



2025 ULTRA U20/U23/Sr/Masters Throws Festival

(Sunday, July 20th, 2025)

Date: Sunday, July 20th, 2025

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

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

Note: Registration is by trackie.reg Registration closes Thursday, July 17th, 2025 @ 8 pm

Hosted by: **Ultra Throw Club**

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 (# of participants in brackets)

<u>Start Time</u>	<u>Flight One</u>	<u>Flight Two</u>
8:00 am	Hammer (10)	
9:15 am	Shot Put (9)	Hammer (9)
10:00 am	Discus (9)	Shot Put (11)
11:45 am	(LUNCH BREAK)	(LUNCH BREAK)
12:15 pm	Javelin (11)	Discus (11)
1:30 pm	Weight (9)	Javelin (9)
2:45 pm	Super Weight (4)	Weight (11)
3:45 pm		Super Weight (5)

Flight Lists

FLIGHT 1	FLIGHT 2
Victor De Steur	Phillip Vannini
Graham Morfitt	Christine Dagleish
Shane Wiebe	Gabriella Moro
Jarrett Chong	Rajesh Prasad
Hardev Singh Sandhu	Jim Dyer
Elliott Thompson	Charles Beck
Shawn Stevens	Ken Townsend
Allan Essex	Saroop Tatla
Brad Frenkel	Matt Westphal
Arshdeep Singh	Mohan Bains
Matthew Dheilly-Shurrock	Robbin Whachell
Rafal Czekejo	Catherine Aye Nyuk Wei
Marcel Kosierb	Jeffrey Byington
Joe Czerniecki	Ness Murby
Theodore Manuel	Nancy Dheilly
	Renate Cheetham

Questions can be directed to:

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