



# 2025 ULTRA U20/U23/Sr/Masters Throws Festival

(Sunday, July 20th, 2025)

## Individual Events

(Guaranteed: 6 Throws per Event)

Hammer/Shot Put/Discus/Javelin  
Weight/Super Weight (Masters only)

## PLUS

Throws Triathlon (Masters only)  
(Shot Put/Discus/Javelin)

## PLUS

Throws Pentathlon (Masters only)  
(Hammer/Shot Put/Discus/Javelin/Weight)

Date: Sunday, July 20<sup>th</sup>, 2025

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

Who: BC Athletics & Athletics Canada registered athletes (ages 18 and up)

Cost: **1<sup>st</sup> event = \$15, 2<sup>nd</sup> event = \$12, 3<sup>rd</sup> event and more = \$10 each**

**Throws Pentathlon and Throws Triathlon are for Master athletes only (35 and older)**

**Throws Triathlon (also must be registered for Shot Put, Discus & Javelin)**

**Throws Pentathlon (also must be registered for Hammer, Shot Put, Discus, Javelin & Weight)**

**Note:** Registration is by trackie.reg **Registration closes Thursday, July 17<sup>th</sup>, 2025 @ 8 pm**

Hosted by: **Ultra Throw Club**

**NOTE: MASTERS ATHLETES - The first 3 attempts in each event are the ones used to determine the scores in the Throws Triathlon and the Throws Pentathlon. Where an individual is registered for both the Throws Triathlon and the Throws Pentathlon, the first 3 attempts are scored for the Pentathlon and the last 3 attempts are scored for the Triathlon.**

We run a floating schedule; events may run ahead of schedule and athletes should be prepared to compete in their next event 45 minutes ahead of the scheduled start time.

## **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](http://ultrathrow.com)) on Friday, July 18<sup>th</sup>, 2025. **No day of meet entries allowed.**

**Event Schedule** (Participants will be divided up into the two flights – all individual events will be included in these flights – so if all you are doing is the discus and you are in flight 1, event time is 10:30 am.)

**NOTE: Due to limited officials and providing for a warm up for each event, entries will be limited to 10 athletes in each flight for each event. No exceptions! ALL AGE CATEGORIES THROW TOGETHER.**

TIME	FLIGHT 1	FLIGHT 2	IF NEEDED
8:00 am	Hammer		
9:15 am	Shot Put	Hammer	
10:30 am	Discus	Shot Put	
11:45 am	Lunch Break	Lunch Break	
12:15 pm	Javelin	Discus	
1:30 pm	Weight Throw	Javelin	
2:45 pm	Super Weight	Weight Throw	
4:00 pm			Super Weight (if needed)

Questions can be directed to:

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