



2018 ULTRA Throws Festival #2

Ages 20 and up

(Sunday, May 27th, 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: Sunday, May 27th, 2018

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

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)

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

Note: Registration is by trackie.reg **Registration closes Friday, May 25th @ 8 pm**

Selection to Flight 1 or 2 will be done after entries are closed.

Flight lists and Final Schedule will be posted on Saturday, May 26th

No day of meet entries allowed.

Hosted by: **Ultra Throw Club**

BONUS! Ultra Throw will provide subs, 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 8 am.

Tentative Event Schedule

Time	Flight #1	Flight #2	Time
8:00am	Implements	Implements	8:00am
8:15 – 9:15am	Super Weight		8:15 – 9:15am
9:15 – 10:30am	Hammer		9:15 – 10:30am
10:30 – 11:45am	Shot Put	Hammer	10:30 – 11:45am
11:45 – 1:00pm	Discus	Shot Put	11:45 – 1:00pm
1:00 – 1:30pm	LUNCH	LUNCH	1:00 – 1:30pm
1:30 – 2:45pm	Javelin	Discus	1:30 – 2:45pm
2:45 – 4:00pm	Weight	Javelin	2:45 – 4:00pm
4:00 – 5:00pm		Weight	4:00 – 5:00pm

Questions can be directed to:

Dave McDonald at ultrathrow@gmail.com