September 14th Throws Fest Final Schedule (as of September 9th)

Glenmore Athletic Park, Calgary

5300 19 St SW

THROWS PENTATHLON HAS BEEN ADDED!

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 w/ Pent (3 throws)*

*11:45am – Javelin
11:45am – Master’s Men’s & Women’s Javelin w/ Pent (6 throws)*

*12:30pm - Weight Throw*

1:00-1:30pm LUNCH Pentathlon Group

**Open Events Morning Session**
11:30am All Groups Shot Put
12:00-12:30pm LUNCH Open Events Group

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

2:30pm All Groups Discus

4:15pm All Groups Hammer

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