



## 2025 ULTRA THROW Club Championships

### ULTRA'S 10<sup>th</sup> Anniversary

#### U20/Sr/Masters

(Saturday, September 20th, 2025)

#### JD/U16/U18

(Sunday, September 21st, 2025)

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

Who: All BC Athletics members in good standing

Cost: 1<sup>st</sup> event = \$15; 2<sup>nd</sup> event \$12; all additional events are \$10 each

#### Events Offered: **For the Saturday U20/Sr/Masters**

Hammer, Discus, Javelin, Shot Put, and Weight Throw

**PLUS** Throws Pentathlon (TP), Throws Triathlon (TT) and Super Weight (Master athletes only). Master athletes choosing to register for the Throws Pentathlon must register for the hammer, shot put, discus, javelin and the weight throw. Master athletes choosing to register for the Throws Triathlon must register for the shot put, discus and the javelin. If they wish, master athletes can register for both the Throws Pentathlon and the Throws Triathlon.

**NOTE: 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 (NOTE: # of participants will be limited)**

#### **Saturday Draft Schedule (Men & Women throw together) (Limited Entry)**

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

**Hosted by: Ultra Throw Club – Registration is by trackie.com**

**Registration deadline is Wednesday, September 17<sup>th</sup> by 8:00 pm PST**

**Final Schedule & Flight Lists will be posted on (ultrathrow.com) Thursday, September 18<sup>th</sup>**

**Each individual event will have a cap of 24 registrations (2 flights of 12 max)**

**Super Weight will be capped at 12**

**TP and TT registrations will be restricted if any individual event reaches max**

**All super weight registrations will be in the first flight**

**No late entries will be allowed.**



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Cost: 1<sup>st</sup> event = \$15; 2<sup>nd</sup> event \$12; all additional events are \$10 each

Events Offered: **For the Sunday JD/U16/U18**

Shot Put, Discus, Javelin and hammer (no hammer for the U12 athletes)

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 (NOTE: # of participants will be limited)**

**Sunday Draft Schedule (Boys & Girls throw together) (Limited Entry)**

<b><u>Start Time</u></b>	<b>1<sup>st</sup> set of Officials</b>	<b>2<sup>nd</sup> set of Officials</b>
<b>8:30 am</b>	<b>Shot Put U16/U18 (10)</b>	
<b>9:30 am</b>	<b>Shot Put U10/U12 (16)</b>	<b>Discus U14 (16)</b>
<b>10:30 am</b>	<b>Shot Put U14 (16)</b>	<b>Discus U16/U18 (10)</b>
<b>11:30 am</b>	<b>(LUNCH BREAK)</b>	<b>(LUNCH BREAK)</b>
<b>12:00 pm</b>	<b>Javelin U14 (16)</b>	<b>Discus U12 (16)</b>
<b>1:00 pm</b>	<b>Javelin U16/U18 (10)</b>	<b>Hammer U14 (16)</b>
<b>2:00 pm</b>	<b>Javelin U12 (16)</b>	<b>Hammer U16/U18 (10)</b>

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**No late entries will be accepted.**

Entry to the throws area is by the front stadium entrance only. The Township of Langley insists on not giving us access to the throws area via the 216<sup>th</sup> parking lot. Access from the 216<sup>th</sup> parking lot has only been given for moving meet equipment in and out; and the gate is to be locked at all other times. The meet director has the key for opening all gates in case of emergency.

Questions can be directed to:

Dave McDonald at [ultrathrow@gmail.com](mailto:ultrathrow@gmail.com)