August 26th Throws Fest Final Schedule (August 22)

Pentathlon Weigh-In 8:30am

**9:00am start Throws Pentathlon**

*-9:00am Hammer*

*-10:05am Shot Put*

*-10:40am Discus*

*-11:45am Javelin*

*-12:40pm Weight*

1:00-1:30pm LUNCH BREAK Pentathlon Group

**Open Events Morning Session**  
9:00am Seated Shot Put

10:05am Open Weight Throw

11:10am Open Shot Put

11:50am Seated Discus

12:30-1:00pm LUNCH BREAK Open Events Group

**Open Events Afternoon Session**  
1:00pm Open Javelin

2:15pm Open Discus

4:00pm Open Hammer