September 23rd and 24th Throws Fest Final Schedule (September 18)

September 23rd

**Pentathlon Weigh-In 8:30am and throughout day as needed**

**9:00am start Combined Throws Pentathlon**

*9:00am Hammer*

*10:05am Shot Put*

*10:40am Discus*

*11:45pm Javelin*

*12:40pm Weight*  
1:10-1:40pm LUNCH BREAK

Elite Javelin 2:00pm  
Elite Discus 1 3:00pm

September 24th

**Weigh-In Starts at 9:00am and throughout day as needed**

*Weight 9:30am***Seated Javelin 10:00am**

*Shot Put 10:30am*

**Elite Discus 2 11:00am**

*Hammer 12:00pm*

**Seated Shot Put 12:00pm**

**LUNCH BREAK GROUP 2 12:30-1:00pm**

*LUNCH BREAK GROUP 1 1:00-1:30pm*

*Javelin 1:30pm*

**Seated Discus 2:15pm**

*Discus 3:20pm*