



## 2017 ULTRA Throws Festival #3

### Individual Events

(Guaranteed: 6 Throws per Event)

Hammer/Shot Put/Discus/Javelin/Weight/Super Weight

### PLUS

Throws Triathlon

(Shot Put/Discus/Javelin)

### PLUS

Throws Pentathlon

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

### PLUS

Ultra Weight Pentathlon

(Weight/Super Weight/+ next 3!)

Depending on your super weight, you toss the next 3 weights

16 - 20 - 25 - 35 - 44 - 56 - 98 - 200 - 300 (all in pounds)

For example: if you throw the 35 pound super weight, your next 3 weights will be the 44, 56 & 98

Date: Sunday, August 13<sup>th</sup>, 2017

Where: South Surrey Athletic Park

Who: Senior (ages 20 - 34) & Masters (ages 35 and up) for Throws Triathlon, Throws Pentathlon and the Ultra Weight Pentathlon

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)**

**Ultra Weight Pentathlon \$8 (must be registered for the weight and super weight)**

\*\* (Ultra Weight Pentathlon is a demonstration event only - not currently recognized by BC Athletics)\*\*

**Note:** Registration is by trackie.reg (Deadline is Friday, August 11<sup>th</sup> @ 8:00 pm)

**NOTE: The first 3 attempts in each event are the ones used to determine the scores in the Throws Triathlon, the Throws Pentathlon and the Ultra Weight 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; however, participants can weight-in their personal implements at 9 am.

Selection to Flight 1 or 2 will be done after entries are closed. Flight lists, will be available on Ultra Throw's website ([ultrathrow.com](http://ultrathrow.com)) on Saturday, August 12<sup>th</sup>, 2017. **No day of meet entries allowed.**

**Event Schedule** - participants selecting only individual events will be placed in one of the 2 flights

TIME	FLIGHT 1	FLIGHT 2
10:00am	Hammer	
10:45am	Shot Put	Hammer
11:30am	Discus	Shot Put
12:15pm	(lunch break)	(lunch break)
1:00pm	Javelin	Discus
1:45pm	Weight	Javelin
2:30pm		Weight
3:15pm		Super Weight
4:00pm		Ultra Wight Pentathlon

Questions can be directed to:

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