



# 2019 ULTRA JD Throws Festival

(Saturday, April 27th, 2019)

## FINAL SCHEDULE OF EVENTS

Hosted by: **Ultra Throw Club**

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

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.

**For safety reasons:**

**Organizers will supply implements**

**No throwing equipment will be in use outside of the scheduled event**

**Warm up will be supervised for each event. Javelin warm up will be marshalled by the meet director.**

**No day of meet entries allowed.**

### **Final Event Schedule**

**10 am – Javelin – ALL Boys and Girls**

**11 am – Discus – ALL Boys and Girls**

**12 noon - Lunch Break at picnic area**

**12:30 pm – Shot Put – Boys and girls aged 12 & 13 (3 kg)**

**1:00 pm – Shot Put – Boys and Girls aged 9 – 11 (2 kg)**

**1:30 pm – Hammer – Boys and girls aged 12 & 13 (3 kg)**

**Note: The shot put is being conducted at the throwing circle near the javelin runway (NOT in the stadium)**

Questions can be directed to:

Dave McDonald at [ultrathrow@gmail.com](mailto:ultrathrow@gmail.com)