



2019 ULTRA Throws Festival #1

(Sunday, April 28th, 2019)

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, April 28th, 2019

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

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

Note: Registration is by trackie.reg **Registration closes Friday, April 26th, 2019 @ 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 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.

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, April 27th, 2019. **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:

Dave McDonald at ultrathrow@gmail.com