



# 2018 ULTRA Throws Festival #4

(Sunday, September 30th, 2018)

## Individual Events

(Guaranteed: 6 Throws per Event)

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

## Throws Pentathlon

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

Date: Sunday, September 30<sup>th</sup>, 2018

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

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

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

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

**Note:** Registration is by trackie.reg Registration closes Friday, September 28<sup>th</sup> @ 8 pm

Hosted by: **Ultra Throw Club**

**BONUS! Ultra Throw will provide sandwiches, 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 Pentathlon.

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.

Selection to Flight 1 or 2 will be done after entries are closed. Flight lists will be available on Ultra Throw website ([ultrathrow.com](http://ultrathrow.com)) on Saturday, September 29<sup>th</sup>, 2018. **No day of meet entries allowed.**

## Event Schedule

(Participants will be divided up into the two flights – all individual events will be included in these flights – so if all you are doing is the discus and you are in flight 1, event time is 11:45 am.)

**NOTE:** If registration is less than 12 for an event, we will run only one flight.

TIME	FLIGHT 1	FLIGHT 2	INDIVIDUAL EVENT
8:30 am			Super Weight
9:15 am	Hammer		
10:30 am	Shot Put	Hammer	
11:45 am	Discus	Shot Put	
1:00 pm	Lunch Break	Lunch Break	
1:30 pm	Javelin	Discus	
2:45 pm	Weight Throw	Javelin	
4:00 pm		Weight Throw	

Questions can be directed to:

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