



# 2019 ULTRA Throws Festival #1

(Sunday, April 28th, 2019)

## FINAL SCHEDULE

Date: Sunday, April 28<sup>th</sup>, 2019

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 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 26<sup>th</sup>, 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](http://ultrathrow.com)) on Saturday, April 27<sup>th</sup>, 2019. **No day of meet entries allowed.**

## FINAL Event Schedule

**NOTE:** Due to an uncertainty of the number of officials, we may have to combine the two flights even though some events will have over 12 participants.

**Women will be in the first flight and men in the second (if the # of officials allow)**

**\*\* Men should be prepared to arrive at the 1<sup>st</sup> flight start times! Sorry for the uncertainty.**

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](mailto:ultrathrow@gmail.com)