August 31st Throws Fest Final Schedule (as of August 26th)

Glenmore Athletic Park, Calgary

5300 19 St SW

Pentathlon Weigh-In 8:30am

**9:00am start Throws Pentathlon (Start times are estimates. Athletes are to go to their next event once they have completed their 3rd throw to warm up for the next event. Schedule will roll as much as possible, so early starts are possible.)**

*9am - Hammer*

*10am - Shot Put*

*10:45am - Discus*

*10:45am - Para Men’s Discus*

*11:45am - Javelin*

*12:30pm - Weight Throw*

1:00-1:30pm LUNCH Pentathlon Group

**Open Events Morning Session**  
11:30am U16/U18/Open/Masters Shot Put  
12:00-12:30pm LUNCH Open Events Group

**Open Events Afternoon Session**  
1:00pm U16/U18/Open/Masters Javelin

2:30pm U16/U18/Open/Masters Discus

4:15pm U16/U18/Open/Masters Hammer

5:20pm U16/U18/Open/Masters Invite/Overflow Discus