



2023 ULTRA Masters Throws Championships

Changed format – read carefully!

(Sunday, September 24th, 2023)

ONE Individual Event

(6 Throws)

Super Weight

PLUS

Throws Triathlon

(Shot Put/Discus/Javelin)

(Only 3 throws for each of the 3 events)

PLUS

Throws Pentathlon

(Hammer/Shot Put/Discus/Javelin/Weight)

(Only 3 throws for each event)

Can register for either the throws pentathlon or the throws triathlon – NOT BOTH!

Note: Total registration for the throws pentathlon and the triathlon will be limited to 24 participants (two flights of 12 each)

Date: Sunday, September 24th, 2023

Where: **McLeod Athletic Park, Langley, BC**

Who: BC Athletics & Athletics Canada registered athletes (ages 35 and up)

COST: Throws Pentathlon \$80

Throws Triathlon \$50

Super Weight \$20

!!Registration is free for Ultra Throw Club members – Yearly Dues for Ultra Throw are \$100!!

See ultrathrow.com for registration information

Ultra Throw Club's AGM immediately after last event (5 pm)

Hosted by: **Ultra Throw Club**

Organizers will supply implements

Selection to Flight 1 or 2 will be done after entries are closed. Flight lists will be available on Ultra Throw website (ultrathrow.com) on Friday, September 22nd, 2023. **No day of meet entries allowed.**

Tentative Schedule (floating schedule – events can/will start up to 60 minutes earlier when possible)

TIME	FLIGHT 1	FLIGHT 2	INDIVIDUAL EVENT
9:00 am	Hammer		
10:05 am	Shot Put	Hammer	
11:10 am	Discus	Shot Put	
12:15 am	Lunch Break	Lunch Break	
12:45 pm	Javelin	Discus	
1:50 pm	Weight Throw	Javelin	
2:55 pm		Weight Throw	
4:00 pm			Super Weight

Questions can be directed to:

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