



CALTAF ATHLETIC ASSOCIATION
CALTAF Throws Fest Series

Meet #1

Date: August 27, 2022

Weigh In Procedure

Weigh in will be held starting 1 hour before the start of the throws pentathlon and will be available throughout the day.

Location: *Glenmore Athletic Park* (5300 19 Street SW). There are concrete shot put, discus, and hammer circles and rubberized javelin runway. Change rooms and bathrooms should be available.

*****Schedule will roll as much as possible. Open competitors should be prepared for competition starting up to 30min prior to the scheduled start.*****

Saturday, August 27 Saturday, September 24		Competitors
9:45	Throws Pent Hammer – All Ages	13/1
	All Ages Hammer	
11:30	Throws Pent Shot – All Ages	13/4
	All Ages Shot	
12:20 LUNCH BREAK	OFFICIALS & VOLUNTEERS LUNCH PROVIDED	
12:45	Throws Pent Disc – All Ages	13/2
	All Ages Disc	
14:30	Throws Pent Jav – All Ages	13/3
	All Ages Jav	
15:20	Throws Pent Weight – All Ages	13

Event Specifications:

Events	Gender	Para	U16	U18	Open
Shot Put	W / M	3kg/4kg/3 kg	3kg./ 5 kg	4kg / 6 kg	4kg / 7.26 kg
Hammer	W// M		3kg/5kg	4kg/6kg	4kg/7.26kg
Javelin	W/M	600g/800g	500g/700g	600g/800g	600g/800g
Discus	W/M	1kg/1kg	1kg/1.5kg	1kg/1.75kg	1kg/2kg
Weight	W/M		7.26kg	7.26kg/9.07kg	9.07kg/15.88kg