



RUN, JUMP, THROW Fun Fest

June 14th, 2025

About: This event is designed as an introduction to the multi-event discipline.

Eligibility: Athletes born in 2014-2017 are eligible to compete. 2012 and 2013 athletes are encouraged to compete in the BC Athletics Junior Development Pentathlon Championships.

Schedule:

Each age group will be assigned a leader and taken from one event to the next. The schedule below approximates time. The next event will begin once the previous event is complete.

Time	2014 and 2015 Girls	2014 and 2015 Boys	2016 and 2017 Girls	2016 and 2017 Boys
9:00	60m	60m		
9:15	Long Jump # 1	Long Jump # 2	60m	60m
9:30			Shot Put # 1	Shot Put # 2
9:45				
10:00	Shot Put # 1	Shot Put # 2	Long Jump #1	Long Jump # 2
10:15				
10:30				

Technical Specifications

Long Jump: Athletes will receive one warm up jump and 2 official attempts.

Shot Put: Athletes will receive 1 warm up throw and two official attempts.

Awards

All athletes will receive a participation ribbon.