



2018 ULTRA Throws Festival #1

Final Flight List! (only 1 flight)

(Saturday, March 24th, 2018)

Individual Events

(Guaranteed: 6 Throws per Event)

Hammer/Shot Put/Discus/Javelin/Weight/Super Weight

PLUS

Throws Triathlon

(Shot Put/Discus/Javelin)

&

Throws Pentathlon

(Hammer/Shot Put/Discus/Javelin/Weight)

Date: Saturday, March 24th, 2018

Where: **McLeod Athletic Park, Langley, BC**

Who: Senior (ages 20 – 34) & Masters (ages 35 and up)

Cost: 1st event = \$12, 2nd event = \$10, 3rd event = \$8, 4th event & up = \$6 each

Throws Triathlon (must be registered for Shot Put, Discus & Javelin)

Throws Pentathlon (must be registered for Hammer, Shot Put, Discus, Javelin & Weight)

Note: Registration is by trackie.reg **Registration closes Tuesday, March 20th @ 6 am**

Hosted by: **Ultra Throw Club**

BONUS! Ultra Throw will provide pizza, snacks and water for all participants, officials and volunteers

NOTE: The first 3 attempts in each event are the ones used to determine the scores in the Throws Triathlon and the Throws Pentathlon. Where an individual is registered for both the Throws Triathlon and the Throws Pentathlon, the first 3 attempts are scored for the Pentathlon and the last 3 attempts are scored for the Triathlon.

We run a floating schedule; events may run ahead of schedule and athletes should be prepared to compete in their next event 45 minutes ahead of the scheduled start time.

Organizers will supply implements; however, participants can weight-in their personal implements at 11 am.

No day of meet entries allowed.

Event Schedule

TIME	FLIGHT 1
12:15 pm	Super Weight
12:45 pm	Hammer
1:45 pm	(pizza break – half hour)
2:15 pm	Shot Put
3:15 pm	Discus
4:15 pm	Javelin
5:15 pm	Weight

Questions can be directed to:

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