



2025 ULTRA JD/U16/U18 Throws Festival

(Saturday, July 19th, 2025)

Individual Events

Hammer/Shot Put/Discus/Javelin

Date: Saturday, July 19th, 2025

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

Who: BC Athletics registered athlete aged 9 – 13 (Junior Development), U16, & U18

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.

For safety reasons:

Organizers will supply implements

No throwing equipment will be in use outside of the scheduled event

Warm up will be supervised for each event.

No awards, ribbons, or medals

U16 & U18 get 6 throws and JDs get 3 throws!

Event Schedule

ALSO – I have shortened the meet schedule because we are losing an official in the afternoon. They can officiate only in the morning.

No formal lunch break (and no concession, so break food and drink) – participants must be prepared to start their event 45 minutes early.

FINAL SCHEDULE will be posted on our website (ultrathrow.com) on Friday morning (July 18th, 2025)

Participants (in brackets)

1st set of officials

8:30 am - Discus – 2015 & 2014 Boys and Girls (10)

9:10 am – Discus – 2013 & 2012 Boys and Girls (12)

10:00 am – Discus – U16 & U18 Boys and Girls (10)

11:15 am – Hammer – 2013 & 2012 Boys and Girls (4)

11:45 am – Hammer – U16 & U18 Boys and Girls (8)

12:00 pm – Shot Put – 2013 & 2012 Boys and Girls (9)

2nd set of officials

9:10 am – Shot Put – U16 & U18 Boys and Girls (4)

10:00 am – Javelin – 2013 & 2012 Boys and Girls (13)

10:40 am – Javelin – 2015 & 2014 Boys and Girls (9)

11:30 am – Shot Put – 2015 & 2014 Boys and Girls (6)

12:45 pm – Javelin – U16 & U18 Boys and Girls (9)

Note: The shot put is being conducted at the throwing circle near the javelin runway (NOT in the stadium)

Questions can be directed to:

Dave McDonald at ultrathrow@gmail.com