



# 2016 Masters Throws Fest

## WEIGHT PENTATHLON SUPER WEIGHT

South Surrey Athletic Park Track  
14600 20<sup>th</sup> Avenue, Surrey

Date: Sunday, August 7<sup>th</sup>, 2016

Entry Deadline: Monday, August 1<sup>st</sup>, 2016 @ 9pm

Registration Fee: Weight Pentathlon (\$20) + Super Weight (\$5)

- Late Registration fee Wt Pent (\$40) + Super Weight (\$10)
- Registration is by trackie.reg

[www.Trackiereg.com/2016MastersWtPent](http://www.Trackiereg.com/2016MastersWtPent)

Hosted by: **Ultra Throw Club & Ocean Athletics Track and Field Club**

Questions can be directed at: Dave McDonald at [ultrathrow@gmail.com](mailto:ultrathrow@gmail.com) or  
Maureen de St. Croix at [mdestcroix@sotique.com](mailto:mdestcroix@sotique.com)

We will 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; however, participants can weight-in their personal implements at 9am.

Selection to Flight 1 or 2 will be done after entries are closed. Flight lists will be available on Ocean Athletics and Ultra Throw websites on Wednesday, August 3<sup>rd</sup>, 2016

### Event Schedule

TIME	Flight 1	Flight 2
	<b>Weight Pentathlon</b>	<b>Weight Pentathlon</b>
10:00	Hammer	
10:45	Shot Put	Hammer
11:30	Discus	Shot Put
12:15	Break	Discus
12:45	Javelin	Break
1:30	Weight	Javelin
2:15		Weight
<b>Super Weight</b>		
3:00	All Throwers	

