



# ***FINAL SCHEDULE – (changes below!)***

## **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 9 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**) on Saturday, September 29<sup>th</sup>, 2018. **No day of meet entries allowed.**

### **FINAL 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: Only one flight!**

TIME	FLIGHT 1	FLIGHT 2	INDIVIDUAL EVENT
9:30 am			Super Weight
10:15 am	Hammer		
11:30 am	Shot Put		
12:30 pm	Lunch Break		
1:00 pm	Discus		
2:15 pm	Javelin		
3:30 pm	Weight Throw		

Questions can be directed to:

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