

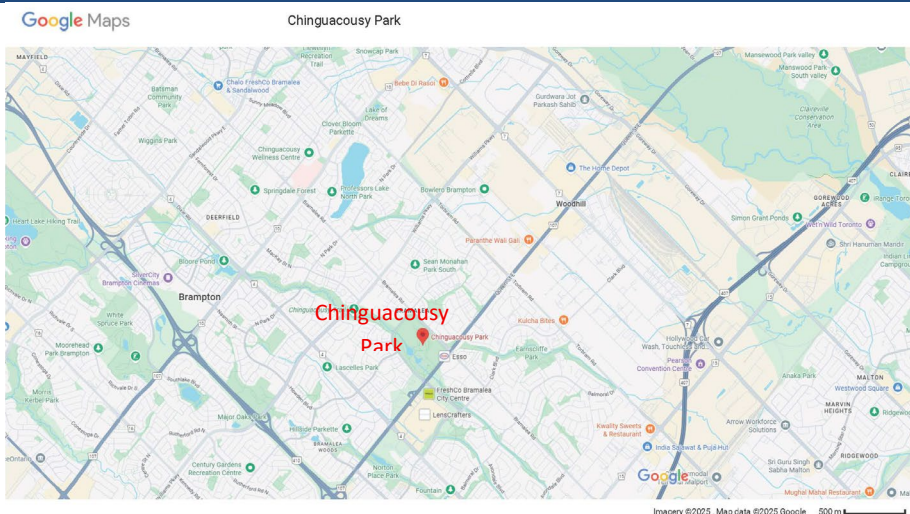


Throwers Club Meet #3

Ontario Throws Pentathlon Champs

Terry Fox Stadium, Chinguacousy Park, Brampton
Saturday, Sept 13, 2025 - 10:00am start

Fees:	1st Event \$30 for members; \$40 for non-members; \$30 for junior/university/para athletes 2 nd Event \$10, 3 rd Event \$8, 4 th Event \$7 & 5 th Event \$5 Throws Pentathlon \$60 for members, \$70 for non-members. Note: junior/university/para athletes will not be permitted to enter the throws pentathlon. Throws Triathlon \$48/\$58 Entrants to the Throws Pentathlon Championships or Throws Triathlon will be restricted to 3 throws. Membership Required: Ontario Masters Athletics, Athletics Ontario, Athletics Canada or USATF. For Masters Members meet rate, entrant must be paid up Throwers Club member for 2025. Non members who are not AC members will be billed \$5 for insurance coverage.	
Events:	Throws Pentathlon, Triathlon and Single Throws Events (hammer, shot put, discus, javelin and weight throw). Events will be held in order of the Throws Pentathlon i.e. hammer, shot put, discus, javelin and weight throw. Scoring is by WMA 2023 tables. Throws Pentathlon and Triathlon will be 3 attempts for each event. Individual events will be 6 attempts. Men and women will compete in the same flights. Meet will start at 10:00am sharp. <u>Tentative Schedule is attached.</u> <u>This is an Athletics Ontario and IPC Sanctioned Meet.</u>	
Entry:	Click for Meet Entry. Entry Deadline Wednesday, September 10th at 11:59pm. Please email Kristen Dajia Meet Director at kristendajia@gmail.com if you have any questions. While we try and accommodate as many younger throwers as we can, we may have to restrict the number of entries in a particular event if our capacity is exceeded. NOTE: There will be NO late or same day entries.	
Equipment:	Throwing equipment for all age classes and events will be provided. Throwers who wish to use their own implements must bring them at least 30 minutes before the event starts for weigh-in. Once weighed-in, implements will be part of the meet implements and available for use by all competitors.	
Results:	Complete results will be posted following the meet on the Throwers Club website at www.throwersclub.ca	No qualifying standards for entry
Facilities:	Full throwing facilities for hammer, shot put, discus, javelin and weight throw. For further information see – https://www.chinguacousypark.com/map.php Parking is free	
Hosted by:	Throwers Club	www.throwersclub.ca



SCHEDULE THROWERS CLUB MEET #3/OMA THROWS PENT - Sep 13, 2025 DRAFT

TIME	HAMMER CAGE	SHOT	JAVELIN	
9:30AM				
10:00 AM	HAMMER FL			
10:30 AM	ALL			
11:00 AM				
11:30 AM		SHOT FL		
12:00 PM		ALL		
12:30 PM				
1:00 PM	DISCUS FL #1			
1:30 PM	ALL			
2:00 PM				
2:30 PM			JAVELIN	
3:00 PM			ALL	
3:30 PM				
4:00 PM	WEIGHT			
4:30 PM	ALL			



Events include:

TIMES ARE APPROXIMATE

Throws Pentathlon (hammer, shot put, discus, javelin & weight throw - 3 throws)

Throws Triathlon (shot put, discus & javelin - 3 throws)

Single Events (hammer, shot put, discus, javelin & weight throw - 6 throws)

Masters, Open and Junior

25-Aug-25