



**CALTAF ATHLETIC ASSOCIATION**  
**CALTAF Throws Fest Series**

**Meet #2**

**Date:** September 24, 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 15min prior to the scheduled start.\*\****

| Saturday, September 24 |  | Competitors |
|------------------------|--|-------------|
| 9:30                   | Throws Pent Start – All Ages                     | 15          |
| 12:20 LUNCH BREAK      | LUNCH IS PROVIDED FOR OFFICIALS & VOLUNTEERS     |             |
| 13:00                  | Open Weight Throw following Pent<br>Weight Throw | 4           |
| 13:20                  | Open Discus                                      | 9           |
| 14:30                  | Open & Para Shot                                 | 11          |
| 15:15                  | Open Hammer                                      | 7           |
| 16:15                  | Open & Para Javelin                              | 11          |
| 17:00                  | Seated Javelin                                   | 1           |

**Event Specifications:**

| Events   | Gender | Para   | U16         | U18           | Open           | Master |
|----------|--------|--------|-------------|---------------|----------------|--------|
| Shot Put | W / M  | Varies | 3kg / 4kg   | 3kg / 5kg     | 4kg / 7.26 kg  | Varies |
| Hammer   | W// M  | NA     | 3kg / 4kg   | 3kg / 5kg     | 4kg / 7.26kg   | Varies |
| Javelin  | W/M    | Varies | 500g / 600g | 500g / 700g   | 600g / 800g    | Varies |
| Discus   | W/M    | Varies | 1kg / 1kg   | 1kg / 1.5kg   | 1kg / 2kg      | Varies |
| Weight   | W/M    | NA     | 7.26kg      | 7.26kg/9.07kg | 9.07kg/15.88kg | Varies |