



THROWS FEST

Under UK Athletics Rules

SATURDAY 26 MARCH 2016

TIMETABLE

WARM UP	START	EVENT	CATEGORY
10.00	10.30	HAMMER	MALE & FEMALE: ALL AGES
11.45	12.15	SHOT PUT	MALE & FEMALE: ALL AGES
13.00	13.30	DISCUS	MALE & FEMALE: ALL AGES
14.45	15.15	JAVELIN	MALE & FEMALE: ALL AGES
16.30	17.00	WEIGHT THROW	MALE & FEMALE: 35 YRS +

NB: Events could be split by gender or age grouping to allow maximum trials. If that is not possible, the number of trials per entrant may need to be reduced e.g:

Long Throws: 15 or less: 6 trials, 16-19: 5 trials, 20-25: 4 trials, 25 or more: 3 trials

Shot Put: 13 or less: 6 trials, 14-16: 5 trials, 17-20: 4 trials, 21 or more: 3 trials

Pentathlon (M&F 35 Years+): 3 trials per event. Any subsequent trials can count for individual event results, but not for pentathlon scoring

ONLINE ENTRIES AVAILABLE UNTIL 24 MARCH - [Click Here](#)

£3.00 per event Under 20 and Lower Age Groups

£4.00 per event Senior and Masters

ENTRIES ACCEPTED ON THE DAY

£4.00 per event Under 20 and Lower Age Groups

£5.00 per event Senior and Masters

For further information contact:

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