INSTALLATION

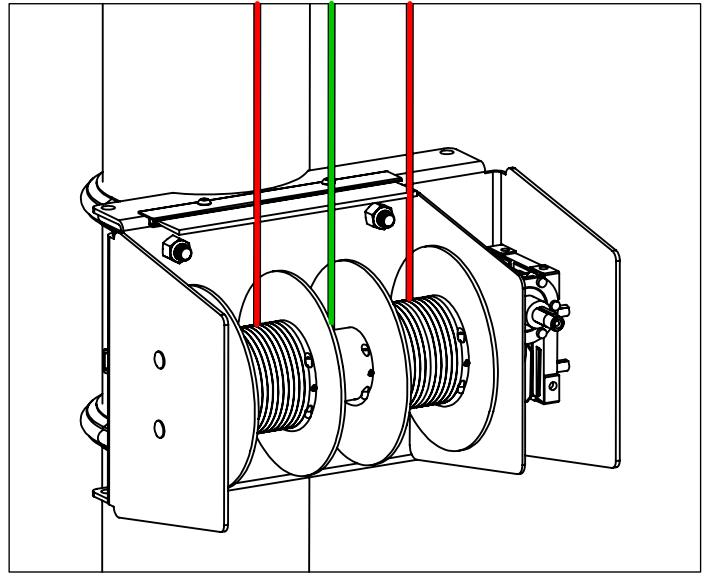
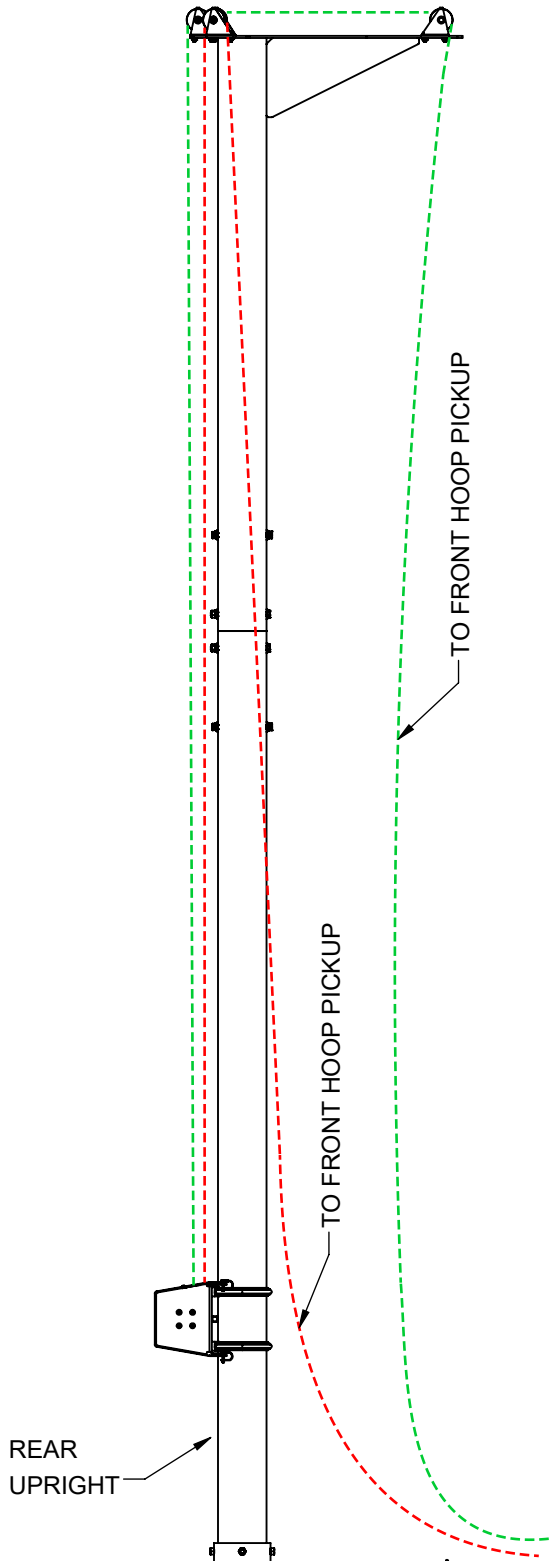




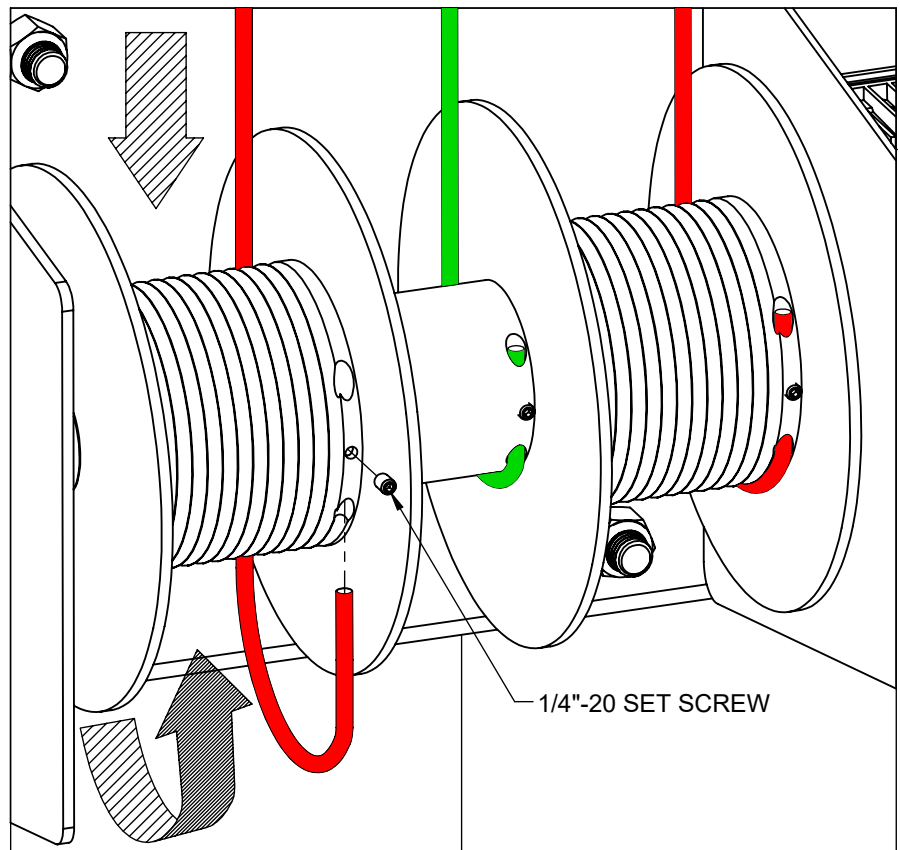
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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### WINCH INSTALLATION



FEED THE CABLES BETWEEN THE BACK OF THE DRUMS AND THE WINCH FRAME AND UP INTO THE LOWER HOLE OF THE CABLE OPENING. FEED THE CABLE INTO THE OPENING UNTIL THE CABLE END IS JUST VISIBLE IN THE UPPER HOLE. TIGHTEN THE SET SCREW SECURELY ONTO THE CABLE. REPEAT THIS FOR EACH DRUM AND CABLE.

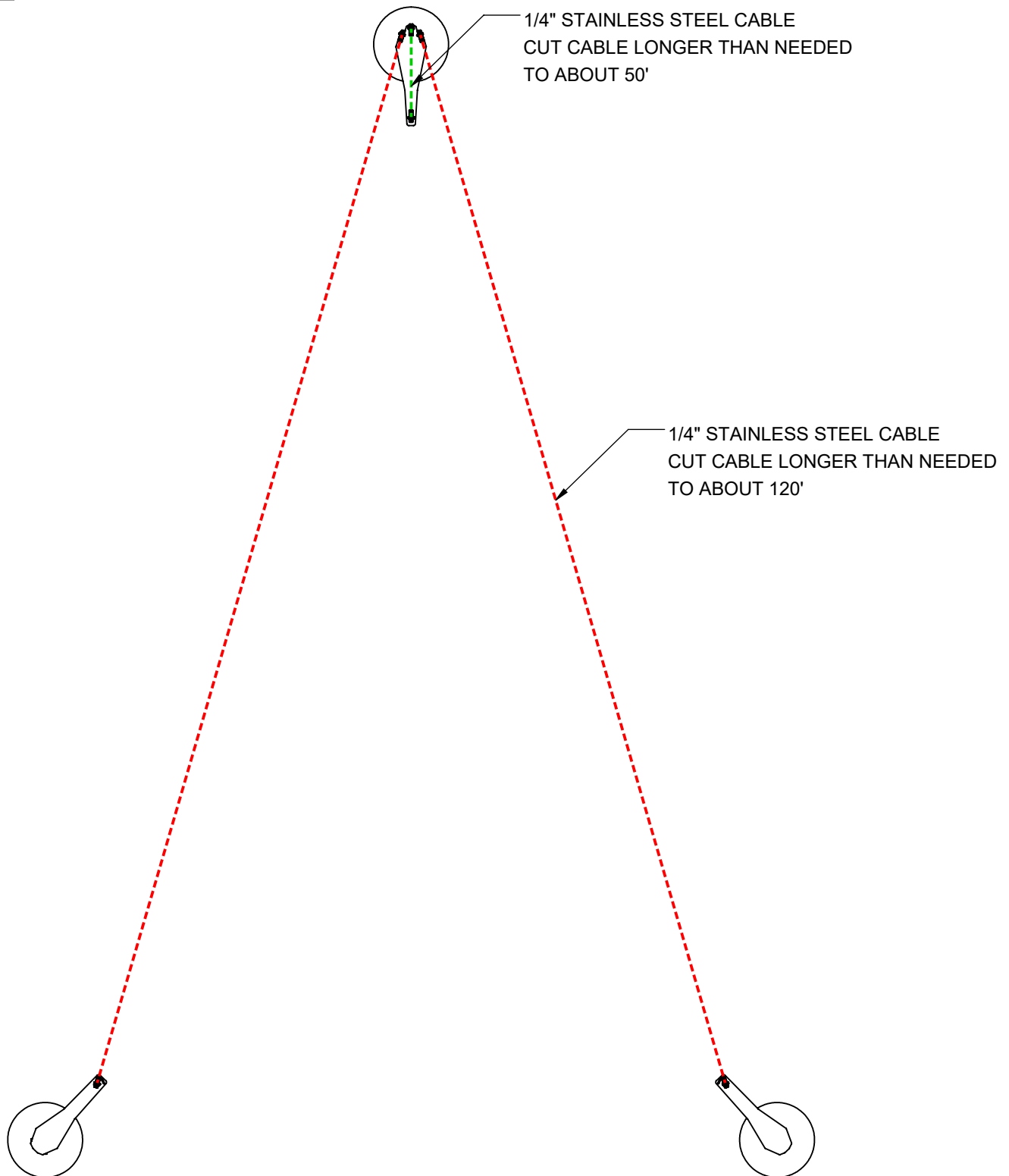




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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### CABLE ROUTING

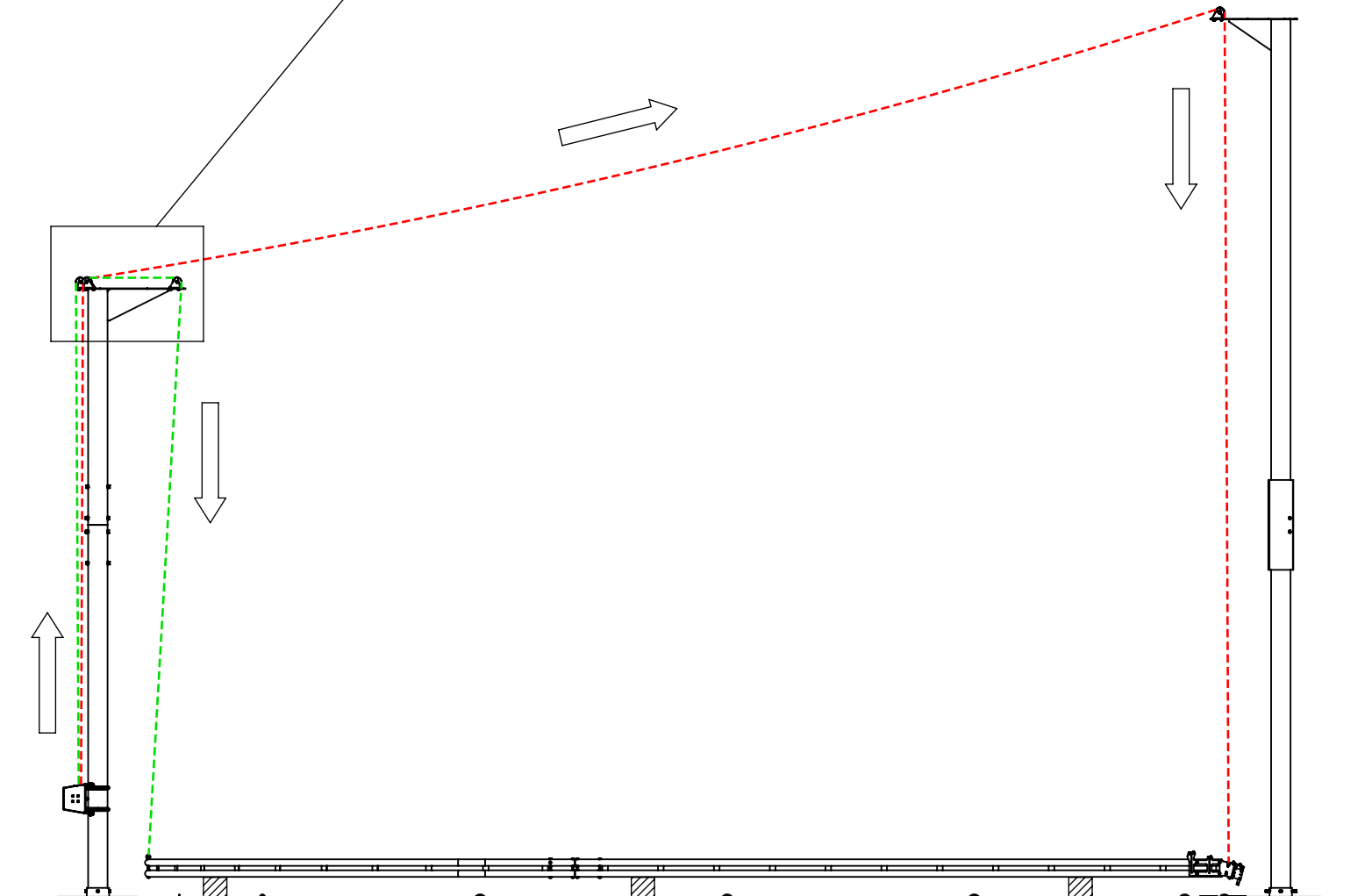
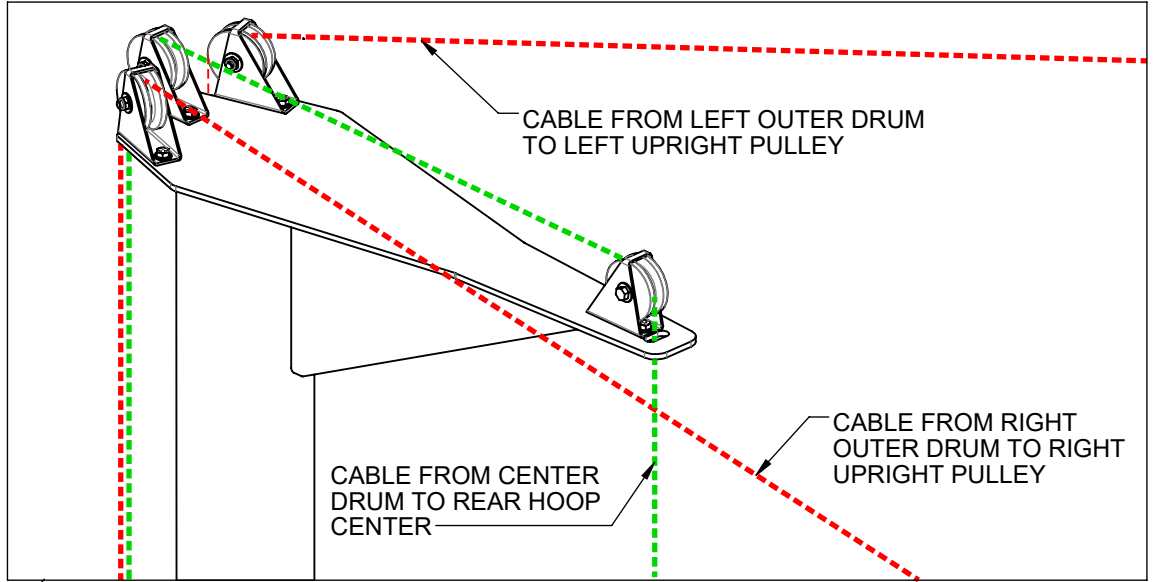




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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### CABLE ROUTING

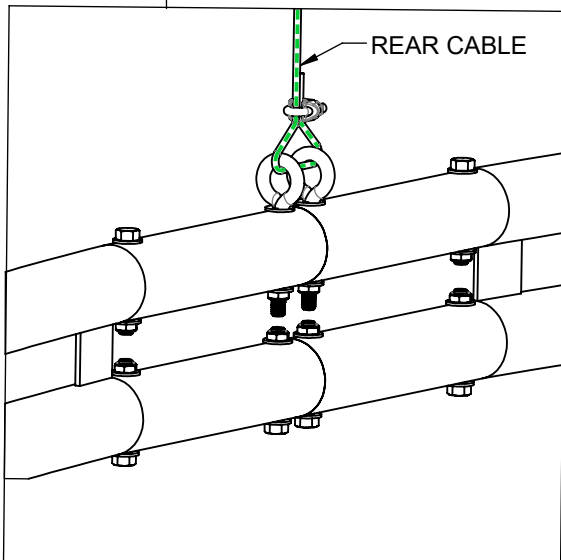
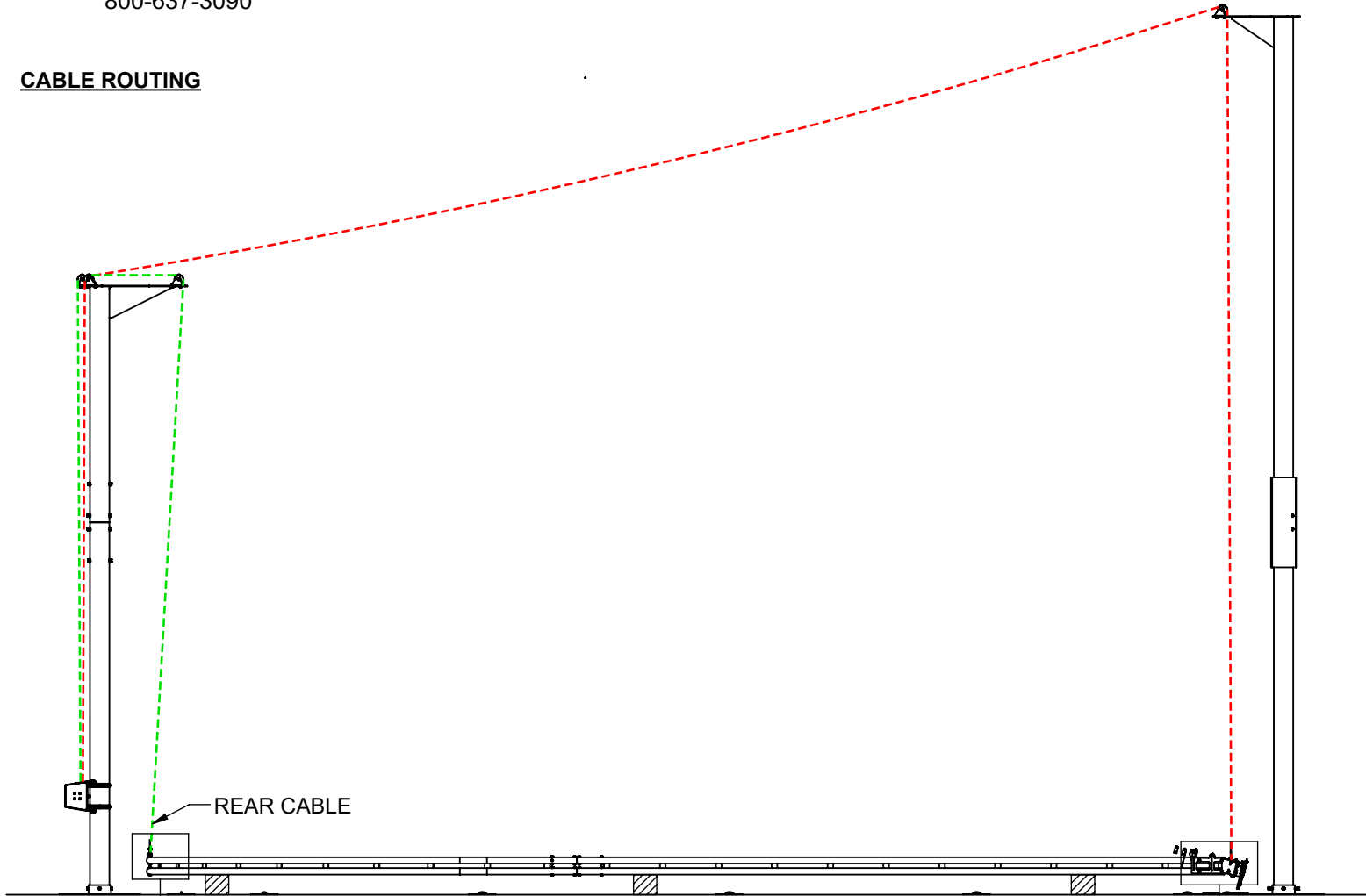




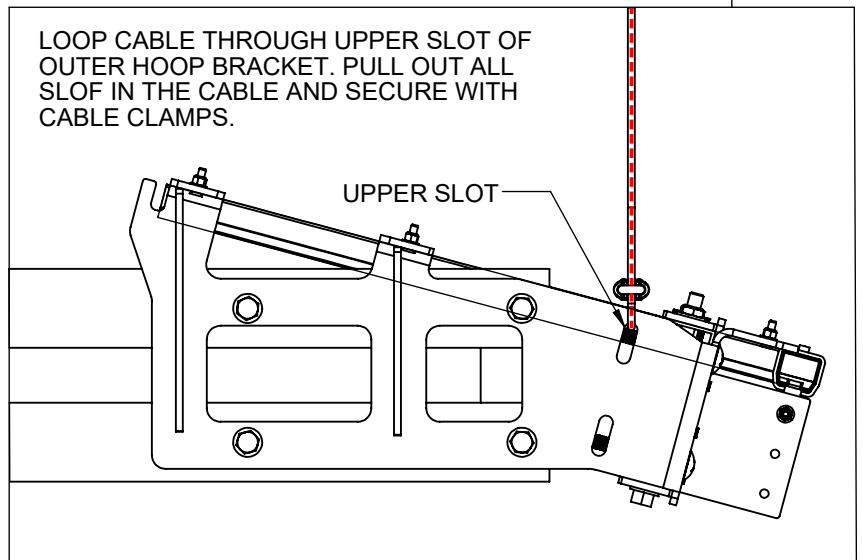
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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### CABLE ROUTING



LOOP CABLE THROUGH UPPER SLOT OF  
OUTER HOOP BRACKET. PULL OUT ALL  
SLOP IN THE CABLE AND SECURE WITH  
CABLE CLAMPS.

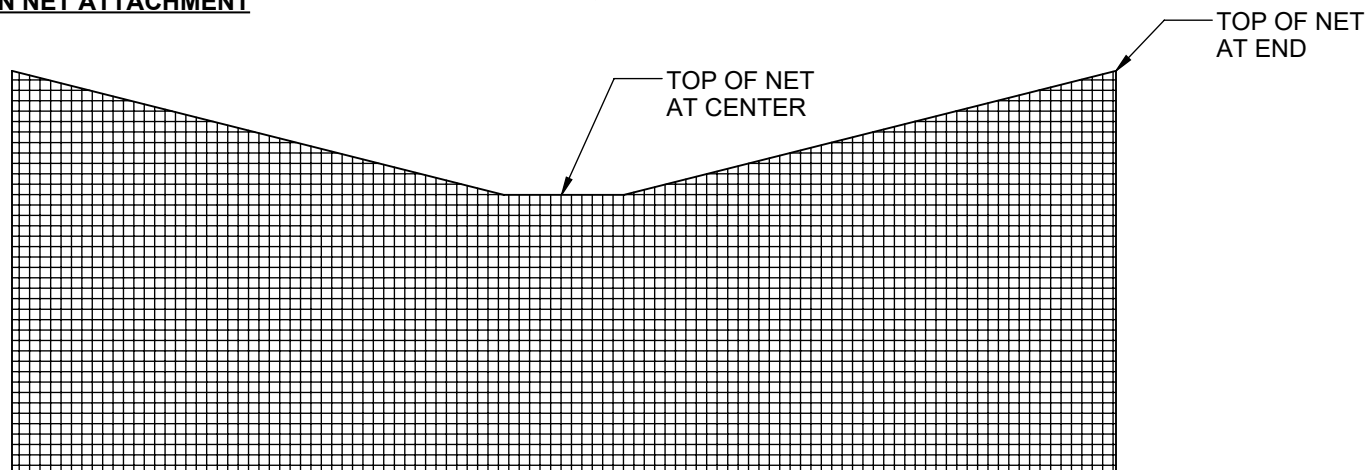




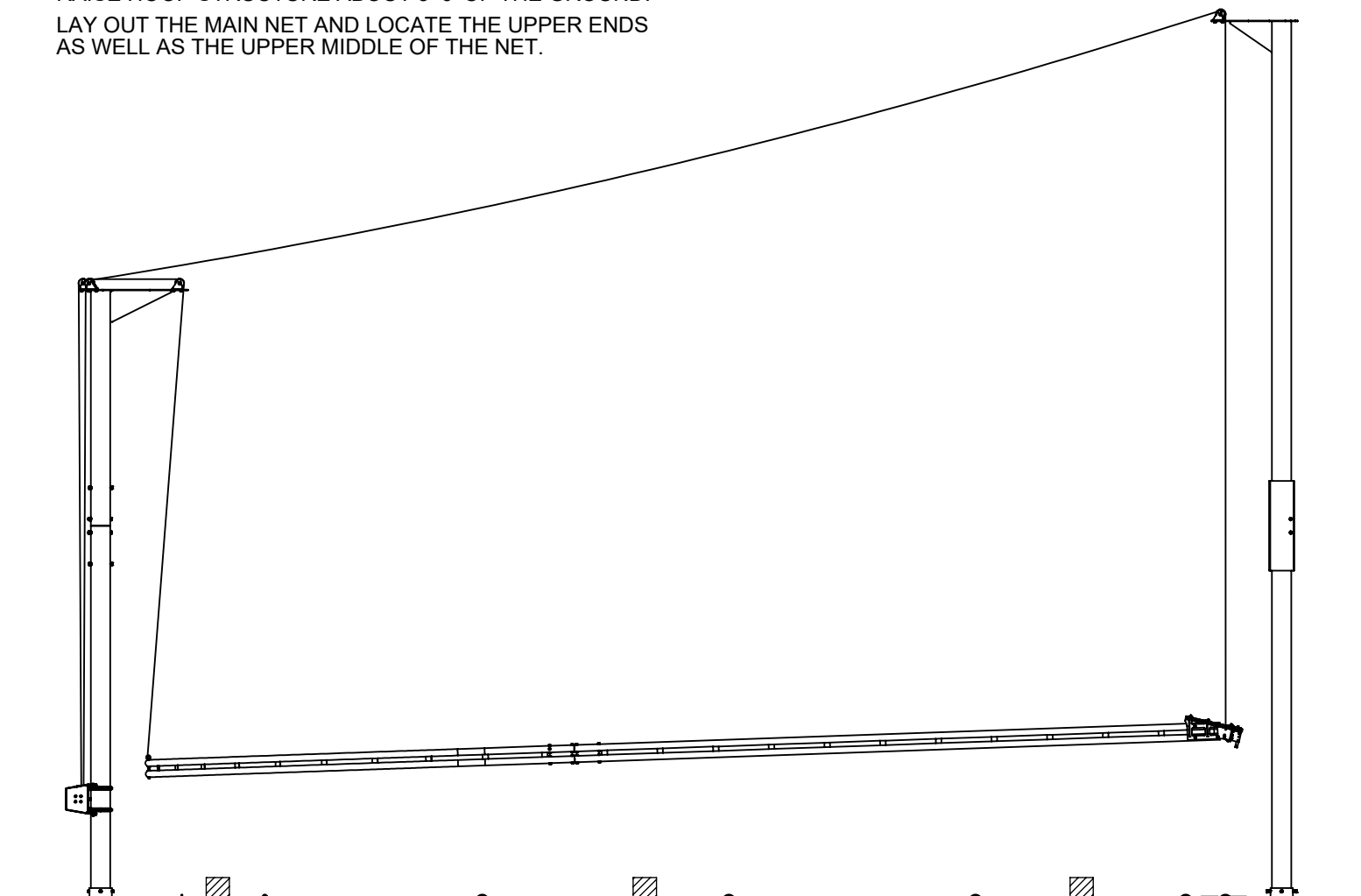
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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### MAIN NET ATTACHMENT



RAISE HOOP STRUCTURE ABOUT 5'-6' OF THE GROUND.  
LAY OUT THE MAIN NET AND LOCATE THE UPPER ENDS  
AS WELL AS THE UPPER MIDDLE OF THE NET.







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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### MAIN NET ATTACHMENT

CUT DOUBLE SIDED VELCRO INTO 14" STRIPS.

USE VELCRO STRIPS TO HANG NET ONTO BOTTOM TUBE OF HOOP STRUCTURE. USE ONE STRIP OF VELCRO INSIDE EVERY HOOP STRUCTURE CAVITY (ABOUT 46 PIECES).

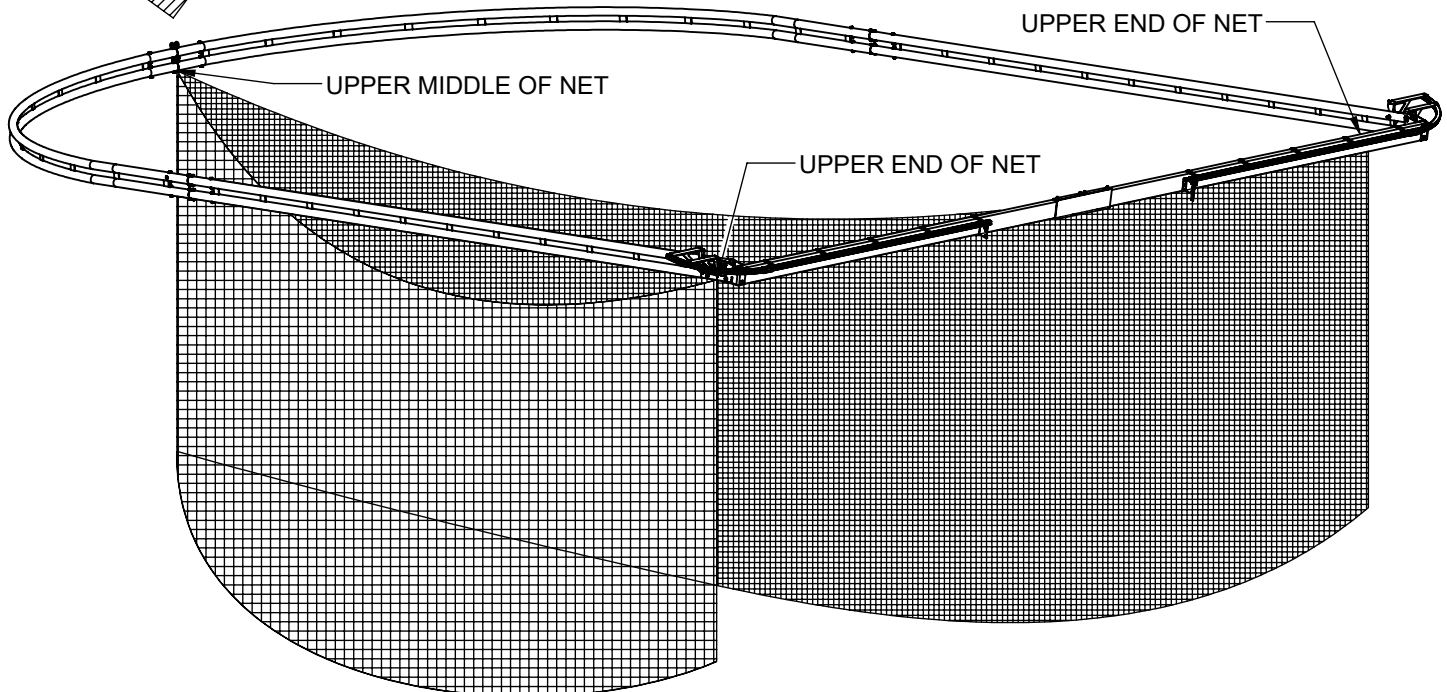
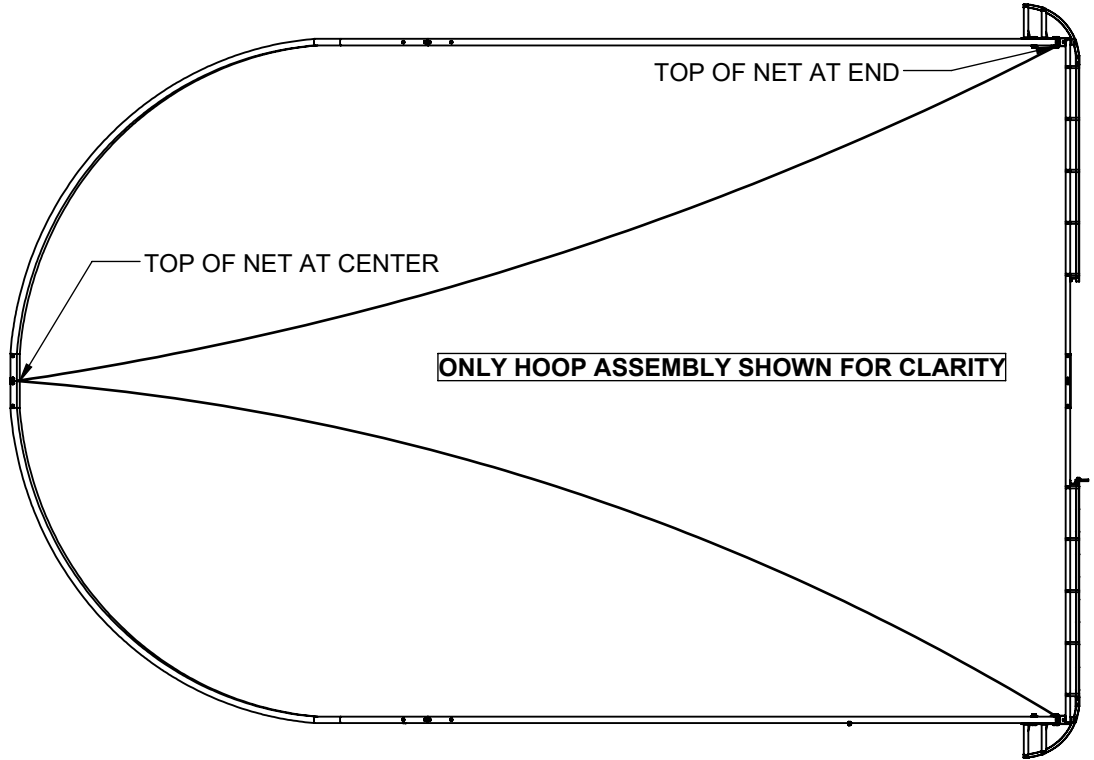
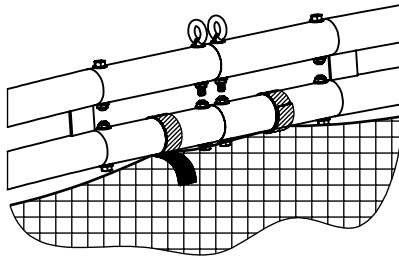
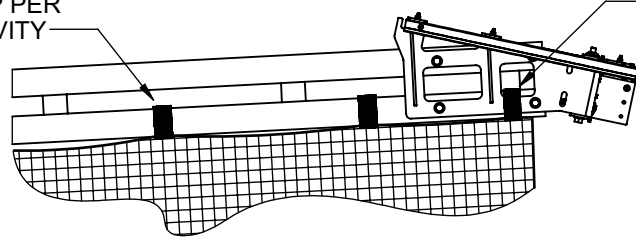
BE SURE TO OVERLAP VELCRO ON TOP OF ITSELF.

HANG UPPER MIDDLE OF NET AND BOTH UPPER ENDS FIRST.

EVENLY ATTACH THE REST OF THE NET TO THE LOWER HOOP TUBE.

ONE 14" VELCRO STRIP PER  
HOOP STRUCTURE CAVITY

FIRST STRIP  
THROUGH HOOP  
BRACKET AS  
SHOWN





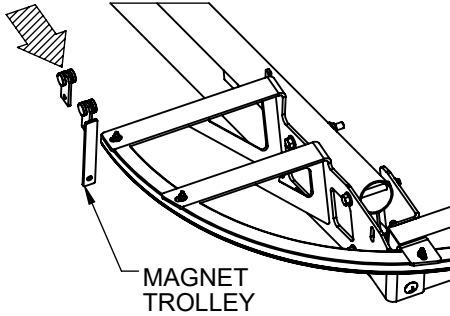
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## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

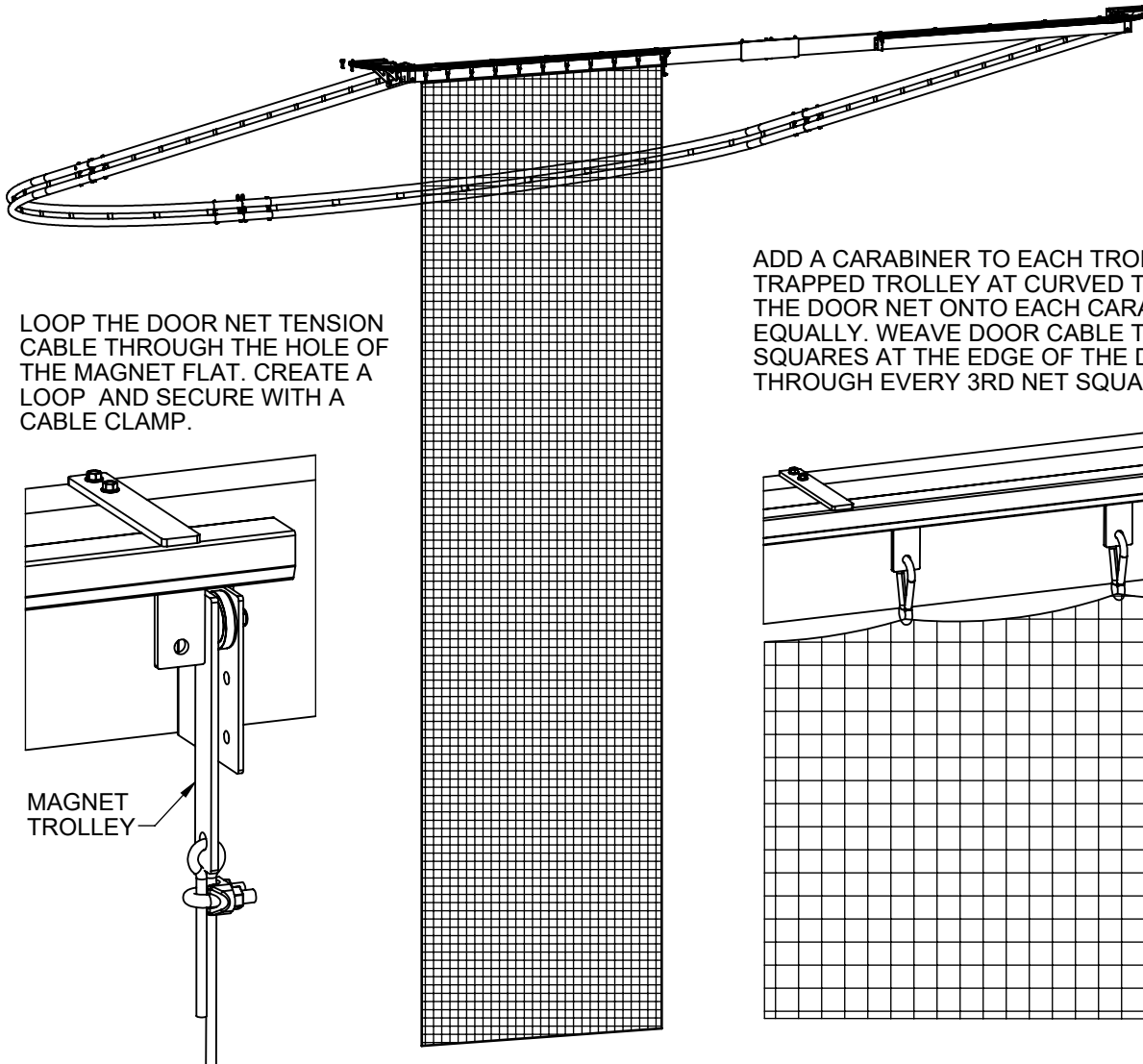
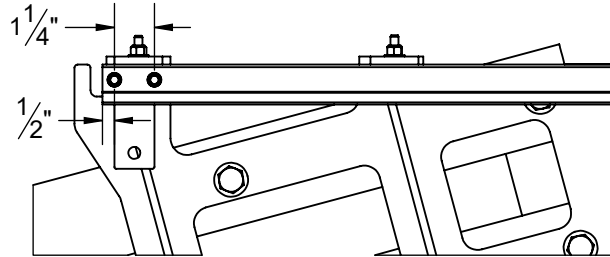
**ONLY HOOP ASSEMBLY SHOWN FOR CLARITY**

### **DOOR NET ATTACHMENT**

INSERT MAGNET FLAT TROLLEY AS SHOWN INTO OPEN END OF CURVED TRACK FOLLOWED BY 10 TROLLEYS.

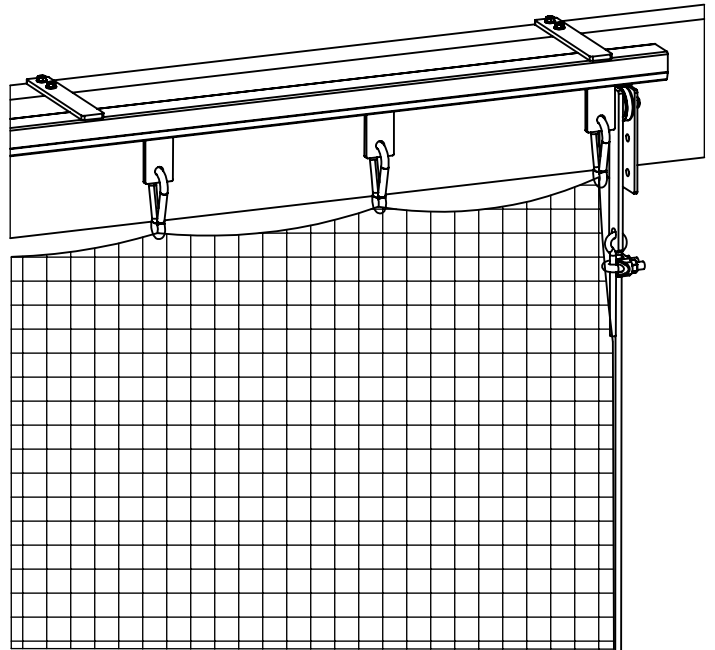


SCREW A SELF DRILLING SCREW INTO THE SIDE OF THE CURVED TRACK ABOUT 1/2" FROM THE END. ADD A SECOND SCREW 1 1/4" FROM THE FIRST SCREW TO TRAP THE LAST TROLLEY IN PLACE.



LOOP THE DOOR NET TENSION CABLE THROUGH THE HOLE OF THE MAGNET FLAT. CREATE A LOOP AND SECURE WITH A CABLE CLAMP.

ADD A CARABINER TO EACH TROLLEY INCLUDING TRAPPED TROLLEY AT CURVED TRACK END. ATTACH THE DOOR NET ONTO EACH CARABINER, SPACE EQUALLY. WEAVE DOOR CABLE THROUGH THE NET SQUARES AT THE EDGE OF THE DOOR NET. WEAVE THROUGH EVERY 3RD NET SQUARE





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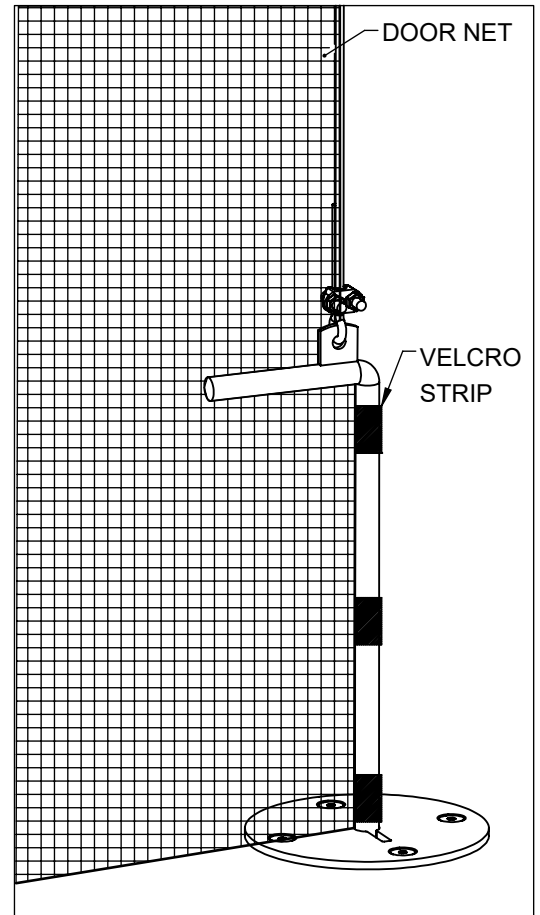
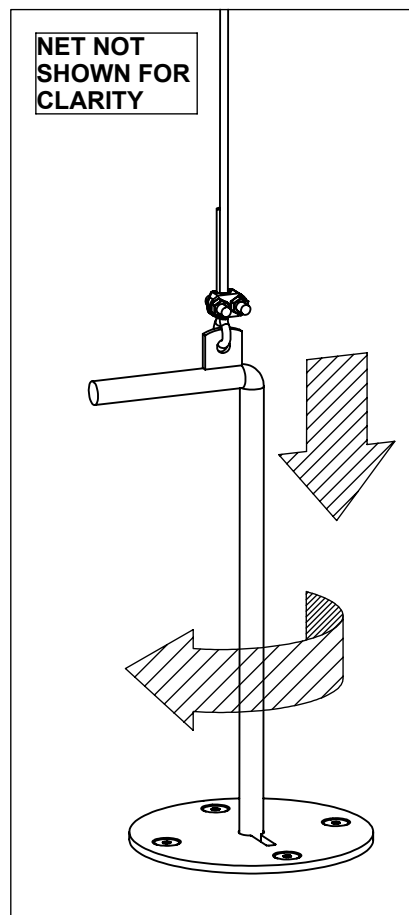
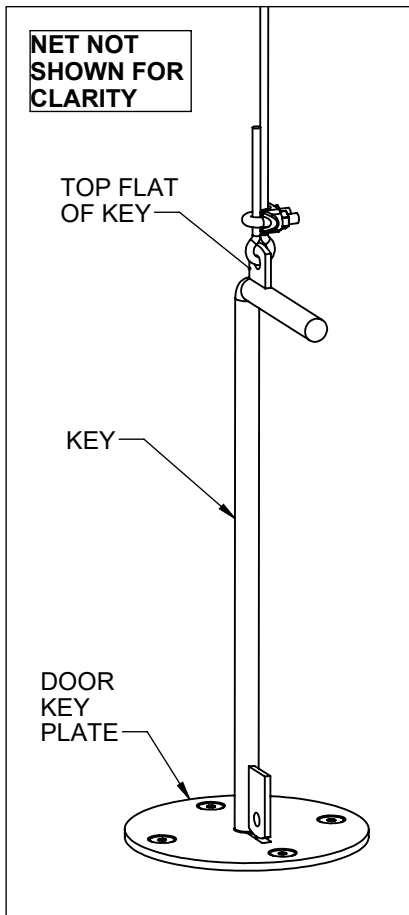
## 753100CXX - DOUBLE RING THROWING CAGE ASSEMBLY INSTRUCTIONS

### DOOR NET TO DOOR KEY ATTACHMENT

LOOP THE BOTTOM END OF THE DOOR NET TENSION CABLE THROUGH THE TOP FLAT HOLE OF THE KEY. HAVE THE KEY SUSPENDED JUST ABOVE THE DOOR KEY PLATE AND SECURE WITH CABLE CLAMP.

PUSH TENSIONED KEY INTO KEY GROUND SLEEVE AND TWIST TO LOCK IT IN PLACE. IF THERE IS SLOP ON THE CABLE, RE-TENSION IT TO TAKE THE SLOP OUT.

LOOP DOOR NET TENSION CABLE THROUGH NET SQUARES ALL THE WAY DOWN TO THE DOOR KEY. SECURE THE DOOR NET TO THE KEY USING VELCRO STRIPS.

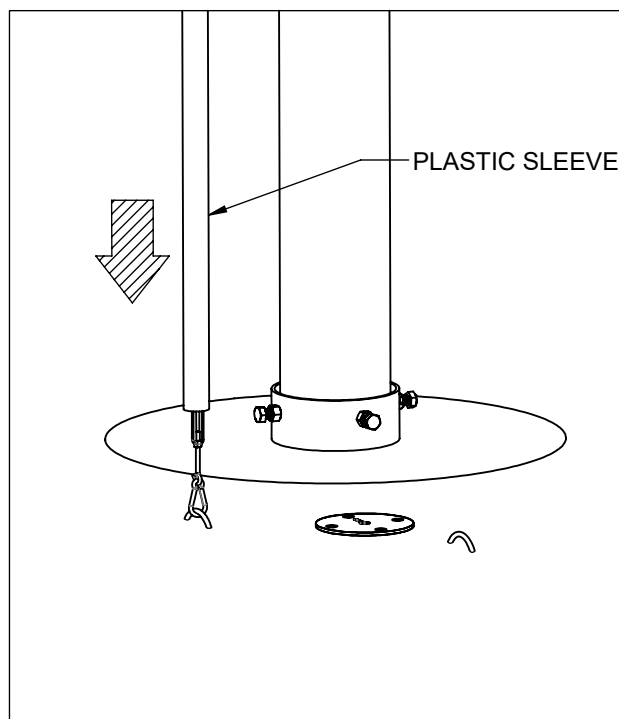
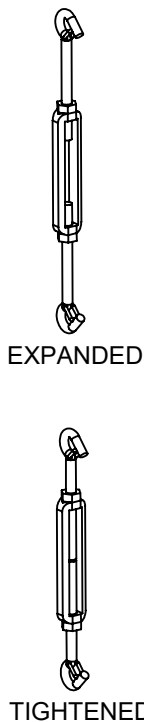
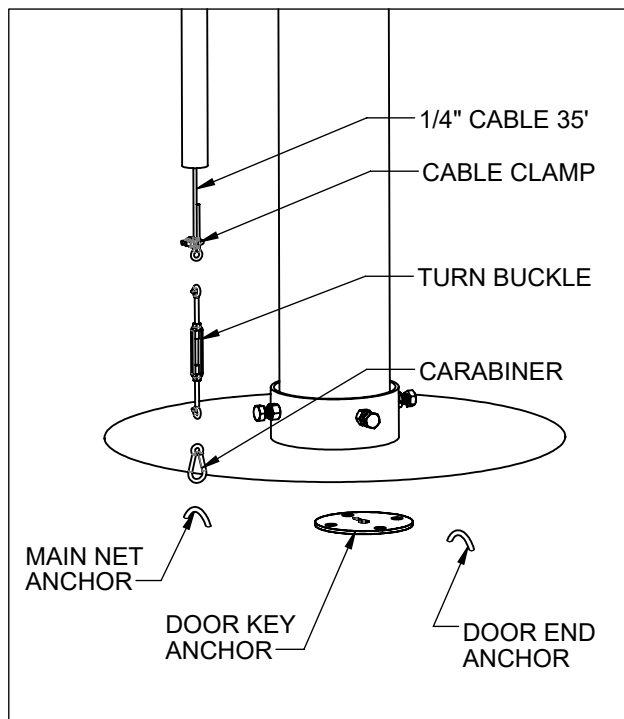




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## 753100CXX - DOUBLE RING THROWING CAGE GROUND SLEEVE AND NET ANCHOR FOOTINGS LOCATION

### MAIN NET TENSION CABLE INSTALLATION



ADD A CARABINER TO THE MAIN NET ANCHOR FOLLOWED BY A TURN BUCKLE. BE SURE TO EXPAND THE TURN BUCKLE ALL THE WAY.

FEED PLASTIC PROTECTOR SLEEVE UP THE MAIN NET TENSION CABLE.

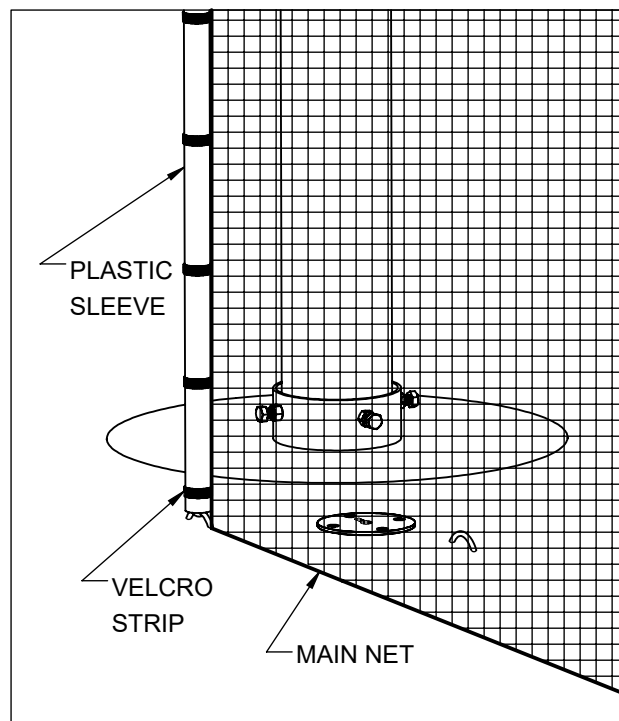
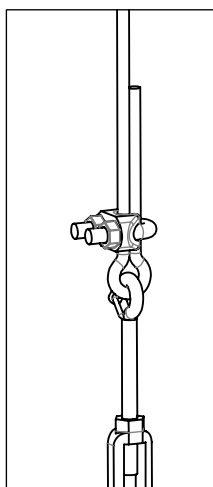
LOOP THE MAIN NET TENSION CABLE THROUGH THE TOP END OF THE TURN BUCKLE. PULL ALL SLACK OUT OF THE CABLE AND SECURE WITH CABLE CLAMP.

ADDITIONAL TENSION CAN BE ACHIEVED BY TIGHTENING THE TURN BUCKLE. TIGHTENED JAM NUTS TO KEEP TURN BUCKLE FROM SPINNING LOOSE.

SLIDE PLASTIC SLEEVE DOWN COVERING ALL OF THE HARDWARE.

SECURE MAIN NET TO PLASTIC SLEEVE USING 14" STRIPS OF DOUBLE SIDED VELCRO. SPACE VELCRO STRIPS EVERY 6"-10" APART.

CONTINUE ADDING VELCRO STRIPS TO ATTACH MAIN NET TO THE NET TENSION CABLE ALL THE WAY UP TO THE HOOP STRUCTURE.





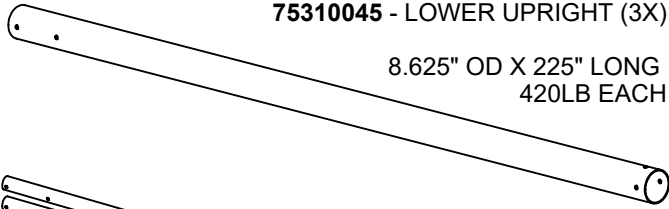
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## 753100CXX - DOUBLE RING THROWING CAGE COMPONENTS LIST

### PACKING LIST FOR 753100 HAMMER CAGE

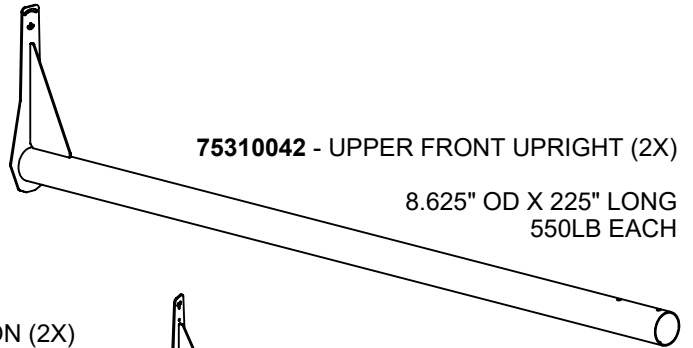
**75310045** - LOWER UPRIGHT (3X)

8.625" OD X 225" LONG  
420LB EACH



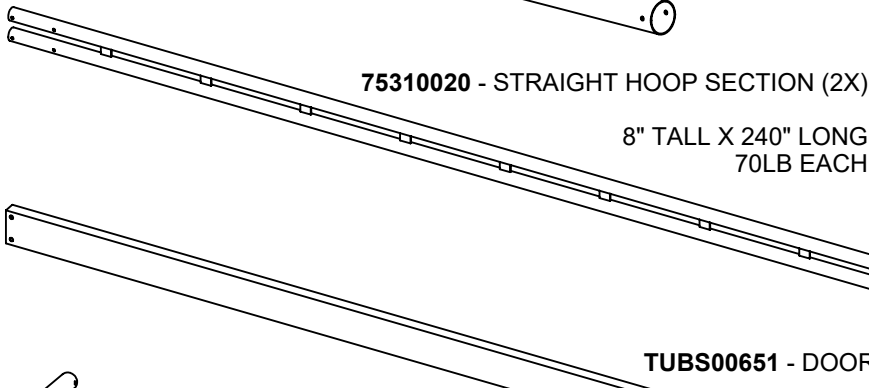
**75310042** - UPPER FRONT UPRIGHT (2X)

8.625" OD X 225" LONG  
550LB EACH



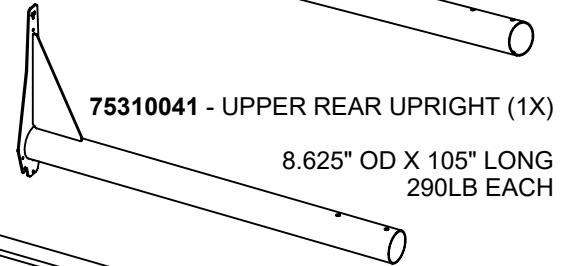
**75310020** - STRAIGHT HOOP SECTION (2X)

8" TALL X 240" LONG  
70LB EACH



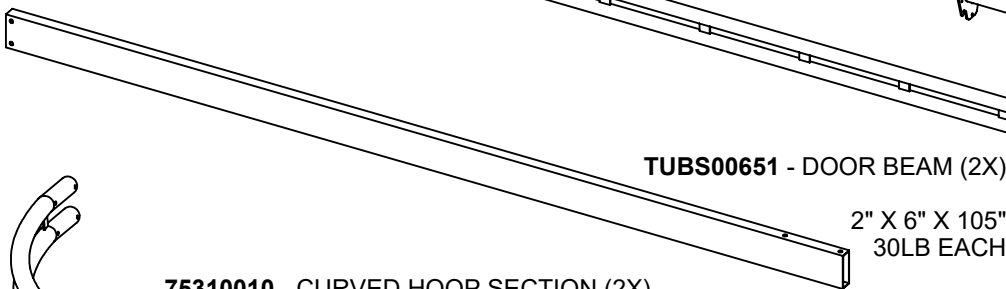
**75310041** - UPPER REAR UPRIGHT (1X)

8.625" OD X 105" LONG  
290LB EACH



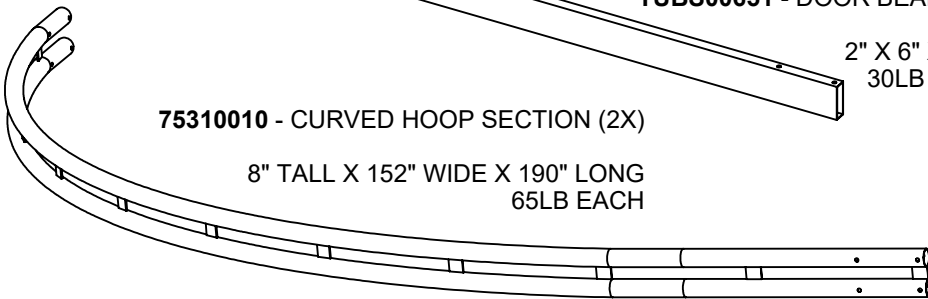
**TUBS00651** - DOOR BEAM (2X)

2" X 6" X 105"  
30LB EACH



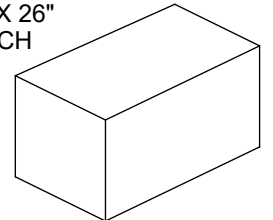
**75310010** - CURVED HOOP SECTION (2X)

8" TALL X 152" WIDE X 190" LONG  
65LB EACH



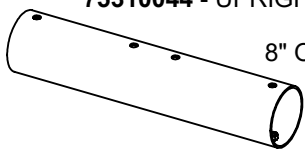
**NETS00050** - MAIN NET (1X)

48" X 32" X 26"  
272LB EACH



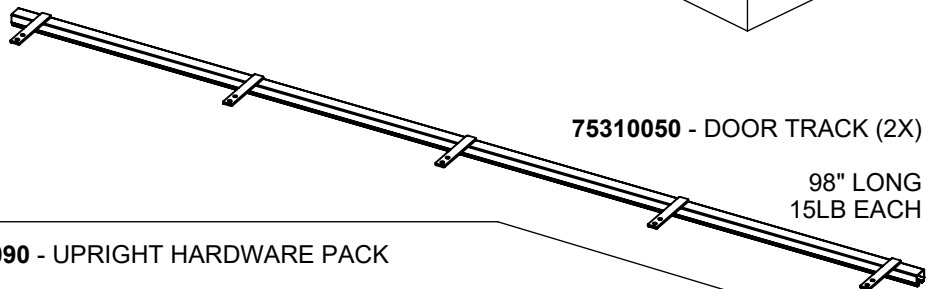
**75310044** - UPRIGHT SPLICE (3X)

8" OD X 42" LONG  
80LB EACH



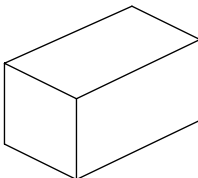
**75310050** - DOOR TRACK (2X)

98" LONG  
15LB EACH



**WNCH00700** - CAGE WINCH (1X)

36" X 22" X 18"  
60LB EACH



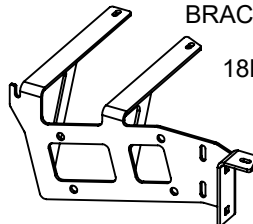
**75310090** - UPRIGHT HARDWARE PACK

**75310091** - HOOP AND DOOR BEAM HARDWARE PACK

INCLUDING WELDMENTS PICTURED BELOW, HARDWARE,  
BRACKETS, CABLES, HOOP SPLICES, MISCELLANEOUS  
ITEMS.

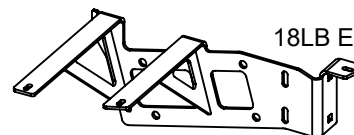
**75310030** - LEFT OUTER HOOP  
BRACKET (1X)

18LB EACH



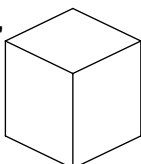
**75310031** - RIGHT OUTER HOOP  
BRACKET (1X)

18LB EACH



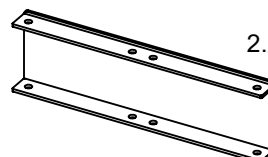
**NETS00051** - DOOR NET (2X)

22" X 22" X 21"  
50LB EACH



**75310048** - DOOR BEAM SPLICE (1X)

2.25" X 7" X 24"  
20LB EACH



**ASSYPACK NOTE:**  
PACK BOTH HARDWARE  
PACKS INTO CARDBOARD  
GAYLORD