



2023 ULTRA JD/U16/U18 Throws Festival

(Saturday, April 15th, 2023)

Individual Events

Hammer/Shot Put/Discus/Javelin

Date: Saturday, April 15th, 2023

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

Who: **BC Athletics registered athlete aged 9 – 13 (Junior Development), U16, & U18**

Cost: **1st event = \$12, 2nd event = \$10, 3rd event & up = \$8 each**

Note: Registration is by trackie.reg ***Registration closes Wednesday, April 12th, 2023 @ 8 pm***

Hosted by: **Ultra Throw Club**

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.

For safety reasons:

Organizers will supply implements

No throwing equipment will be in use outside of the scheduled event

Warm up will be supervised for each event. Javelin warm up will be marshalled by the meet director.

No day of meet entries allowed.

Event Schedule

NOTE: If registration numbers dictate, we will split some event into two flights.

FINAL SCHEDULE will be posted on our website (ultrathrow.com) on Friday morning (April 14th, 2023)

8:30 am – Discus – Boys and Girls U16 & U18 (No JDs)

10 am – Shot Put – Boys and Girls U16 & U18 (No JDs)

10 am – Discus – Boys aged 12 & 13 (1 kg)

10 am – Javelin – Girls aged 10, 11, 12 and 13 + boys aged 10 & 11 (400 gr)

11:30 am – Discus – Girls aged 10, 11, 12 and 13 + boys aged 10 & 11 (.75 kg)

11:30 am – Javelin – Boys aged 12 & 13 (500 gr)

**** 11:30 am – Turbo Javelin – Boys and Girls aged 9 ** if enough adult volunteers. Decision to run event will be done at the day of the meet. I expect it to go! ** This event is 'fun' and not an official event.**

12:45 pm Lunch Break at picnic area

1:15 pm – Hammer – Boys and Girls U16 & U18 (No JDs)

1:15 pm – Shot Put – Boys and Girls aged 9 - 11 (2 kg)

2:30 pm – Javelin – Boys and Girls U16 & U18 (No JDs)

2:30 pm – Shot Put – Boys and Girls aged 12 - 13 (3 kg)

3:30 pm – Hammer – Boys and girls aged 12 & 13 (3 kg)

Note: The shot put is being conducted at the throwing circle near the javelin runway (NOT in the stadium)

***** Depending on the registration; some events may be combined. (ie. if the numbers for the hammer are low; the JDs (event time at 3:30 pm) will be included with the U16 & U18 at 1:15 pm).**

Questions can be directed to:

Dave McDonald at ultrathrow@gmail.com