



# 2022 ULTRA Throws Championship

(Sunday, September 25<sup>th</sup>, 2022)

## All Individual Events

### PLUS

Super Weight

Ultra Weight (98 pounds for men; 44 pounds for women)

&

Throws Triathlon

(Shot Put/Discus/Javelin)

&

Throws Pentathlon (TP)

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

Date: Sunday, September 25<sup>th</sup>, 2022

Where: **McLeod Athletic Park, Langley, BC**

Who: Club Members Only

Cost: **FREE!!!**

Hosted by: **Ultra Throw Club**

NOTE: The individual events will have 6 throws.

NOTE: The first three attempts in the hammer/shot put/discus/javelin/weight are used to determine the score for the throws pentathlon. Attempts 4 through 6 in the shot put/discus/javelin are used to determine the score for the throws triathlon. If an athlete is not competing in the throws pentathlon, then the first 3 attempts in the shot put/discus/javelin are used for scoring.

We run a floating schedule; events may run ahead of schedule and athletes should be prepared to compete in their next event 45 minutes or more ahead of the scheduled start time.

Organizers will supply implements; however, participants can weight-in their personal implements at 8 am.

A 15 minute break has been tentatively put in between 12:15 and 12:30 pm – can be increased depending on numbers.

**Event Schedule** - Flight Two depends on two things; first of all the availability of officials, and the second is the number of participants. Flight One times have been determined for a group of 12 – 14 participants; if we have two flights, then the events will be quicker and the events will run ahead of schedule.

TIME	FLIGHT ONE	FLIGHT TWO (if needed)
8:30 – 9:45 am	Hammer	
9:45 – 11:00 am	Shot Put	Hammer
11:00 – 12:15 pm	Discus	Shot Put
12:30 – 1:45 pm	Javelin	Discus
1:45 – 2:45 pm	Weight	Javelin
2:45 – 3:45 pm		Weight
3:45 – 4:45 pm	Super Weight	
4:45 – 5:15 pm	Ultra Weight (demonstration only)	

***We will be having our AGM immediately after the meet.***

Questions can be directed to:

Dave McDonald at [ultrathrow@gmail.com](mailto:ultrathrow@gmail.com)