



# 2017 ULTRA Throws Festival #1

## Individual Events

(Guaranteed: 6 Throws per Event)

Hammer/Shot Put/Discus/Javelin/Weight

### PLUS

Throws Triathlon

(Shot Put/Discus/Javelin)

&

Throws Pentathlon

(Hammer/Shot Put/Discus/Javelin/Weight)

Date: Sunday, March 19th, 2017

Where: South Surrey Athletic Park

Who: Masters (ages 35 and up)

Cost: **Individual Events are \$8 each**

**Throws Triathlon \$8 (must be registered for Shot Put, Discus and Javelin)**

**Throws Pentathlon \$8 (must be registered for all 5 (five) events)**

**Note: ENTRY DEADLINE IS 8:00 PM, FRIDAY, MARCH 17<sup>TH</sup>, 2017  
(No "Day of Event" Registration Permitted)**

Registration is by [trackie.reg](http://trackie.reg)

Hosted by: **Ultra Throw Club**

**NOTE: The first 3 attempts in each event are the ones used to determine the scores in the Throws Triathlon and the Throws Pentathlon. If an individual is registered for both; the first 3 throws will be scored for the Throws Pentathlon and the final 3 throws will be scored for the Throws 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; however, participants can weight-in their personal implements at 8 am.

Selection to Flight 1 or 2 will be done after entries are closed. Flight lists will be available on Ultra Throw website ([ultrathrow.com](http://ultrathrow.com)) on Saturday, March 18th, 2017.

## **Event Schedule**

**(taking part in Throws Triathlon and/or Throws Pentathlon)**

**(not part of multi-event)**

TIME	FLIGHT 1	FLIGHT 2	INDIVIDUAL EVENTS
8:30am	Hammer		
9:45am	Shot Put	Hammer	Javelin
11:00am	Discus	Shot Put	
12:15pm	(lunch break)	(lunch break)	
1:00pm	Javelin	Discus	Shot Put
2:15pm	Weight	Javelin	Discus
3:30pm		Weight	Hammer

Questions can be directed to:

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