September 28th Throws Fest 3 Final Schedule (as of September 25th)

Glenmore Athletic Park, Calgary

5300 19 St SW

Pentathlon Weigh-In 8:30am

**Throws Pentathlon**

*9am – Hammer*

*9:30am - Shot Put & Invite Shot Put*

*10:15am - Discus*

*10:15am - Para Men’s Discus w/ Pent (6 throws)*

*11:15am – Javelin  
11:15am – Master’s Javelin w/ Pent (6 throws)*

*12:00pm - Weight Throw*

12:05-12:30pm LUNCH EVERYONE

**Open Events Afternoon Session**  
12:30pm All Groups Shot Put  
1:45pm U16/U18/U20/Open Javelin

2:45pm All Groups Discus

4:15pm All Groups Hammer

5:20pm Invite Discus

4x50m Throwers Pizza Relay following the last event. Throwers must be present to participate.